

# **Cookbook for Walton-Verona Intermediate School**

**Created by HPS Menu Planner**

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**Juice Box 100%**

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# Biscuit Sandwich Sausage

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44240

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341
DOUGH BISC STHRN EZ SPLT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F.	866920

## Preparation Instructions

CCP Hot Hold 135 F or higher

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.96mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Cereal and Toast-WG

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44816
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	3 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

## Preparation Instructions

Students can take cereal and toast or each one separately.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.67g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	265.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	3.67g
<b>Sugar</b>	8.67g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 79.17mg	<b>Iron</b> 8.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Fruit Medley

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113 - 138 CT 1/35 LB CS	1 Each		171871
Banana	1 Each		197769
PEAR 95-110CT MRKN	1 Each		198056

## Preparation Instructions

Wash fruit, slice fruit or serve whole

Place in bag for service or boat

CCP Hold for cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	88.70		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	3.90g		
<b>Sugar</b>	10.75g		
<b>Protein</b>	1.05g		
<b>Vitamin A</b>	120.78IU	<b>Vitamin C</b>	23.30mg
<b>Calcium</b>	25.11mg	<b>Iron</b>	0.23mg

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fruit-Canned Assorted

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979

## Preparation Instructions

Place in 4oz cup

CCP Hold cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.512
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	71.07		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.16mg		
<b>Carbohydrates</b>	16.58g		
<b>Fiber</b>	1.02g		
<b>Sugar</b>	11.36g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	61.78IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	12.95mg	<b>Iron</b>	0.36mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Juice Box 100%

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44298

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.00mg		
<b>Carbohydrates</b>	16.20g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Grill Cheese

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45122
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 OZ WGR SANDWICH BREAD (21C)	48 1 Slice		1292
CHEESE AMER YEL 120CT SLCD	48 Slice		164216
BUTTER ALT LIQ NT	3/4 Cup		614640

## Preparation Instructions

Spray butter mist on trays.

Put 24 slices of bread on the tray

Add two slices of cheese to each bread

add another 24 slices of bread to make a sandwich

then spread liquid margarine on the top of the bread - approximately 1/2 tablespoon a sandwich

Bake in oven at 350F for 5-7 minutes or until golden brown

Heat 135 F or higher for at least 15 seconds



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	8.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.50mg	<b>Iron</b> 12.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli-Roasted

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47265
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	9 1/4 Pound	<b>STEAM</b> Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1/4 Cup		209810
Black Pepper	3/4 Teaspoon	<b>BAKE</b>	24108
DRESSING MIX RNCH	1 Package		192716

## Preparation Instructions

1. Place frozen broccoli in lined sheet pans
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Roast at 400F for 8-12 minutes
4. Pour into solid pan and season according to directions.
5. Set on hot line for service
6. Batch cook as needed

CCP Hold at or above 135F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.501
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	26.62		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	389.78mg		
<b>Carbohydrates</b>	5.17g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Peach Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each		232470

## Preparation Instructions

Place in 4 oz cups

CCP Cold service 41F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
GRANOLA OATHNY BULK	2 1/2 Ounce	READY_TO_EAT READY TO EAT	226671

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.119
<b>Grain</b>	2.332
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	348.99
<b>Fat</b>	3.08g
<b>SaturatedFat</b>	0.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	339.55mg
<b>Carbohydrates</b>	75.28g
<b>Fiber</b>	4.30g
<b>Sugar</b>	39.51g
<b>Protein</b>	8.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 182.64mg	<b>Iron</b> 2.18mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Grab&Go- Crispy Chicken Ranch Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49187
<b>School:</b>	Walton-Verona Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	1 Pint	Hold at 41F.	600504
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
CHIP CORN	1 Ounce	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 UNSPECIFIED	210170
DRESSING RNCH BTRMLK PKT	1 Each		266523
GRAPE TOMATO 6-32Z OUR FAMILY	4 Each		284077

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	610.00
<b>Fat</b>	39.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	960.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.00mg	<b>Iron</b> 4.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grab&Go-Crispy Chicken Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44330

