

Cookbook for Middle /High School

Created by HPS Menu Planner

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COOK'S CHOICE

Breakfast Egg Rolls

Ham and Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
Land O'Lakes White American Cheese, Sliced	1 slices		499787
BREAD WHL WHE PULLMAN SLCD	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TOMATO ROMA LRG	1 Cup		462551

Preparation Instructions

1. Preheat oven to 350.
 2. Place butter in microwave safe container and melt.
 3. Lightly brush melted butter on one side of each piece of bread.
 4. Place 1 slice of cheese and 2 slices of tomato and 2 slices of ham onto unbuttered sides of bread. Top with an addition slice of cheese and bread, butter side facing up.
 5. Place sandwiched on sheet pan. Bake in the oven for 10-12 minutes or until internal temperature is 140 or higher for at least 15 seconds. Remove from the oven.
 6. Cut sandwiches in half.
 8. Serve 2 halves. Serve immediatly or keep warm at 140 or above.
- Credit: 1/4 cup vegetable, 2meat/meat/alt., 2 oz. grains

Meal Components (SLE)

Amount Per Serving

Meat	0.036
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	3.65
Fat	0.14g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.55mg
Sodium	10.38mg
Carbohydrates	0.43g
Fiber	0.08g
Sugar	0.15g
Protein	0.17g
Vitamin A 29.99IU	Vitamin C 0.49mg
Calcium 2.66mg	Iron 0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hash Brown Casserole



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	17 Pound		774227
SOUP CRM OF CHIX COND NSA	11 Pound		435868
CHEESE CHED MLD SHRD 4-5 LOL	8 1/2 Pound		150250
Ham Ckd Fz Cube	8 1/2 Pound		655001
SOUR CREAM	8 1/2 Pound		285218

Preparation Instructions

Instructions

Preheat oven to 375°F. Lightly grease a baking pan.

If using tater tots for this recipe, pre-cook according to package instructions before using in this recipe.

If using hash browns, you will be able to use them frozen.

In a large bowl, mix potato, ham, soup, sour cream and cheddar cheese.

Spread evenly into prepared pan and sprinkle top with additional shredded cheddar.

Bake in the preheated oven until bubbly and lightly browned. Serve immediately.

Recipe Notes

Note: Ground beef may be used as a substitute for the ham, or meat can be omitted and used a side dish.

Crediting: One cup serving provides 2.5 oz m/ma; 1/2 cup starchy vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	338.34
Fat	20.90g
SaturatedFat	13.77g
Trans Fat	0.00g
Cholesterol	86.45mg
Sodium	583.59mg
Carbohydrates	21.57g
Fiber	1.41g
Sugar	3.61g
Protein	16.52g
Vitamin A 0.00IU	Vitamin C 3.37mg
Calcium 337.41mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51075

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
EGG SCRMBD CKD FZ	6 Pound 4 Ounce (100 Ounce)		192330
CHEESE BLND CHED/MONTRY JK SHRD	4 Pound 2 2/3 Ounce (66 2/3 Ounce)		712131
GRAVY MIX CNTRYSK CRM	1 Pound 2/3 Ounce (16 2/3 Ounce)	1 package	181401
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	4 1/6 Pound		125302

Preparation Instructions

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Thaw eggs under refrigeration, 3-5 days prior. Thaw pizza crust 1 day prior (on sheet pans with parchment paper, covered). Prepare country gravy with water according to package directions, let thicken overnight under

refrigeration.

Par-brown sausage in oven at 375 ?, break up before and after with hands until desired consistency.

Spray crusts with pan spray and par bake for 7 minutes at 375?.

Remove crusts from oven and spread 1.5 cups chilled gravy per crust and layer evenly with 12 ounces eggs, 4 ounces cheddar cheese, 4 ounces mozzarella cheese, 5 ounces sausage (cooked weight).

Bake pizzas with toppings for 5-8 minutes, or until eggs have reached a temperature of 165 ?, sausage is fully cooked, and crust is golden.

Crediting: 1 1/2 oz equivalent meat/ meat alternate., and 2 oz. grain equivalent.

Meal Components (SLE)

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	326.43
Fat	15.86g
SaturatedFat	6.08g
Trans Fat	0.01g
Cholesterol	113.01mg
Sodium	475.69mg
Carbohydrates	32.28g
Fiber	3.20g
Sugar	4.00g
Protein	14.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.39mg	Iron 2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Turner Blue Loaded Beef or Pulled Pork Nachos



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	9 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
CHIP TORTL RND WGRAIN	2 1/2 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/2 #10 CAN		310668
SALSA 6-10 COMM	1 1/2 Quart		150570
PORK PULLD BBQ W/LO SOD SCE	9 Pound		559551

Preparation Instructions

Directions:

- 1.Cook meat according to directions on the box. CCP: Heat to 155° F or higher for at least 15 seconds.
2. Heat cheese sauce thoroughly.

3. To serve top 3/4 ounces (1/2 cup) of chips with 2 ounces of meat and 1 oz of cheese sauce. Serve 1/8 cup of salsa on the side using a 1 oz. ladle. Recipe Notes

Serving Size: 2 oz. meat + 1 oz. cheese + 1 oz. salsa over 3/4 oz. chips

Crediting: 2 oz M/MA + 0.5 oz grain eq + 1/8 cup red/orange vegetable

Yield: 50 portions

Meal Components (SLE)

Amount Per Serving

Meat	0.002
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.060
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	236.63
Fat	11.80g
SaturatedFat	3.63g
Trans Fat	0.00g
Cholesterol	44.29mg
Sodium	298.65mg
Carbohydrates	18.44g
Fiber	1.83g
Sugar	8.35g
Protein	14.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.52mg	Iron 2.40mg

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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

Green Pea Guacamole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	16 Pound		110510
TOMATO ROMA DCD 3/8IN	8 Pound		786543
ONION RED 25#	2 Pound		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	1 Pint 1/2 Cup (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	2 Fluid Ounce		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945
CILANTRO CLEANED	3 Ounce		219550

Preparation Instructions

1. Defrost peas.
2. Dice tomatoes and onion.
3. Mince garlic.

PREPARATION

1. Puree peas, garlic, liquids, and seasonings with burr mixer.
2. Fold in tomatoes and onions.

SERVING

Serving = 1/2 cup (3.75oz) makes 100 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	110.68
Fat	5.60g
SaturatedFat	0.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	283.03mg
Carbohydrates	11.26g
Fiber	4.06g
Sugar	4.48g
Protein	4.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 3.85mg	Iron 0.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	1 Fluid Ounce		777072
GARLIC WHL FRSH	7/8 Cup		907673
SEASONING ANCHO CHILI	1/4 Cup		748570
CILANTRO CLEANED	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound		198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	1 Pint		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	97.89
Fat	1.14g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	144.86mg
Carbohydrates	18.57g
Fiber	4.93g
Sugar	6.64g
Protein	3.82g
Vitamin A 240.12IU	Vitamin C 14.37mg
Calcium 9.50mg	Iron 0.21mg

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	2 Pound	36 3/8 ounces	431491
SUGAR CANE GRANUL	3 Pound	63 5/8 ounces	425311
YOGURT GRK PLN N/F	2 1/4 Quart	2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon		110736
OIL SALAD CANOLA NT	1 Pint 1 Cup (3 Cup)		393843
White Whole Wheat Flour	5 3/4 Pound	5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		361032

Description	Measurement	Prep Instructions	DistPart#
SALT SEA	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		748590
BLUEBERRY IQF	2 1/2 Pound		166720
BAKING SODA	2 1/2 Teaspoon		513849

Preparation Instructions

Instructions

Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

* Important* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	151.48		
Fat	6.84g		
SaturatedFat	0.48g		
Trans Fat	0.00g		
Cholesterol	0.67mg		
Sodium	428.35mg		
Carbohydrates	21.21g		
Fiber	1.16g		
Sugar	15.66g		
Protein	3.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.11mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate, Peanut butter, Banana Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	3 Quart 1/2 Cup (12 1/2 Cup)	3 1/2 pounds	241851
Banana	38 1/2 Pound	peeled	197769
MILK WHT FF	2 Gallon 2 1/2 Quart (10 1/2 Quart)	20.5 cups	557862
Cocoa	1 Pint 1 Cup (3 Cup)		269654

Preparation Instructions

Instructions

Combine all ingredients in a container. Blend together in with an immersion blender until smooth.

Served chilled.

(if using frozen bananas, peel and smash before freezing. Partially thaw before pureeing with immersion blender)

For small batch, use food processor. Recipe Notes

Variations:

Dessert

For a dessert option, reduce milk to 3 quarts for 50 servings, which will yield 1 cup portions. Partially freeze until it is thick and slushy. It will have a pudding texture. Same crediting will apply.