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	1 Pint	Hold at 41F.	600504
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
DRESSING CAESAR RYL PKT	1 Each		554758
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	550.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1180.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 83.00mg	<b>Iron</b> 6.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cucumber and Baby Tomato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE 10 COMM	2 Each		749041
CUCUMBER SELECT	1/2 Cup		418439

## Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	7.80
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.30g
<b>Sugar</b>	1.00g
<b>Protein</b>	0.30g
<b>Vitamin A</b> 54.60IU	<b>Vitamin C</b> 1.46mg
<b>Calcium</b> 8.32mg	<b>Iron</b> 0.15mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mini Sweet Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45090

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	6 Each		667582

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.571
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	34.29
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	3.43g
<b>Sugar</b>	4.57g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.86mg	<b>Iron</b> 0.41mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44243

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CINN WGRAIN IW	1 Each	Place in warmer for warm service	505333

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	240.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Bagel with Cream Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each	thaw	217911
CHEESE CREAM LT CUP	1 Each		124960

## Preparation Instructions

Put items together for service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 1.44mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Corn- Steamed

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44213
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1 Package		209810
CORN CUT SUPER SWT	4 #10 CAN		851329
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580

## Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds

CCP Hold at 135 F or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.539

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	71.34		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	114.98mg		
<b>Carbohydrates</b>	14.87g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	4.83g		
<b>Protein</b>	1.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Sherbert Luigi

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47261
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORANGE	1 Each		563710
SORBET CUP CHRY/BLUERASPB	1 Each		602382
SORBET CUP STRAWB/KIWI	1 Each		602362

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	86.67		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	0.49mg

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



## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Wrap Turkey and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46184
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHEESE AMER YEL 120CT SLCD	1 Slice		164216
TURKEY BRST DELI SHVD FRSH	2 1/2 Ounce		779170

## Preparation Instructions

Start with tortilla shell , Put turkey and sliced cheese on wrap and roll for service- have mustard and mayo packets for student selection

- Hold cold foods at 41 °F or below

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.063
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	335.00
<b>Fat</b>	11.25g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.75mg
<b>Sodium</b>	1130.00mg
<b>Carbohydrates</b>	35.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.25g
<b>Protein</b>	18.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 162.00mg	<b>Iron</b> 2.63mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Cauliflower Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45079
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	1/2 Cup		732494

## Preparation Instructions

Serve in 4oz tray

Mix it up some just broccoli, some cauliflower and some mixed!

- Hold cold foods at 41 °F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	12.50
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 24.10mg
<b>Calcium</b> 11.00mg	<b>Iron</b> 0.21mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44276

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50	1 Slice	<b>BAKE</b> <b>COOKING GUIDELINES. COOK BEFORE SERVING.</b> Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. <b>CONVECTION OVEN:</b> Low fan, 350°F for 13 to 16 minutes. <b>CONVENTIONAL OVEN:</b> 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

## Preparation Instructions

Section pizza into 4 slices so easily picked up

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	238.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.00mg
<b>Sodium</b>	369.20mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	6.00g
<b>Protein</b>	12.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 236.20mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Broccoli Bites

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51595
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/2 Cup		732478

## Preparation Instructions

Serve in 4oz tray

Mix it up some just broccoli, some cauliflower and some mixed!

- Hold cold foods at 41 °F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	25.00		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	32.50mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.20mg	<b>Iron</b>	0.54mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Chip French Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45066
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	<b>HEAT_AND_SERVE</b> Preheat Convection oven to 350 ° Single layer on sheet pan lined with parchment paper. CCP: Heat in convection oven from frozen for 8-10 minutes. From thawed state 5 - 6 minutes CCP:Hold in warming unit for no longer than 3 hours	498492

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<b>Iron</b> 3.60mg

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



## **Nutrition - Per 100g**

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No 100g Conversion Available

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# PopTart-1ct

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44294

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.083
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	173.33
<b>Fat</b>	2.67g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	138.33mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.67g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 333.33IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# CornDog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44484
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	1 Each		720120

## Preparation Instructions

### Basic Preparation

FROM THAWED - CONVECTION OVEN 350°F FOR 14-17 MINUTES (FULL SHEET PAN); CONVENTIONAL OVEN 350°F FOR 24-26 MINUTES (FULL SHEET PAN); FRY 350°F FOR 4-5 MINUTES (QTY: 3); MICROWAVE ON HIGH FOR 30 SECONDS, TURN 30 SECONDS MORE (QTY: 2)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable Small

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44920
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462

## Preparation Instructions

Thaw and serve

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.00mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR R/SOD	1/2 Cup	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	567091

## Preparation Instructions

CCP Hot hold 135F or above

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 1.90mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44272

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP	1 Each		655010

## Preparation Instructions

Place in 4 oz bowl

CCP Cold service 41F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tator Tots K-8

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	1/2 Cup	Basic Preparation CONVECTION OVEN: BAKE AT 425°F FOR 8-12 MINUTES. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING.	141510

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.562

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	129.99
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	359.97mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	10.00mg
Iron	0.20mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45080
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED	1/2 Cup	Put in 4oz boats for service. Chill	273902

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	30.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	45.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Celery Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45082
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	8.70
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.60mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	0.45g
<b>Vitamin A</b> 278.38IU	<b>Vitamin C</b> 1.92mg
<b>Calcium</b> 24.80mg	<b>Iron</b> 0.13mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Iced Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD	1 Each	Thaw	131940
ICING VAN RTU HEAT NICE	1 Fluid Ounce	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

Thaw donut and drizzle icing on top! Be creative- can make it special by adding a little color :)

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	380.00		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	60.00g		
Fiber	1.00g		
Sugar	36.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.50mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Spaghetti and Meatsauce with Garlic Breadstick

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50495

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	6 Pound		654560
Water	6 Gallon	READY_TO_DRINK	Water
SAUCE SPAGHETTI FCY	2 #10 CAN	HEAT_AND_SERVE Heat & Serve Add 2 quart water to sauce MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Beef, Fine Ground 85/15, Frozen	18 Pound	Brown ground beef, cook to 155F drain fat	100158
BREADSTICK WGRAIN 1Z	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked with garlic butter	406321

## Preparation Instructions

CCP hot hold 135F or higher

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.149
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.442
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	366.98
<b>Fat</b>	14.38g
<b>SaturatedFat</b>	4.30g
<b>Trans Fat</b>	2.15g
<b>Cholesterol</b>	55.88mg
<b>Sodium</b>	374.96mg
<b>Carbohydrates</b>	39.46g
<b>Fiber</b>	3.73g
<b>Sugar</b>	6.49g
<b>Protein</b>	22.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.37mg	<b>Iron</b> 1.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab&Go Deli Turkey Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	2 Slice		100018
TURKEY BRST DELI SHVD FRSH	2 Ounce		779170
5" Whole Grain Rich Hoagie Bun	1 bun		3737

## Preparation Instructions

Unthaw turkey in cooler 2-3 days ahead. On bun place turkey and cheese. Put in tote and place in cold pass through.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	330.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	930.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Applesauce Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each		645050

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	47.03		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	13.33g		
<b>Fiber</b>	0.78g		
<b>Sugar</b>	11.76g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.92mg	<b>Iron</b>	0.00mg

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



# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44177

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
Don Lee Charbroiled Beef Patty	1 Each	CONVECTION 3. Bake a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top) i. MAXIMUM TEMPERATURE 145 DEGREES	93003

## Preparation Instructions

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
2. Bake in preheated oven (convection or Combi at 350 Degrees)
3. Bake
  - a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
  - i. MAXIMUM TEMPERATURE 145 DEGREES
  - b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
  - i. MAXIMUM TEMPERATURE 145 DEGREES
4. Remove from oven
  - a. DO NOT PLACE IN STEAM TABLE PAN
  - b. DO NOT COVER
  - c. DO NOT ADD ANY LIQUID OF ANY KIND
5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
6. Best to make burger sandwiches immediately from the oven.
  - a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