Serving notes:

Serving size

1 ¼ cup

Yield, volume

62 ½ cups

Crediting: 1/2 cup fruit

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	267.79
Fat	16.08g
SaturatedFat	3.54g
Trans Fat	0.00g
Cholesterol	2.10mg
Sodium	183.22mg
Carbohydrates	23.44g
Fiber	3.16g
Sugar	13.43g
Protein	10.90g
Vitamin A 209.92IU	Vitamin C 0.00mg
Calcium 145.06mg	Iron 0.89mg

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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

Pizza

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
PEPPERONI TKY SLCD 15/Z	3 1/8 Pound	7 slices of pepperoni = .5 oz meat/meat alt.	276662
SAUSAGE ITAL PIZZA TPNG	3 1/8 Pound	.2 oz of sausage = .5 oz meat/ meat alt.	708763
CHEESE BLND CHED/MONTRY JK SHRD	1 Gallon 2 Quart 1 Cup (25 Cup)	1/4 cup = 1 oz meat/ meat alt.	712131
SAUCE PIZZA W/BASL	3 Quart 1/2 Cup (12 1/2 Cup)	Place 1/8 cup per pizza crust.	256013

Preparation Instructions

- 1 For dough Simply thaw overnight covered and under refrigeration, proof covered at room temperature and top any way you like. Ideal for consistently great pizza.
2. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add your choice of toppings. Brush the edges of the dough with water. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325 degrees F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165 degrees F. Hold at 145 degrees F until ready to serve.
3. For toppings You can either make sausage and cheese = 4 oz. of sausage and 1/4 cup of cheese = 2 oz. meat , or Pepperoni and cheese, 1/2 cup of cheese , 7 slices of pepperoni= 2 oz meat. or cheese= 1/2 cup of cheese= 2 oz. meat alt, or sausage and pepperoni and cheese, 2 oz of sausage+ 7 slices of pepperoni + 1/4 cup of cheese= 2 oz. meat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	358.87
Fat	15.80g
SaturatedFat	8.12g
Trans Fat	0.01g
Cholesterol	47.62mg
Sodium	683.13mg
Carbohydrates	35.26g
Fiber	4.20g
Sugar	6.13g
Protein	19.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 232.10mg	Iron 2.61mg

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Nutrition - Per 100g

No 100g Conversion Available

Snappy Cheese Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51076

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
CHEESE MOZZ SHRD 30 COMM	6 1/4 Pound		150620
MARGARINE SPRD GARL	1 Cup		453676
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	1 #10 CAN		592714

Preparation Instructions

1. Pull and pan pizza crust the day before service under refrigeration.
2. Preheat the oven to 400 degrees.
3. Brush on garlic spread on crust.
4. Top each pizza with 2 oz. shredded mozzarella cheese.
5. Bake for 15-18 minutes until the crust is cooked and cheese is melted. Hold hot until service.
6. Cut into strips for easy dipping.
7. Heat marinara sauce and serve on the side to dunk in

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	262.70
Fat	9.88g
SaturatedFat	5.86g
Trans Fat	0.01g
Cholesterol	25.00mg
Sodium	328.70mg
Carbohydrates	31.16g
Fiber	3.20g
Sugar	5.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.72mg	Iron 1.71mg

*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

Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	235.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	525.00mg
Carbohydrates	25.50g
Fiber	3.00g
Sugar	1.50g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.50mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on a Whole Grain bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789

Preparation Instructions

Directions:
WASH HANDS.

1. Cook beef patty as directed on package.
 2. Layer patty, Cheese over bottom of roll. Top with remaining half of roll.
 3. Serve.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	3.33
Fat	0.14g
SaturatedFat	0.05g
Trans Fat	0.01g
Cholesterol	0.47mg
Sodium	6.29mg
Carbohydrates	0.29g
Fiber	0.04g
Sugar	0.05g
Protein	0.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.43mg	Iron 0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

The "pig" Kahuna Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Kikkoman Low Sodium Soy Sauce, 4 Gal, 1/Case	3/4 Cup		514210
GINGER FRSH	1/4 Pound	minced	552321
GARLIC PLD FRESH	1/4 Pound		428353
SUGAR BROWN LT	1 Tablespoon	packed	860311
CHIX PULLED WHT DRK BLND	3 1/4 Pound		467802
HAM SLCD W/A 8-5 640CT COMM	3 1/4 Pound		651470
COLE SLAW SHRED SEP BAG 1/8IN	3 Pound		361300
CILANTRO CLEANED	1 Cup	minced.	219550
ONION VIDALIA SWT	1 Cup	minced	558133
VINEGAR APPLE CIDER 5	1/2 Cup		430795

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	1/4 Cup		108642
SALT KOSHER PRM	1 Tablespoon		311356
MAYONNAISE LT	1 1/2 Quart	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	1 Cup		790835
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

Preparation Instructions

- Mix together marinade ingredients: soy sauce, ginger, garlic, and brown sugar until dissolved.
- Place chicken in deep hotel pan and cover with marinade. Mix well, cover with food service wrap and set aside at least one hour to allow flavors to develop. This step can be done one day ahead of time, so the chicken can marinate overnight.
- in a large mixing bowl, make coleslaw mixture by combining shredded cabbage, cilantro, onions, apple cider vinegar, sugar and salt.
- In a separate bowl, mix together mayo and hot sauce to make spicy mayo.
- Make sandwiches by spreading 1 oz. of spicy mayo on bun, adding 1 oz of chicken, 1.22 oz of ham slices and topping them with 1/3 cup prepares coleslaw.
- These Sandwiches can be serve cold. So please hold in cooler until time of service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.26		
Fat	7.36g		
SaturatedFat	1.87g		
Trans Fat	0.00g		
Cholesterol	57.07mg		
Sodium	1057.72mg		
Carbohydrates	38.33g		
Fiber	3.57g		
Sugar	9.13g		
Protein	15.34g		
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	47.98mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Crunch Biscuit with roasted berry sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	100 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SUGAR CANE GRANUL	1 Pint 1 Cup (3 Cup)	3 cups for the biscuits and 3 cups for the sauce .	425311
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)		224723
STRAWBERRY SMALL DCD FZ	1 Gallon		630480
LEMON JUICE 100	1 Fluid Ounce		311227
CHEESE CREAM LOAF	1 Quart 1 Pint (6 Cup)	READY_TO_EAT ready to eat	163562

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK PLN N/F	1 Quart 1 Pint (6 Cup)		398331

Preparation Instructions

Instructions

Mix the sugar and cinnamon in a bowl.

Lay frozen biscuits on parchment lined baking sheets. Spray with buttermilk and cover tops with the cinnamon-sugar mixture. Return to the freezer until ready to bake.

Bake the biscuits at 325°F for 20-25 minutes until golden brown.

Split the biscuits open and allow them to slightly cool – this ensures the schmear does not melt and ooze out.

Add 1 ounce (approx. 2 tablespoons) of the mixed berry to each biscuit. Enjoy!

Mixed Berry Sauce:

Place mixed berries and sugar in a steam jacket kettle or medium-size pot set to med - high heat.

Bring the berries to a boil and cook for 12 minutes. Remove the berries from the heat and allow the mixture to cool.

Once the berries are at 41 degrees or below, use a blender to break up any large berries and add lemon zest. Store the berries, labeled, and dated, in the cooler at 41 degrees or lower until use.

Using a mixer with the paddle attachment, mix the cream cheese and Greek yogurt until well combined. Fold in the berry mixture.

NOTE from Chef Rachel: I prefer when this mixture is not completely mixed. It creates a bit of a swirl effect, but either way works!

Recipe Notes

Crediting: One sandwich provides 2 oz. eq. grain

Note: The mixed berry schmear can be made days in advance and held, at 41 degrees or lower, labeled and dated.

Nutrition Facts per Serving (1 sandwich)

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	212.64
Fat	7.75g
SaturatedFat	4.68g
Trans Fat	0.07g
Cholesterol	3.35mg
Sodium	389.02mg
Carbohydrates	31.03g
Fiber	3.00g
Sugar	9.44g
Protein	5.62g
Vitamin A 2.39IU	Vitamin C 11.72mg
Calcium 50.44mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bbq Beef Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37181
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE HNY HOT 6-5# JTM	24 Pound 8 Ounce (392 Ounce)		323816
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

Preparation Instructions

- 1.Pull beef a day before service from freezer to cooler.
- 2.Heat beef until internal temperature if 155 or above.
- 3.Hold for hot service at 135 ? for up to 2 hours.

To serve place ½ cup (#8 scoop) of beef mixture on bottom half of each bun. Cover with top half of bun.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	3.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt and Granola Parfait



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	3 Gallon 1 Pint (50 Cup)		621420
PEACH DCD 3/8IN IQF	3 Gallon 1 Pint (50 Cup)		192151
BLUEBERRY IQF	3 Gallon 1 Pint (50 Cup)		166720
YOGURT GRK PLN N/F	12 Pound 8 Ounce (200 Ounce)		398331
YOGURT VAN L/F	12 Pound 8 Ounce (200 Ounce)		881161
Granola	200 Serving	<p>Directions: Gather all ingredients, one large mixing bowl, one small bowl, rimmed baking pan, measuring utensils and rubber spatula. Adjust oven racks to use middle rack and preheat oven to 300oF. Combine dry ingredients; oats, brown sugar, cinnamon and salt in a large bowl. Stir to combine and set aside. Combine wet ingredients: honey, oil and vanilla in a small bowl. Stir to combine. Slowly add wet ingredients to the dry while stirring until oats are thoroughly coated. Spread mixture in a thin even layer in a rimmed baking sheet. Place baking sheet on the middle rack in the preheated oven. Bake for 15 minutes. Stir and continue baking until golden brown (check every 5 minutes). Place baking sheet on a cooling rack until cooled to room temperature. Stirring occasionally (about 20 minutes). Granola will harden as it cools. SERVING Serving= 1/4 Cup (2oz.) = 1 oz grain</p>	R-48675

Preparation Instructions

Instructions

Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries(OR other fruit listed above), 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.500
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 Each

Amount Per Serving	
Calories	1300.39
Fat	13.85g
SaturatedFat	2.07g
Trans Fat	0.00g
Cholesterol	37.31mg
Sodium	526.86mg
Carbohydrates	180.52g
Fiber	13.44g
Sugar	121.56g
Protein	115.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1414.18mg	Iron 4.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tuscan Grilled Cheese

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Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	3 Ounce	READY_TO_EAT Ready to use.	834071
SPICE GARLIC POWDER	1 Teaspoon		224839
SPICE BASIL LEAF	1 Teaspoon		513628
SPICE OREGANO LEAF	1/2 1tsp (.8g)		513733
BREAD WHL WHE PULLMAN SLCD	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620
SPINACH BABY CLND	1 Pound		560545
TOMATO ROMA LRG	25 Each		462551

Preparation Instructions

Instructions

Melt margarine in a large stock pot.