- CCP Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	402.00
<b>Fat</b>	22.10g
<b>SaturatedFat</b>	8.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.50mg
<b>Sodium</b>	706.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.30g
<b>Sugar</b>	3.50g
<b>Protein</b>	23.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 87.50mg	<b>Iron</b> 9.60mg

\*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

# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44219
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	<b>BAKE</b> Toast if desired	3474
Don Lee Charbroiled Beef Patty	1 Each	<b>CONVECTION</b> 3. Bake a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top) i. <b>MAXIMUM TEMPERATURE 145 DEGREES</b>	93003

## Preparation Instructions

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
2. Bake in preheated oven (convection or Combi at 350 Degrees)
3. Bake
  - a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
  - i. **MAXIMUM TEMPERATURE 145 DEGREES**
  - b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
  - i. **MAXIMUM TEMPERATURE 145 DEGREES**
4. Remove from oven
  - a. **DO NOT PLACE IN STEAM TABLE PAN**
  - b. **DO NOT COVER**
  - c. **DO NOT ADD ANY LIQUID OF ANY KIND**
5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
6. Best to make burger sandwiches immediately from the oven.
  - a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

- CCPHold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	347.00		
<b>Fat</b>	17.60g		
<b>SaturatedFat</b>	6.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.00mg		
<b>Sodium</b>	481.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	9.60mg

\*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

# Fries-Crinkle Cut K-8

<b>Servings:</b>	160.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	30 Pound	<p>BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p>	200697

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	100.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

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

## Nutrition - Per 100g

<b>Calories</b>	117.58		
<b>Fat</b>	3.53g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	23.52mg		
<b>Carbohydrates</b>	21.16g		
<b>Fiber</b>	1.18g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.76mg	<b>Iron</b>	0.35mg

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

# Lettuce & Tomato Slices

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44813
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Serving	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

## Preparation Instructions

Serve on line for garnish  
CCP 41F or below

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.100
<b>RedVeg</b>	0.400
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	14.96
<b>Fat</b>	0.16g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.60mg
<b>Carbohydrates</b>	3.20g
<b>Fiber</b>	1.08g
<b>Sugar</b>	2.20g
<b>Protein</b>	0.84g
<b>Vitamin A</b>	599.76IU
<b>Vitamin C</b>	9.86mg
<b>Calcium</b>	10.40mg
<b>Iron</b>	0.20mg

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

## Nutrition - Per 100g

<b>Calories</b>	26.38		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.35mg		
<b>Carbohydrates</b>	5.64g		
<b>Fiber</b>	1.90g		
<b>Sugar</b>	3.88g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	1057.80IU	<b>Vitamin C</b>	17.40mg
<b>Calcium</b>	18.34mg	<b>Iron</b>	0.35mg

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



# Sausage Pancake Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-50201
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	<p><b>BAKE</b>  <b>HEATING INSTRUCTIONS: FROM FROZEN</b>            Conventional Oven            1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F.            2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film.            3. Bake for 20-25 minutes or until at least 165°F.            For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p> <p><b>MICROWAVE</b>  <b>HEATING INSTRUCTIONS: FROM FROZEN</b>            Microwave            Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted.            1. Make a ¼-inch slit on top of film to vent.            2. Microwave on HIGH for 50-55 seconds or until hot.            3. Let stand in microwave for 1 minute before serving.  <b>NOTE: Product may be held in warming unit in film for up to 1 hour.</b>  <b>CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY!</b>            For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p>	556982

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKfst TKY SAUS	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

## Preparation Instructions

CCP Hot Hold 135 or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	200.20
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.02mg	<b>Iron</b> 1.69mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Tortilla chips with Beef Taco and Queso

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44188

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	<b>BOIL</b> 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
SAUCE CHS QUESO BLANCO FZ	1 1/2 Ounce	<b>BOIL</b> 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.	722110
CHIP TORTL SCOOP BKD	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

## Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer's direction in the steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, Place Tortilla Rounds in tray with 1.5oz queso and 2 oz of taco meat on side