Add garlic, basil, and oregano. Stir well. Set aside for step 8.

Place bread slices on a sheet pan (18?? x 26?? x 1??) heavily coated with butter flavored pan release spray.

For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan).

For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).

Place 1 cheese slice (about 1?2 oz) on top of each slice of bread.

Place 2?3 cup spinach (about 3?5 oz) on top of cheese.

Place 1 tomato slice (about 1 oz) on top of spinach.

Place 1 slice of bread on top of each sandwich.

Brush the top of each sandwich with margarine mixture.

Bake until lightly browned:

Conventional oven: 400 °F for 15–20 minutes.

Convection oven: 350 °F for 10–15 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 140 °F or higher.

Serve 1 sandwich.

1 sandwich provides .5 oz equivalent meat alternate, 1/4 cup vegetable, and 2 oz. equivalent grains.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	293.91
Fat	17.03g
SaturatedFat	7.24g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	297.77mg
Carbohydrates	27.62g
Fiber	5.34g
Sugar	4.35g
Protein	9.99g
Vitamin A 562.27IU	Vitamin C 9.25mg
Calcium 105.13mg	Iron 2.70mg

*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

Creamy Tomato Basil Soup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49570
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	1 Pound		110858
Cream, fluid, heavy whipping	1 Gallon		1053
Carrots Shredded 5#	3 Pound		2767
CELERY DCD 1/4IN	3 Pound		198196
ONIONS YEL CHL DICE 5 LB BG	3 Pound		02541
TOMATO PASTE FCY	1 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 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	498871
BASE VEG CONC PLNTBSD	8 Ounce		671694
SPICE BASIL LEAF	1 Cup		518341
Black Pepper	1 Fluid Ounce	BAKE	24108
Water	3 Quart		Water

Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
 - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
 - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

SERVING

Serving = 1 Cup (8oz) (96 servings all together)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	12254.81
Fat	1115.70g
SaturatedFat	393.96g
Trans Fat	0.05g
Cholesterol	4.27mg
Sodium	9644.60mg
Carbohydrates	596.73g
Fiber	124.67g
Sugar	135.68g
Protein	60.58g
Vitamin A 6152.07IU	Vitamin C 42.07mg
Calcium 772.42mg	Iron 2.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bento Box



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	12 1/2 Pound		166720
PEANUT BUTTER CRMY	7 Pound		241851
APPLE SLCD FRSH	7 Pound		530831
CELERY STIX	16 1/2 Pound		781592
CHEESE CHED MED CUBED	6 1/4 Pound		471496
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370

Preparation Instructions

Instructions

Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth.

In a large bowl or container mix pureed wild blueberries and peanut butter. Mix with a whisk or a mixer with a paddle attachment until smooth.

To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 4-ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/4 cup apple (wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

4 crackers (1 ounce)

* Don't forget to order Bento Containers #384506

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.625
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	306.56
Fat	12.10g
SaturatedFat	2.04g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	336.97mg
Carbohydrates	45.04g
Fiber	8.10g
Sugar	21.35g
Protein	7.74g
Vitamin A 17.36IU	Vitamin C 1.46mg
Calcium 77.14mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Beef or Chicken Taco



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30219
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	17 Pound	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHIP TORTL RND R/F	100 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.	284751
SALSA 6-10 COMM	3 Quart		150570
LETTUCE BLND ROMAINE MXD	4 Pound		755826
CHEESE MOZZ SHRD 30 COMM	2 Pound		150620
CHEESE AMER SHRD R/F	2 Pound	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

DIRECTIONS

7. Transfer the meat mixture to steamtable pans. CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If

manufacturer instructions on package or case have a higher temperature, follow those recommendations. the pans and hold in warmer until ready for assembly.

CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check the temperature every 30 minutes.

8. For toppings:

Rinse the tomatoes under cool, running water, then drain them thoroughly.

Core and dice tomatoes in ½ inch pieces.

Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.

Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.

Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion containers.

Cover and refrigerate for service.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

9. Open the bags of walking taco chips on the side. Place the bags in serving pans.

10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.

11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

NUTRIENTS PER SERVING

Calories 413

Carbohydrates 36.27 g

Dietary Fiber 4.47 g

Protein 17.83 g

Sodium 735.51 mg

Total Fat 21.51 g

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	277.04
Fat	12.30g
SaturatedFat	4.44g
Trans Fat	0.00g
Cholesterol	41.97mg
Sodium	592.39mg
Carbohydrates	25.25g
Fiber	4.01g
Sugar	3.85g
Protein	17.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.52mg	Iron 1.70mg

*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

Hot Chocolate Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BASIC	4 5/8 Pound		260843
MIX MUFF WGRAIN	4 5/8 Pound		152191
Cocoa	13/14 Quart	3.72 cups	269654
CHOC CHIPS SMISWT 1000/	13/14 Quart	3.72 cups	874523
Water	2 4/13 Quart	2 quarts, and 2 cups	Water

Preparation Instructions

Instructions

Combine both muffin mixes with baking cocoa. Mix well.

Stir cold water into muffin/cocoa mix. Mix just until fully incorporated.

Stir in chocolate chips if using.

Scoop batter using #16 scoop for muffins that are 1-ounce grain equivalent.

Bake according to instructions on box, but for special Hot Cocoa muffins, just before removing from the oven, top with 2 mini marshmallows and return to the oven for the marshmallows to brown. Recipe Notes

Yield 108 servings

**** For a 2 ounce equivalent muffin, use a slightly rounded # 12 scoop and this recipe will make 54 muffins****

Serving Size: 1 muffin

Crediting: 1 muffin is 1 oz grain equivalent

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	182.65
Fat	6.24g
SaturatedFat	3.09g
Trans Fat	0.00g
Cholesterol	2.66mg
Sodium	222.27mg
Carbohydrates	31.05g
Fiber	1.96g
Sugar	15.77g
Protein	2.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.92mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	6 1/4 Pound	Drained	118869
RASPBERRY WHL IQF	18 3/4 Pound		244670
YOGURT VAN L/F	25 Pound		881161
MILK WHT FF	1 Quart 1 1/8 Pint (3 1/8 Pint)		557862

Preparation Instructions

Instructions

Chill the drained beets for several hours or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover. Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	157.82
Fat	2.13g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.78mg
Sodium	94.84mg
Carbohydrates	31.03g
Fiber	5.75g
Sugar	18.68g
Protein	6.37g
Vitamin A 31.29IU	Vitamin C 0.00mg
Calcium 195.06mg	Iron 0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51125
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
CHIX STRP FAJT DK MT FC	9 1/2 Pound	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 HOT	1 Pint 1 Cup (3 Cup)		790835
DRESSING RNCH	1 Pint 1 Cup (3 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
CHEESE PEPR JK SHRD FTHR	1 9/10 Pound		114422

Preparation Instructions

Instructions

Remove 10 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing.

Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature for 2-3 hours until it is light and fluffy.

Thaw 1 ½ lbs. chicken fajita strips and dice, then toss with buffalo wing hot sauce.

Spread 1 tablespoon of ranch dressing over the dough.

Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.

* Optional if you want to make pizza into Calzone Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.

Place in a 325°F convection oven. Bake until center reaches 165 °F, cheese is melted and crust is golden brown, typically about 12-15 min.

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	435.85
Fat	21.37g
SaturatedFat	6.57g
Trans Fat	0.01g
Cholesterol	103.47mg
Sodium	1322.85mg
Carbohydrates	32.51g
Fiber	3.20g
Sugar	4.48g
Protein	28.48g
Vitamin A 36.48IU	Vitamin C 0.00mg
Calcium 155.63mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich Melt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-22199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
SAUSAGE PTY PORK CKD 2Z EXP	2 0		411041
Land O'Lakes Yellow American Cheese Slice	2 slices		499786
EGG SCRMBD PTY RND GRLLD	2 Each		208990

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with sausage patty and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Spray on the top slice of bread. Place a sheet pan on top and warm low and slow in the oven until the internal temperature reaches 155 degrees. Cut in half and serve at CCP 135 degrees or higher. For faster heating times slack the sausage and egg patty in the cooler the day before preparation.