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.012
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.082
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	272.56
<b>Fat</b>	12.73g
<b>SaturatedFat</b>	5.34g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	43.20mg
<b>Sodium</b>	638.94mg
<b>Carbohydrates</b>	22.90g
<b>Fiber</b>	2.34g
<b>Sugar</b>	1.26g
<b>Protein</b>	15.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 219.05mg	<b>Iron</b> 1.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Chip Cookie

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45077
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHP WGRAIN IW	1 Each	READY_TO_EAT	543131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	105.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44847
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1/2 Cup		293962

## Preparation Instructions

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. Steam 30 minutes till reach 165F

CCP Hot Hold 135 or below

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Maple Syrup Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44247

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package	Preheat oven to 450 degrees F. 2. Place frozen waffles flat on baking sheet and heat in the oven for about 5 minutes or until crispy and hot.	284811

## Preparation Instructions

CCP Hot hold 135 or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<b>Iron</b> 3.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Galaxy Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47692
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4IN RND WGRAIN	1 Each	<p><b>BAKE</b>  <b>COOKING GUIDELINES: COOK BEFORE EATING.</b> Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. <b>CONVECTION OVEN:</b> Cook at 350°F for 18 to 21 minutes. <b>CONVENTIONAL OVEN:</b> Cook at 400°F for 24 to 26 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	504610

## Preparation Instructions

- Hold hot foods at 135 °F or above

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	222.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.00mg
<b>Sodium</b>	325.40mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.40g
<b>Sugar</b>	6.00g
<b>Protein</b>	11.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 222.00mg	<b>Iron</b> 1.40mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Muffin -Chocolate or Blueberry

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Thaw and Serve	557991
MUFFIN BLUEB WGRAIN IW	1 Each	Thaw and Serve	557970

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	130.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	16.50g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.00mg	<b>Iron</b> 1.20mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Wrap Chicken Cheese Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45206
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	2 Ounce	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.	
Shredded Cheddar Cheese	1 Ounce		100003
DRESSING RNCH	1 Fluid Ounce	READY_TO_EAT Ready to use.	759082
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

## Preparation Instructions

Heat Chicken to 165F

Lay out wraps- add chicken, Cheese and ranch dressing out of squeeze bottle

Wrap in foil for hot service of 135F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	492.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.00mg
<b>Sodium</b>	856.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 58.67mg	<b>Iron</b> 2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ranch Wedge Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50182
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	121.70
<b>Fat</b>	5.10g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.26mg	<b>Iron</b> 0.41mg

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

## Nutrition - Per 100g

<b>Calories</b>	143.09		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	364.50mg		
<b>Carbohydrates</b>	19.99g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.65mg	<b>Iron</b>	0.48mg

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



# Raisils Watermelon

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50384
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN GLDN SR WTRMLN 200-1.66Z	1 Each		205390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	160.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	31.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Cups

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46629
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE SLCD IN JCE	1/2 Cup		189944

## Preparation Instructions

Place in 4 oz bowl

CCP Cold service 41F or below

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	59.70		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.93g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	12.69g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.22mg	<b>Iron</b>	0.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Juice Box 100%

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45322
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.00mg		
<b>Carbohydrates</b>	16.20g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fancy Fruit Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45395
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED IQF	1/2 Cup		578614

## Preparation Instructions

Place in 4oz cup

CCP Hold for cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	7.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44756
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

## Preparation Instructions

- Hold hot foods at 135 °F or above

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.00mg	<b>Iron</b> 3.44mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Green Bean

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44212
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	2 #10 CAN		328251
BASE CHIX LO SOD NO MSG	1/4 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589

## Preparation Instructions

Mix items together and steam to 165F and Hold at 135F or higher  
 CCP Heat to 165 F or higher for at least 15 seconds  
 CCP Hold at 135 F or higher

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.539
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	21.66		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	313.46mg		
<b>Carbohydrates</b>	4.32g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

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



## **Nutrition - Per 100g**

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No 100g Conversion Available

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