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: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	3.50		
Fat	0.17g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	1.75mg		
Sodium	9.00mg		
Carbohydrates	0.36g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.17g		
Vitamin A	0.65IU	Vitamin C	0.00mg
Calcium	2.40mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meatsauce



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33968
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	2 Fluid Ounce		108286
SPICE PEPR BLK REG FINE GRIND	3 Fluid Ounce		225037
SPICE GARLIC POWDER	3 Fluid Ounce		224839
BEEF CRMBL CKD W/SPP 4-10#	25 1/2 Pound		821271
ONION RED JUMBO	2 Pound	chopped.	596973
TOMATO PUREE 1.06	1 Gallon 1 Quart (20 Cup)		270091

Description	Measurement	Prep Instructions	DistPart #
Water	2 Gallon		Water
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE BASIL GRND	4 Fluid Ounce		513636
SPICE OREGANO GRND	4 Fluid Ounce		513725
SPICE MARJORAM LEAF	2 Fluid Ounce		513709
SPICE THYME LEAF	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		513814
PASTA SPAG 51 WGRAIN	19 Pound	break into thirds.	221460

Preparation Instructions

Instructions:

1. Thaw ground beef overnight.
2. In a large pan dice and cook onions and garlic down. Add pepper, tomato puree, water (8 quarts) salt, parsley, basil, oregano, marjoram, and thyme, Simmer for about an hour,
3. Heat water (24 gallons) to a rolling boil. add salt 8 tablespoons.
4. Slowly add spaghetti. Stir constantly. Cook 10-12 minutes or until tender; Do NOT OVERCOOK. Drain well.
5. Stir in meat into sauce.
6. Divide mixture equally until medium half-steam table pans (10X 12X 4) which have been slightly coated with pan release spray. for 50 serving use 3 pans, for 200 servings use 12 pans.
7. Portion with 8 oz. ladle (1 cup) per serving.

Recipe Notes:

CCP: Heat to 155 degrees or higher for at least 15 seconds.

Credits 1 cup (8 oz ladle) provides 2 oz. meat equivalent 3/8 cup red/orange vegetable and 1 oz grain.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	277.06
Fat	7.86g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	39.03mg
Sodium	343.13mg
Carbohydrates	37.99g
Fiber	5.29g
Sugar	3.64g
Protein	16.41g
Vitamin A 0.09IU	Vitamin C 0.34mg
Calcium 14.64mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL RS BKFST KIT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 60.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	243.33
Fat	4.25g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.50g
Sugar	17.83g
Protein	3.33g
Vitamin A 558.33IU	Vitamin C 46.90mg
Calcium 121.83mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Lo Mein



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51058

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	15 Pound	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remov	529110
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	20 Pound		516133
BROCCOLI FLORET REG CUT	12 Pound		732478
CARROT MATCHSTICK SHRED	2 Quart		198161
OIL BLND CNOLA/XVRGN 90/10	1 Quart		732900
GARLIC PLD FRESH	2 Fluid Ounce		428353
SAUCE TERIYAKI GLAZE	1 Gallon		311502

Preparation Instructions

Instructions

General preparation on the day before service

Thaw noodles in the refridgerator at 40? or lower.

Thaw Philly beef in the refrigerator at 40° or lower.

Ingredient combination and heating

Place noodles in a colander, run hot water through noodles for 45 seconds while tossing gently. Drain excess water, then transfer to a 2" full size pan. Hold in the warmer.

Using a steamer heat up teriyaki sauce in container for 10 to 15 minutes. Hold in warmer.

Using a large mixing bowl, mix Philly meat, broccoli (cut bite-size), carrots, olive oil and garlic together. Toss until all ingredients are thoroughly mixed.

Line bun pans with parchment paper. Transfer ingredients from mixing bowl to the bun pans. Fill bun pans with veggie and meat mixture forming single layer batches.

Bake in preheated oven at 350°F for 8-10 minutes or until internal temperature reaches 165°F.

Measurement and assembly on day of service

Using 4" pans, mix noodles, veggie/meat mixture with teriyaki sauce, until all ingredients are evenly coated with the sauce.

Using a #6 serving scoop, portion out (2- #6 scoops per serving) of the lo mein into an Asian pail/take out container. Serving of 2 scoops is 1? cups.

Hold until and during service at a minimum internal temperature of 135°F

Recipe Notes

Crediting: 1 serving (226 g) provides 2 oz eq. M/MA and 2 oz eq. whole grains.

NOTES: One serving is 2 #6 scoops (1? cups). This recipe makes 25 servings.

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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	559.04		
Fat	25.02g		
SaturatedFat	6.36g		
Trans Fat	0.58g		
Cholesterol	0.00mg		
Sodium	1483.27mg		
Carbohydrates	60.36g		
Fiber	3.02g		
Sugar	16.77g		
Protein	26.36g		
Vitamin A	1712.02IU	Vitamin C	0.62mg
Calcium	65.49mg	Iron	3.04mg

*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

Mandarin Orange Chicken



Servings:	88.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49587
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	21 3/4 Pound		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

Preparation Instructions

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

CHICKEN: Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches an internal temperature of 165° for 15 seconds.

SAUCE: Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

CCP: Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.197
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	164.77
Fat	3.30g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	43.94mg
Sodium	307.58mg
Carbohydrates	20.87g
Fiber	0.00g
Sugar	10.98g
Protein	12.08g
Vitamin A 0.00IU	Vitamin C 1.32mg
Calcium 0.00mg	Iron 0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	384.19
Fat	14.55g
SaturatedFat	2.51g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	641.19mg
Carbohydrates	40.90g
Fiber	6.29g
Sugar	5.64g
Protein	20.20g
Vitamin A 189.30IU	Vitamin C 3.11mg
Calcium 67.37mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Ham Wrap



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51131
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 12IN	50 Each		118910
HAM SLCD W/A 8-5 640CT COMM	10 9/10 Pound		651470
CHEESE CREAM LOAF	3 1/8 Pound	READY_TO_EAT ready to eat	163562
PEPPERONCINI 225CT	1 1/2 Pound		186333
Apricot Halves in natural juice	1 1/2 Pound	THIS NEED TO BE APRICOT PRESERVES!!!	
SPINACH BABY CLND	2 Pound		560545

Preparation Instructions

Instructions

Thaw tortillas, if frozen, under refrigeration, 24 hours prior to use. For easier wrapping, lightly warm tortillas in a hot holding cabinet to soften.

Weigh and portion turkey ham into 3.5 oz portions. Store under refrigeration until ready for use.

In a stand mixer, add the cream cheese and whip on medium-high until light and fluffy. Add chopped pepperoncini and apricot preserves, and incorporate into the whipped cream cheese.

Lay out warmed tortillas for assembly line production. Spread 2 oz of the cream cheese mixture on the bottom 2/3 of the tortilla. Add ¼ cup chopped spinach on top of the cheese spread. Add 3.5 oz of turkey ham on top of the spinach. Tightly roll the tortilla and cut in half on a bias (at an angle).

CCP: Refrigerate until served.

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

Recipe Notes

Crediting: One wrap provides 2 oz M/MA, 1.5 oz eq Grain, 1/8 cup Dark Green Vegetable

This item may be held refrigerated at or below 41° F for 2–3 days.

Marketing Guide for 50 servings:

Spinach, fresh: 2 lb

Nutrition Facts per Serving (1wrap)

Calories: 354 kcal | Fat: 14.8 g | Saturated fat: 7 g | Cholesterol: 83 mg | Sodium: 1049 mg | Carbohydrates: 36.7 g | Fiber: 3.9 g | Sugar: 15.5 g | Protein: 23.56 g

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	483.78
Fat	24.21g
SaturatedFat	11.87g
Trans Fat	0.00g
Cholesterol	81.51mg
Sodium	1575.41mg
Carbohydrates	52.74g
Fiber	0.54g
Sugar	3.28g
Protein	25.84g
Vitamin A 0.01IU	Vitamin C 0.00mg
Calcium 123.40mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Confetti Soup



Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51159
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1 1/4 Cup		524948
ONION YELLOW JUMBO	2 Pound		109620
CELERY STIX	2 Pound		781592
CARROT DCD	2 Pound		285640
SALT IODIZED	2 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (16 Teaspoon)		125557
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		225037
SPICE FENNEL SEED WHOLE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224812
SPICE PEPR RED CRUSHED	1 Tablespoon 1 Teaspoon (4 Teaspoon)		430196
BEAN PINTO PREWSHD	22 1/2 Pound		788770
Water	7 Serving	READY_TO_DRINK	Water
Ham Ckd Fz Cube	12 Pound		655001

Description	Measurement	PreInstructions	DistPart#
KALE CHPD	1 Pound		897111
PARSLEY CALIF CLND	1 Pint 1/2 Cup (2 1/2 Cup)		272396

Preparation Instructions

Instructions

Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

Add peas and water. Cook uncovered over medium heat for 20-25 minutes.

Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

Portion with 8 fl oz ladle (1 cup).

Recipe Notes

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history of 96 years of intellectual enlightenment. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom. This does not stop inside the school, but reaches outside to the community, and was evident in the collaboration to create Confetti Soup!

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—students will surely be asking for more!

Crediting: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-½ oz equivalent meat/meat alternate and ¼ cup other vegetable. Or Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrition Facts per Serving (1 cup)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	51.37
Fat	3.09g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	14.16mg
Sodium	385.99mg
Carbohydrates	3.15g
Fiber	0.82g
Sugar	1.48g
Protein	4.42g
Vitamin A 303.25IU	Vitamin C 2.19mg
Calcium 30.37mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito Bowl- Beef or Pulled Pork



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49607
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	40 Pound		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	17 Pound		231981
CORN CUT SUPER SWT	9 Pound		851329
RICE BRN LNG PARBL 25# COMM	14 Pound		378351
Lime juice, raw	1 Pint		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	4 Pound	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	1 Pound		15N63
PEPPERS RED	1 Pound		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772
TORTILLA SHELL SAL ULTRGR 10IN BK	100 Each		720526

Preparation Instructions

PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.
3. Preheat oven to 300 degrees F.

PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. add cooked Philly steak meat to hotel pan.
- b. cook on low until meat is heated. drain excess liquid.
- c. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

Bake tortilla shells ahead of service time. Take a 10 oz hot disposable bowl and lay tortilla over top of bowl on sheet pan and bake for 5-10 minutes or until golden brown and shaped.

SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa. Place all ingredients inside of the baked tortilla shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	1.500
Starch	0.200

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	685.63
Fat	19.32g
SaturatedFat	3.86g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	518.32mg
Carbohydrates	100.59g
Fiber	14.44g
Sugar	4.05g
Protein	25.17g
Vitamin A 0.59IU	Vitamin C 0.36mg
Calcium 119.29mg	Iron 3.59mg

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Nutrition - Per 100g

No 100g Conversion Available

Mediterranean Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51183
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
SAUCE PESTO BASIL	1 1/2 Cup		844761
HUMMUS TRADITIONAL	1 Gallon 2 Quart 1 Cup (25 Cup)		108171
TOMATO ROMA XL	2 Pound		108051
BASIL FRESH	1/2 Cup		165601
CHEESE MOZZ SHRD 30 COMM	3 Quart 1/2 Cup (12 1/2 Cup)	2 oz. each per pizza.	150620

Preparation Instructions

Day before Service: Pull dough the day before service and place on a oiled sheet pan and cover until the following day of service.

Day of service: Remove dough from cooler and allow to rise about 45 minutes at room temperature. and brush each dough round with a thin coating of pesto.

Scoop 1 - #8 scoop (½ cup) of hummus on each flatbread and spread evenly.

Bake at 375° F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.

Brush each baked flatbread with another thin coating of the remaining pesto, top with the shredded mozzarella cheese, sliced tomatoes, and fresh basil. Heat until internally temperature is at 140 degrees and hold until service. Do not overbake.

Recipe Notes

Yield 50 servings

Serving size: 1 flatbread

HACCP—Standard Operating Procedure —Use hand washing procedures before starting recipe.

HACCP—Standard Operating Procedure—Wash all produce before starting this recipe.

HACCP Critical Control Point: Heat to a temperature of 140° F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135° F or above.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	655.98
Fat	37.32g
SaturatedFat	11.02g
Trans Fat	0.01g
Cholesterol	50.60mg
Sodium	1061.50mg
Carbohydrates	52.36g
Fiber	7.20g
Sugar	10.00g
Protein	27.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.68mg	Iron 5.83mg

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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

Cheese Lasagna

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Square	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51152
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE RICOTTA WHP PART SKM	20 Pound		512265
CHEESE PARM GRTD	7 Pound 8 Ounce (120 Ounce)		445401
SEASONING ITAL HRB	1 Pound 8 Ounce (24 Ounce)		428574
SALT IODIZED	3 Fluid Ounce 2 0 Teaspoon (20 Teaspoon)		125557
EGG WHL LIQ W/CITRIC	2 Quart 1 Pint (10 Cup)		431491
SAUCE MARINARA	6 Gallon 1 Quart (25 Quart)		502181
PASTA LASGN RIDG CURLY 2 1/8IN	1 Ounce	Please order #481606	108197
CHEESE MOZZ SHRD	15 Pound		645170

Preparation Instructions

Cheese Lasagna

Servings: 200 people Calories: 380.7462 kcal

This lasagna features a rich blend of ricotta, mozzarella, and Parmesan cheeses

Instructions

Day Prior to Service:

- In a large bowl combine the ricotta cheese, grated parmesan, Italian seasoning, granulated garlic, salt, and eggs.
- Stir until all ingredients are equally distributed.

c. Cover with film, place in cooler.

Preparation Instructions for One 2" Hotel Pan:

Layer #1 in Following Order:

- a. Spray pan with pan spray.
- b. 3 cups of marinara onto the bottom of the pan.
- c. 8 lasagna sheets (length of noodle fits width of pan)
- d. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- e. 2 cups of mozzarella cheese .

Layer #2 in Following Order:

- a. 9 sheets of lasagna sheets (one more sheet than layer #1)
- b. 3 cups of marinara sauce.
- c. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- d. 2 cups of mozzarella cheese.

Layer #3 in Following Order:

- a. 8 lasagna sheets.
- b. 3 cups of marinara sauce.
- c. Cover with film, then foil.

Oven Instructions: Preheat Oven to 350°

- a. Bake in 350 ° oven for 40 minutes.
- b. Remove from oven, remove film and foil.
- c. Top with 2 cups shredded mozzarella cheese
- d. Return to oven, uncovered, to melt and brown cheese.
- e. Place in holding cabinet, uncovered.

Serving Instructions:

- a. Cut pan 4 x 5.
- b. Use spatula to serve piece.

Control Measures: Cook to 165 °, Hot Hold at 135° or greater.

Recipe Notes

Crediting: 1 square piece provides 2 oz M/MA, 1.2 oz Grains, 0.375 cups Red/Orange Vegetable

Nutrition Facts per Serving (1piece)

Calories: 380.7462 kcal | Saturated fat: 8.6681 g | Sodium: 1199.1333 mg | Carbohydrates: 38.5784 g

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.800
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Square

Amount Per Serving	
Calories	246.48
Fat	13.73g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	38.62mg
Sodium	683.73mg
Carbohydrates	14.60g
Fiber	2.01g
Sugar	9.68g
Protein	14.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 395.80mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub



Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49611
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	1 1/14 Pound	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs

1/2 Oz shredded cheese

place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)

this will help warm bun as well as melt cheese.

Serve 1 sub, with 1 cup marinara on side

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: 35.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	566.02
Fat	25.43g
SaturatedFat	9.11g
Trans Fat	0.60g
Cholesterol	78.34mg
Sodium	1003.05mg
Carbohydrates	51.49g
Fiber	4.00g
Sugar	14.49g
Protein	35.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.27mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Loaded Baked Potato



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51154
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buffalo chicken mix	1 Serving	Instructions PRE-PREPARATION Recipe source: Boulder Valley School District Food Services 1. Prepare the Buffalo Sauce: Ingredients: SPICE CAYENNE SAUCE HOT VINEGAR APPLE CIDER a. Mix all ingredients together and set aside. 2. Chop pepperoncinis if they are not already pre-chopped. 3. Drain and crumble the feta if not purchased this way. 4. Preheat oven to 350 degrees if preparing and serving onsite, sameday. PREPARATION 1. Mix together the homemade buffalo sauce, the chopped pepperoncinis, crumbled feta, and chicken. 2. Portion into hotel pans - 13 lbs. 4 oz. in each hotel pan. 3. If serving onsite, sameday: Heat in 350-degree oven for 15-20 min. or until temperature reaches 165 degrees. 4. If preparing ahead of time or sending to site kitchens: Cover with parchment and foil, label, and cool store. SERVING Reheating Instructions: Reheat at 350 degrees for 15-20 min or until temperature reaches 165 degrees. Assembly: Put 1/2 cup (4oz.) of chicken mixture per Baked Potato	R-49605
POTATO BAKER IDAHO	5 Each		593273

Preparation Instructions

Ingredients

Fresh white or russet potatoes, 80 count

(15 pounds, 10 ounces)

15.625 pounds

Granulated garlic ½ teaspoon

Celery salt ½ teaspoon

Ground black or white pepper 1 teaspoon

Paprika

(1 tablespoon, 1 teaspoon)

1.33 tablespoon

Salt, kosher 1 teaspoon

Vegetable oil ½ cup

Instructions

Wash potatoes and cut in half lengthwise, skin on.

Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker.

Spread 2 Tbsp (1 oz) of oil in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 4 pans.

Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.

Sprinkle spice mixture over potatoes.

Turn potatoes cut-side down for browning.

Bake:

Conventional oven: 450° F for 25-30 minutes

Convection oven: 425° F for 20-25 minutes

Bake until the surface is golden-brown.

Portion 1/2 potato. Mix together the chicken slider recipe and omit the slider bun. Assemble in the cooked potato

Recipe Notes

CCP: Heat to 140° F or higher.

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

Crediting: 1/2 potato, with skin provides 1/2 cup of starchy vegetable.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.67		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.18mg		
Sodium	1.44mg		
Carbohydrates	0.50g		
Fiber	0.06g		
Sugar	0.04g		
Protein	0.11g		
Vitamin A	0.06IU	Vitamin C	0.56mg
Calcium	0.35mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Cheese Pasta



Servings:	200.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51184
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE	10 1/2 Pound		654571
CREAM WHIP 36 HVY ESL	5 Gallon	can use Low fat milk	457341
MARGARINE BTR BLND EURO UNSLTD	3 Pound		834071
FLOUR HR A/P	3 Pound		765180
SALT IODIZED	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		125557
SPICE MUSTARD GRND	2 Fluid Ounce		224928
Black Ground Pepper	1 Tablespoon 1 Teaspoon (4 Teaspoon)		2009817
SPICE PAPRIKA	2 Fluid Ounce		518331
SAUCE WORCESTERSHIRE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		109843
CHEESE PARM GRTD	1 Pound		445401
CHEESE CHED MLD SHRD 4-5 LOL	8 Pound		150250
BROCCOLI FZ	1 Pound		549292

Preparation Instructions

Instructions

Cook pasta until slightly undercooked. Drain and rinse with cold water.

Heat milk to a simmer (185°F). Set aside.

Melt butter in a saucepan or steam jacketed kettle. Combine the flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.

Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened.

Add Worcestershire sauce, parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts.

Combine the well-drained pasta, broccoli and sauce. Mix well.

Spray pans with food release and place 10 pounds 14 ounces into each steam table pan (12"x 20"x 2 1/2").

Remove from oven and top each pan with 9 ounces additional reduced-fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted.

Portion with 8 oz spoodle.

Recipe Notes

For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes.

CCP: Cook until internal temp reaches 135°F or above.

CCP: Hold at 135°F or above before and during service.

Crediting: 1 oz equivalent meat/meat alternate; 3/4 oz equivalent grain/bread; and 1/2 c dark green vegetable

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	541.24
Fat	44.38g
SaturatedFat	28.76g
Trans Fat	0.00g
Cholesterol	147.40mg
Sodium	259.50mg
Carbohydrates	29.08g
Fiber	2.85g
Sugar	0.89g
Protein	5.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.26mg	Iron 1.14mg

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

Nutrition - Per 100g

Calories	238.65		
Fat	19.57g		
SaturatedFat	12.68g		
Trans Fat	0.00g		
Cholesterol	64.99mg		
Sodium	114.42mg		
Carbohydrates	12.82g		
Fiber	1.26g		
Sugar	0.39g		
Protein	2.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.61mg	Iron	0.50mg

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

Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	1 Cup		897111
CRANBERRY DRIED 300-1.16Z COMM	2 Pound		765981
APPLE SLCD FRSH	1 Pound	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 1/3 Cup	1 1/3 cup	743879
VINEGAR APPLE CIDER 5	2/3 Cup	2/3 cup	430795
MUSTARD DIJON JAR	1 Teaspoon		131121
HONEY	1/2 Cup		225614
SALT IODIZED	1 Tablespoon		125557
GARLIC PLD FRESH	2 Teaspoon		428353
VINEGAR BLSM	6 Ounce		383910

Preparation Instructions

Instructions

Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 3/4 cup

HACCP Process: #1 No Cook

Crediting: 1/4 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Cup

Amount Per Serving			
Calories	36.25		
Fat	3.00g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	72.24mg		
Carbohydrates	2.75g		
Fiber	0.27g		
Sugar	2.46g		
Protein	0.04g		
Vitamin A	40.38IU	Vitamin C	0.45mg
Calcium	2.27mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub sandwich Ham or Turkey



Servings:	50.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER YEL 160CT SLCD	2 Slice		271411
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
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 each

Amount Per Serving			
Calories	6.20		
Fat	0.26g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.90mg		
Sodium	21.80mg		
Carbohydrates	0.64g		
Fiber	0.04g		
Sugar	0.12g		
Protein	0.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.72mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef or Pork Carnitas Tacos



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	3 Gallon 1 Pint (50 Cup)	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	6 Pound 4 Ounce (100 Ounce)	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	7 Pound 13 Ounce (125 Ounce)	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound 14 1/2 Ounce (158 1/2 Ounce)	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

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

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	321.05
Fat	12.40g
SaturatedFat	6.40g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	329.68mg
Carbohydrates	35.00g
Fiber	5.99g
Sugar	4.83g
Protein	19.39g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 87.66mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Turn it Up Chili



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	21 Pound	or 28 pounds raw.	821271
ONION RED JUMBO	3 Pound 8 Ounce (56 Ounce)	chopped	596973
GARLIC PLD FRESH	3 Fluid Ounce	chopped	428353
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	6 Fluid Ounce		331473
SPICE PAPRIKA	2 Fluid Ounce		518331
SPICE ONION POWDER	2 Fluid Ounce		126993
SPICE CUMIN GRND	4 Ounce		273945
TOMATO CRSHD A/P	12 3/4 Pound		248096
Water	2 Gallon 1 Quart (9 Quart)		Water
TOMATO PASTE FCY	7 Pound		221851
BEAN CHILI MEX STYLE	13 1/2 Pound	pinto or kidney beans can be used.	192015
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound	optional.	150250

Preparation Instructions

Instructions

Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover and simmer. Stir occasionally.

Pour into serving pans.

Portion with 4 oz ladle (1½ cup). Garnish with cheese (optional).

Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

OR

If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.

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

Variation:

A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Crediting: 1½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

Nutrition Facts per Serving (0.5cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	191.93
Fat	10.24g
SaturatedFat	5.85g
Trans Fat	0.00g
Cholesterol	46.78mg
Sodium	356.07mg
Carbohydrates	12.11g
Fiber	3.40g
Sugar	3.42g
Protein	12.98g
Vitamin A 0.16IU	Vitamin C 0.59mg
Calcium 103.39mg	Iron 0.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smothered Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51195
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPICE GARLIC POWDER	2 1/2 Teaspoon		224839

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 1/2 Teaspoon		126993
SPICE PEPR RED CAYENNE GRND	2 1/2 Teaspoon		225088
SPICE PAPRIKA	2 1/2 Teaspoon		518331
SALT IODIZED	2 1/2 Teaspoon		125557
PEPPERS ASST RNBW	12 Pound	sliced	266985
ONION YELLOW JUMBO	4 Pound	sliced	109620
GRAVY MIX CHIX	2 Package		242390

Preparation Instructions

1. Preheat Oven to 325 degrees.
 2. Spray enough sheet pans to place all of the frozen chicken breast on a single layer onto the sheet pans.
 3. Mix seasonings (garlic powder, Onion powder, cayenne pepper, and salt in a bowl)
 4. Bake chicken in a preheated oven until internal temperatures reach 165 degrees.
 5. Transfer cooked chicken to steam table pans, cover and keep warm.
 6. Make gravy per Package directions.
- Place chopped vegetables on top of chicken, pour gravy over all, evenly.
7. Tightly cover pans and return to the oven and bake until the internal temperature is 135 degrees or higher.
- CCP: Hot hot for service at 135 degrees or higher.
- * Recipe can add 4# of sliced white mushrooms as well.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	153.13
Fat	5.78g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1076.45mg
Carbohydrates	10.96g
Fiber	0.70g
Sugar	3.39g
Protein	14.37g
Vitamin A 560.04IU	Vitamin C 24.14mg
Calcium 6.60mg	Iron 0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Pasta



Servings:	200.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51155
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN	22 2/5 Pound		402118
Water	11 Gallon		Water
SALT IODIZED	5 Fluid Ounce		125557
OIL BLND SOY/POM OLV 90/10	1 Pound 10 Ounce (26 Ounce)		524948

Preparation Instructions

Instructions

Using 6-inch hotel pans, add pasta and water to each pan.

NOTE: Pasta is a 1 to 4 ratio.

Add 1 tablespoon sea salt to every gallon of water and stir once gently before loading hotel pans into the steamer.

Steam penne pasta for 10 minutes. Ensuring the pasta reaches 165°F for 15 seconds.

NOTE: Penne pasta is forgiving and does not need to be agitated during cooking process.

Remove the pasta from the steamer and drain any excess liquid.

NOTE: DO NOT RINSE PASTA.

Add the olive oil and gently toss.

Cover pans with plastic wrap and hot hold until service or assembly.

Recipe Notes

Crediting: 2 ounce eq. whole grain

Nutrition Facts per Serving (1cup)

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: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	203.76		
Fat	2.72g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	354.00mg		
Carbohydrates	37.63g		
Fiber	1.79g		
Sugar	2.69g		
Protein	6.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Bacon, Guacamole Stacker Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51313
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
GUACAMOLE WESTERN STYL	3 Pound		899040
HAM SLCD W/A 8-5 640CT COMM	9 3/8 Pound		651470
BACON TKY CKD	100 Each		834770
ONION YELLOW COLOSS	6 Each		198706
APPLE GALA	9 Each		569392
SPRAY PAN MIST GARL ZESTY	1 Gram	as needed.	542344
SALT IODIZED	1 Teaspoon		125557
Black Ground Pepper	1/2 Teaspoon		2009817

Preparation Instructions

Instructions

Allow the bread to completely thaw in the stock room.

Allow the guacamole to thaw in the cooler at least 2 days prior to service.

Slice the ham in ½ ounce slices for sandwiches.

Crisp the bacon for 3 minutes at 350°F.

Spread 2 tablespoons guacamole and 2 tablespoons roasted apples-onions on bottom pieces of bread.

Top with 3 ounces slices ham and two slices of bacon.

Cut the sandwich and cold hold for service.

To Roast Apples and Onions

Using your slicer cut onions into 3/8" thick rings.

Core and slice the apples 3/8" thick, leaving the skin on.

Lightly spray cooking spray on a parchment lined baking sheet. Arrange the onions and apples in a single layer. Lightly spray with cooking spray and sprinkle with salt and pepper.

Cover the pan tightly with foil.

Roast the covered pan in a 350°F oven for 50 minutes, stirring halfway through roasting.

Recipe Notes

Serving size = 1 sandwich

Creating: 2 oz. grain equivalent, 2 oz. m/ma

Nutrition Facts per Serving (1 sandwich)

Calories: 380 kcal | Fat: 16 g | Saturated fat: 4 g | Cholesterol: 60 mg | Sodium: 1120 mg | Potassium: 233 mg | Carbohydrates: 42 g | Fiber: 7 g | Sugar: 12 g | Protein: 27 g | Calcium: 48 mg | Iron: 3 mg

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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 Each

Amount Per Serving			
Calories	288.77		
Fat	9.96g		
SaturatedFat	3.19g		
Trans Fat	0.00g		
Cholesterol	56.79mg		
Sodium	1043.28mg		
Carbohydrates	32.61g		
Fiber	4.68g		
Sugar	6.95g		
Protein	21.96g		
Vitamin A	12.51IU	Vitamin C	1.31mg
Calcium	82.28mg	Iron	2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oven Baked Brown Rice



Servings:	250.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51347
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN LNG PARBL 25# COMM	2 1/2 Pound		378351
Water	3 Quart	READY_TO_DRINK	Water

Preparation Instructions

Place Rice and water in a full size steam table pan spray coat with oil. Bake at 400 degrees for 45 minutes. Remove from the oven and hot hold at 136 degrees or above until time of service.

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: 250.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	14.04		
Fat	0.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	2.86g		
Fiber	0.26g		
Sugar	0.00g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	24.76		
Fat	0.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	5.04g		
Fiber	0.46g		
Sugar	0.00g		
Protein	0.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Hot Dog on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38647
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF PORK RLLR 8/	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
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 Each

Amount Per Serving			
Calories	290.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	770.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.47mg	Iron	10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bratwurst with a bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51348
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD SKNLS 5/	100 Each		113130
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	100 Each		266536

Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Serve at CCP 135 degrees or higher. Assembly brat with one bun at time of service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	25.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	950.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.58mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taquitos (Roll-Ups)



Servings:	200.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51309
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
SPICE GARLIC POWDER	3 Fluid Ounce		224839
Black Ground Pepper	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		2009817
SPICE CHILI POWDER MILD	4 Fluid Ounce		331473
SPICE CUMIN GRND	3 Fluid Ounce		273945
SPICE PAPRIKA	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	6 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA XL	5 1/4 Pound	chopped	108051
SOUR CREAM	12 2/5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Description	Measurement	Prep Instructions	DistPart#
LETTUCE ROMAINE RIBBONS	9 3/4 Pound		451730
TORTILLA FLOUR ULTRGR 6IN	400 Each		882690
SPRAY PAN MIST GARL ZESTY	1/2 Gram	As needed.	542344

Preparation Instructions

Instructions

1. Add beef to a pan and cook for 25-30 minutes

Drain fat and water. Continue cooking in low heat.

Add seasonings. Blend well. Bring to boil.

Reduce heat and simmer for 20 minutes. Stir periodically.

Preheat oven 350° F.

Remove ground beef from heat.

Place in a sheet pan each soft tortilla and fill with 1 once cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Working on a sheet pan, fill each soft corn tortilla with 1 ounce of cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Spray rolled tortillas with vegetable oil and bake until crispy.

Pre-portion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.

Transfer Beef flautas to steam table pans. On each student tray serve 2 flautas with your prepared lettuce, tomato and cheese side cups and garnish with sour cream.

Recipe Notes

Crediting: 2 oz meat/meat alternate, 1/2 cup vegetables and 1 oz grain equivalent

Nutrition Facts per Serving (2flautas)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	427.14
Fat	23.09g
SaturatedFat	14.25g
Trans Fat	0.00g
Cholesterol	76.88mg
Sodium	509.30mg
Carbohydrates	37.15g
Fiber	6.34g
Sugar	4.21g
Protein	20.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.96mg	Iron 2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Pasta



Servings:	200.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51353
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	25 Pound	or you can use #860390	154900
SALT IODIZED	4 Fluid Ounce		125557
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	6 Fluid Ounce		331473
SPICE CUMIN GRND	6 Fluid Ounce		273945
GARLIC PLD FRESH	6 Fluid Ounce		428353
SPICE PAPRIKA	6 Fluid Ounce		518331
JUICE LIME	4 Fluid Ounce		199028
PEPPERS ASST RNBW	12 Pound	cut into strips.	266985
ONION YELLOW COLOSS	12 Pound	sliced	198706

Description	Measurement	Prep Instructions	DistPart#
CORN WHL KERNEL FCY GRADE	12 1/2 Pound	Canned,drained.	118966
BEANS BLACK LO SOD	12 1/2 Pound		231981
Water	1 Gallon 1 Quart (20 Cup)	READY_TO_DRINK	Water
Creamy White Cheese Sauce	1 Gallon 3 Quart (28 Cup)		310742
PASTA PENNE RIGATE 51 WGRAIN	12 Gallon 2 Quart (200 Cup)	Or 20# cooked penne should equal about 160 cups cooked pasta	221482
CILANTRO CLEANED	1 Pound 12 Ounce (28 Ounce)	chopped.	219550

Preparation Instructions

Instructions

Using a large mixing bowl, combine the shredded chicken, salt, pepper, chili powder, cumin, granulated garlic, paprika and lime juice. Mix until seasonings are incorporated and coat the chicken.

Add in the red and green bell peppers, yellow onion, drained black beans, corn, and water. Stir to combine.

Divide between 4-inch-deep hotel pans and cover with lid or foil.

Bake at 350 degrees for 25 minutes. Remove from the oven and stir in the cheese sauce. Return the chicken mixture to the oven for an additional 15 minutes.

Remove the chicken from the oven and verify the internal temperature is 165°F for 15 seconds.

Gently toss the Penne Pasta with the chicken mixture.

Portion 1½ cups chicken fajita pasta into serving container and top with 1 tablespoon chopped, fresh cilantro.

Enjoy!

Recipe Notes

Crediting: 2 oz. eq. M/MA, 2 oz. eq. Whole Grain, 1/2 cup Vegetable

Nutrition Facts per Serving (1.5cups)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.50 Cup

Amount Per Serving	
Calories	355.34
Fat	3.83g
SaturatedFat	1.39g
Trans Fat	0.00g
Cholesterol	44.46mg
Sodium	741.32mg
Carbohydrates	59.37g
Fiber	7.92g
Sugar	6.64g
Protein	22.50g
Vitamin A 280.39IU	Vitamin C 13.42mg
Calcium 64.99mg	Iron 3.38mg

*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

Unicorn Yogurt Parfait



Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51343
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT BLUEB L/F	16 Pound		558311
BLUEBERRY IQF	8 Pound		166720
APPLE GRANNY SMITH	4 Pound	diced	582271
YOGURT VAN L/F	16 Pound		881161
ORANGES MAND IN JCE	16 Pound	canned, drained	612448
STRAWBERRY SMALL DCD FZ	4 Pound		630480
YOGURT STRAWB L/F	16 Pound		640171
Cones; Eat-It-All 204B Honey-Roll Sugar Cone	96 Each	You can also use item 523649, at GFS	119521
CEREAL LUCKY CHARMS	12 Pound	3/4 serving each= .75 oz grain	427829

Preparation Instructions

Instructions:

Assembly

Place #16 scoop of blueberry yogurt in the bottom of 16 oz parfait cups; layer on 1/8 cup each of blueberries and green apples.

Add #16 scoop of vanilla yogurt then layer on 1/8 cup each of mandarin oranges and strawberries.

Add #16 scoop of strawberry yogurt and top with 1 sugar cone.

Serve cold immediately with the Lucky Charms cup on the side for students to add as desired.

Option=Make it a meal by adding a garden salad and serving of milk if desired.

For crediting in USDA Child Nutrition Programs, 1 serving (1 parfait with cereal cup) = 2 Meat/Meat Alternative, 2 oz equivalent Grain and 1/2 cup Fruit

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	770.35
Fat	7.42g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	34.98mg
Sodium	449.64mg
Carbohydrates	151.59g
Fiber	1.70g
Sugar	121.99g
Protein	25.46g
Vitamin A 8.03IU	Vitamin C 11.60mg
Calcium 2079.57mg	Iron 2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Stroganoff with noodles



Servings:	200.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51311
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
FLOUR HR A/P	1 Pint 1/2 Cup (2 1/2 Cup)		765180
ONION YELLOW COLOSS	3 Quart 1 Pint 1 Cup (15 Cup)	diced	198706
SPICE GARLIC POWDER	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224839
Black Ground Pepper	1 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (10 Teaspoon)		2009817
SOUP CRM OF MUSHRM COND NSA	31 1/8 Pound		435837
CREAM WHIP 40 HVY ESL	2 Gallon 2 Quart (10 Quart)	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
SOUR CREAM	12 1/2 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SAUCE WORCESTERSHIRE	1 1/3 Cup		109843
PASTA ROTINI WGRAIN	25 Pound		402118

Preparation Instructions

Instructions

Brown hamburger in a large skillet

Add onions, garlic powder and pepper and cook until tender.

Sprinkle flour over ground beef and onion mixture and mix in. Cook for about 1 minute.

Add mushroom soup, milk, and Worcestershire sauce; stir until well blended.

Bring to a boil, reduce heat, cover and simmer 30-45 minutes.

Stir occasionally to prevent scorching.

Remove from heat; stir in sour cream.

Pour into serving pans. Hold for 30 minutes at 180-190° F to thicken mixture.

Portion using a 6-ounce ladle (¾ cup) over noodles.

Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

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

Cook noodles according to directions.

Crediting: One serving provides 2 oz meat/meat alternate and 2 oz grain equivalent

Nutrition Facts per Serving (0.75cup sauce over 1 cup noodles)

Calories: 543 kcal | Saturated fat: 9.77 g | Sodium: 537 mg

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: 200.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	600.65		
Fat	32.57g		
SaturatedFat	19.90g		
Trans Fat	0.00g		
Cholesterol	141.14mg		
Sodium	284.42mg		
Carbohydrates	50.98g		
Fiber	4.35g		
Sugar	5.55g		
Protein	19.99g		
Vitamin A	0.41IU	Vitamin C	1.50mg
Calcium	50.68mg	Iron	2.11mg

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

Nutrition - Per 100g

Calories	353.12
Fat	19.15g
SaturatedFat	11.70g
Trans Fat	0.00g
Cholesterol	82.98mg
Sodium	167.21mg
Carbohydrates	29.97g
Fiber	2.55g
Sugar	3.26g
Protein	11.75g
Vitamin A 0.24IU	Vitamin C 0.88mg
Calcium 29.79mg	Iron 1.24mg

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

Cheese Ravioli



Servings:	200.00	Category:	Entree
Serving Size:	10.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51317
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CRSHD A/P	11 1/2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	248096
TOMATO PASTE FCY	1 1/2 #10 CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
OIL BLND CANOLA/XVRGN 75/25	1 Pint 3/4 Cup (2 3/4 Cup)		743879
GARLIC PLD FRESH	4 Fluid Ounce		428353
SPICE PARSLEY FLAKES	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		259195

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME LEAF	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		513814
SPICE BASIL LEAF	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		513628
SPICE OREGANO LEAF	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		513733
SALT IODIZED	7 Fluid Ounce		125557
Black Ground Pepper	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		2009817
RAVIOLI CHS JMBO WGRAIN CN	55 Pound		553982

Preparation Instructions

Pre-Preparation Instructions

1. Preheat oven to 350 degrees F.
2. Prepare the Homemade Red Sauce:

Ingredients:

TOMATOES DICED

TOMATO PASTE

OIL OLIVE CANOLA BLEND

GARLIC

SPICE PARSLEY

SPICE THYME

SPICE BASIL

SPICE OREGANO

SALT KOSHER

SPICE PEPPER BLCK

- a. Refrigerate all tomato products for at least 3 hours before making sauce.
- b. Combine all ingredients together in a large container, in batches if needed.
- c. Blend thoroughly with a burr mixer.

Preparation Instructions

1. Per Pan: Put 4qt. of sauce in pan with 5lb. 5oz. of ravioli. Total pan weight should be 15lb.
2. Mix the ravioli and sauce together until well combined.
3. Cover with parchment & foil.
4. If preparing ahead or transporting out, cool and store until service or transport.
5. When ready for service, heat for 30 - 40 minutes at 350 degrees or in a steamer.

Serving Instructions

Serving = 10oz.

Note: 1 pan = 19 (10oz weight) servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 10.00 Ounce

Amount Per Serving	
Calories	351.99
Fat	7.25g
SaturatedFat	2.23g
Trans Fat	0.00g
Cholesterol	65.54mg
Sodium	1301.00mg
Carbohydrates	50.29g
Fiber	4.05g
Sugar	14.64g
Protein	19.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.01mg	Iron 4.88mg

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

Nutrition - Per 100g

Calories	124.16
Fat	2.56g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	23.12mg
Sodium	458.91mg
Carbohydrates	17.74g
Fiber	1.43g
Sugar	5.16g
Protein	6.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.44mg	Iron 1.72mg

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

Cold Turkey Lunch Kit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39251
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM CHS	1 Each		588400
TURKEY HAM DCD	3 Ounce	READY TO EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT	10 Each		333911
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981

Description	Measurement	Prep Instructions	DistPart#
TURKEY BRST SMKD COIN 1.75IN SLCD	10 Slice		394123

Preparation Instructions

Order: # 212514 & 219991 to prepare lunchbox in. Place turkey or diced ham in one square. Place cheese cubes in another, crackers in another, and raisins in the last open square. Place lid on and keep cold until time of service.

Meal Components (SLE)

Amount Per Serving

Meat	11.072
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 Per Serving	
Calories	1029.14
Fat	36.51g
SaturatedFat	12.57g
Trans Fat	0.00g
Cholesterol	271.79mg
Sodium	2952.95mg
Carbohydrates	68.30g
Fiber	4.37g
Sugar	32.00g
Protein	103.89g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 405.11mg	Iron 3.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goulash



Servings:	200.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51407
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Water	12 Gallon	READY_TO_DRINK	Water
SALT KOSHER	8 Ounce		176447
PASTA ELBOW MACAR 51 WGRAIN	10 1/2 Pound		229941
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
ONION YELLOW COLOSS	3 Pound 8 Ounce (56 Ounce)		198706
TOMATO PASTE FCY	7 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD I/JCE	12 3/4 Pound		246131
Low Sodium Beef Stock 75X Concentrate	1 Package		334438

Description	Measurement	Prep Instructions	DistPart#
SPICE PEPR BLK REST GRIND	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		225061
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE CHILI POWDER MILD	4 Fluid Ounce		331473
SPICE CUMIN GRND	3 Fluid Ounce		273945
SPICE PAPRIKA	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 8 Ounce (56 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Instructions

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.

Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes.

Pour into steam table pans (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 7 oz (1¾ cups) of shredded cheese (optional) evenly over each pan.

Portion with two No. 10 scoops (¾ cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

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

Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1¼ cup 1 ½ tsp Mexican Seasoning Mix.

Variation:

A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

Crediting: ¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 serving of grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 3.00 Cup

Amount Per Serving	
Calories	250.23
Fat	9.47g
SaturatedFat	4.74g
Trans Fat	0.00g
Cholesterol	47.05mg
Sodium	376.94mg
Carbohydrates	27.42g
Fiber	4.89g
Sugar	4.74g
Protein	15.79g
Vitamin A 0.16IU	Vitamin C 0.59mg
Calcium 35.57mg	Iron 1.24mg

*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

COOK'S CHOICE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37204
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Egg Rolls



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51192
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		292702
SAUSAGE LINK LO SOD CKD	125 Each	chopped	278201
PEPPERS ASST RNBW	1 Pint 1 1/8 Cup (3 1/8 Cup)	chopped	266985
ONION GREEN	1 Pint 1 1/8 Cup (3 1/8 Cup)	chop	596981
EGG WHL LIQ W/CITRIC	1 Pint 1 Cup (3 Cup)		431491
MILK WHT FF	1 Cup		557862
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		150250
EGG ROLL WRAPPER 7INX7IN	100 Each		328618

Preparation Instructions

Instructions

Heat an oven to 425° F. Line a baking sheet with parchment paper.

In large skillet, heat 1 tablespoon vegetable oil over medium heat. Add turkey sausage links, bell pepper and green onions. sauté until meat is golden and hot. Transfer to a medium sized bowl and keep warm.

In medium bowl, lightly beat eggs and milk.

Using the same skillet, heat 1 teaspoon of oil over medium heat, and add egg mixture. Cook, stirring frequently, for 3 to 5 minutes. Remove the eggs from heat and add to bowl with the sausage. Add the cheese and mix well.

To assemble: Place egg roll skin on clean surface with one corner pointing away. Spoon heaping ¼ cup of sausage/egg mixture onto one corner of the egg roll skin. Fold the corner over, tucking in under filling. Fold in the side corners and roll to opposite corner. To seal, wet the edge of skin with water and press firmly. Repeat with remaining egg roll skins.

Place on lined baking sheet. Using the remaining oil, brush each roll lightly. Bake in oven for approximately 20 minutes, or until skins are golden and crispy.

Recipe Notes

NOTE: To serve later, place egg rolls on parchment-lined cookie sheet and freeze. Once fully frozen, place egg rolls in freezer-safe zipper bag for long-term storage. When ready to use, thaw completely and bake as directed above, adding an extra 5 minutes if necessary for filling to become hot.

Crediting: 2-oz-eq. meat/meat alternative

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.88		
Fat	20.77g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	32.55mg		
Sodium	314.06mg		
Carbohydrates	17.31g		
Fiber	0.54g		
Sugar	0.75g		
Protein	8.81g		
Vitamin A	150.98IU	Vitamin C	5.95mg
Calcium	57.22mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available