

# **Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

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## Brunch for Lunch Bowl (elem)

# Grilled Cheese Sandwich w/ tomato Soup

<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-22505
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

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

## Preparation Instructions

1. Gather all ingredients needed. Wash hands and put on fresh pair of gloves.
2. Generously spray the sheet pan with buttery pan spray and lay out slices of bread for first layer.
3. Arrange 4 slices of cheese, layered on overlapping so the whole surface of the bread is covered.
4. Add the top slice of bread.
5. Generously spray top layer of bread with buttery spray and place a second sheet pan on the top of the sandwiches to toast.
6. Bake at 350F for 10-15 minutes until bread is golden and toasty and the cheese is melted.

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

## 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>	1.260
<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>	460.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1420.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	26.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 420.00mg	<b>Iron</b> 2.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Garden Side Salad w/ ranch

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

## Ingredients

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

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	156.57
<b>Fat</b>	13.36g
<b>SaturatedFat</b>	3.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.50mg
<b>Sodium</b>	299.87mg
<b>Carbohydrates</b>	6.25g
<b>Fiber</b>	1.59g
<b>Sugar</b>	3.37g
<b>Protein</b>	2.94g
<b>Vitamin A</b> 381.53IU	<b>Vitamin C</b> 6.35mg
<b>Calcium</b> 71.29mg	<b>Iron</b> 0.14mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken & Ranch Wrap

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.167
<b>Grain</b>	3.583
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.005
<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 1 each

Amount Per Serving	
<b>Calories</b>	636.67
<b>Fat</b>	35.00g
<b>SaturatedFat</b>	10.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	887.00mg
<b>Carbohydrates</b>	55.17g
<b>Fiber</b>	8.50g
<b>Sugar</b>	4.33g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 204.50mg	<b>Iron</b> 4.67mg

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## Nutrition - Per 100g

No 100g Conversion Available

# 1% Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 1 each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25895

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk*	1 Carton		13871

## 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 1 each

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 140.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 290.00mg	<b>Iron</b> 0.10mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Chocolate 1% Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25898
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate 1% Milk	1 Cup	READY_TO_DRINK	13875

## 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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	173.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	277.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

<b>Calories</b>	66.14		
<b>Fat</b>	1.10g		
<b>SaturatedFat</b>	0.66g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.41mg		
<b>Sodium</b>	101.41mg		
<b>Carbohydrates</b>	10.58g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.70g		
<b>Protein</b>	3.53g		
<b>Vitamin A</b>	76.28IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	122.14mg	<b>Iron</b>	0.00mg

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# Shredded BBQ Sandwich

<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-25899
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	1 Quart		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<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>	380.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.00mg	<b>Iron</b>	2.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken w/ Veg. Fried Rice

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

## Ingredients

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

## Preparation Instructions

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

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

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

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.051
<b>Grain</b>	2.513
<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>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	464.87
<b>Fat</b>	6.60g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	829.74mg
<b>Carbohydrates</b>	79.64g
<b>Fiber</b>	6.05g
<b>Sugar</b>	16.33g
<b>Protein</b>	20.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.02mg	<b>Iron</b> 2.15mg

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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

# Chicken Alfredo

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

## Ingredients

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

## Preparation Instructions

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

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

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

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



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.076
<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: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	294.76
<b>Fat</b>	6.27g
<b>SaturatedFat</b>	1.69g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	44.98mg
<b>Sodium</b>	156.37mg
<b>Carbohydrates</b>	41.45g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.51g
<b>Protein</b>	14.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.46mg	<b>Iron</b> 2.46mg

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

## Nutrition - Per 100g

<b>Calories</b>	173.29
<b>Fat</b>	3.68g
<b>SaturatedFat</b>	0.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.44mg
<b>Sodium</b>	91.93mg
<b>Carbohydrates</b>	24.37g
<b>Fiber</b>	3.53g
<b>Sugar</b>	1.48g
<b>Protein</b>	8.64g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.84mg	<b>Iron</b> 1.44mg

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

# Rotini Bake with Meat Sauce and Garlic Toast

<b>Servings:</b>	60.00	<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-28450
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

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

## Preparation Instructions

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.151
<b>Grain</b>	2.075
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.269
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	437.63
<b>Fat</b>	20.70g
<b>SaturatedFat</b>	7.17g
<b>Trans Fat</b>	1.08g
<b>Cholesterol</b>	58.06mg
<b>Sodium</b>	776.61mg
<b>Carbohydrates</b>	39.81g
<b>Fiber</b>	5.30g
<b>Sugar</b>	9.60g
<b>Protein</b>	22.35g
<b>Vitamin A</b> 659.14IU	<b>Vitamin C</b> 24.73mg
<b>Calcium</b> 69.14mg	<b>Iron</b> 4.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans with Cheese

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28454
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD	12 Ounce		645170

## Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.375
<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>	1.079
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

Amount Per Serving	
<b>Calories</b>	493.07
<b>Fat</b>	3.89g
<b>SaturatedFat</b>	1.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.63mg
<b>Sodium</b>	526.82mg
<b>Carbohydrates</b>	79.12g
<b>Fiber</b>	29.53g
<b>Sugar</b>	0.38g
<b>Protein</b>	32.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.92mg	<b>Iron</b> 6.89mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey and Cheese Wrap

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29659
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Pound		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Pound		247822
TORTILLA FLOUR ULTRGR 9IN	32 Each	Ready to Eat	523610

## Preparation Instructions

Lay Wraps out

Place 4 slices turkey on each wrap

Add 2 slices cheese.

Role wrap up

Bag or wrap each Turkey/Cheese Wrap

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

## 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: 32.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	305.17
<b>Fat</b>	11.19g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.59mg
<b>Sodium</b>	737.34mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	24.41g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 252.00mg	<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

# Spaghetti w/ Meat Sauce

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

## Ingredients

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

## Preparation Instructions

To Serve:

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

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	3.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	482.93
<b>Fat</b>	9.10g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.93mg
<b>Sodium</b>	310.71mg
<b>Carbohydrates</b>	75.24g
<b>Fiber</b>	8.54g
<b>Sugar</b>	12.30g
<b>Protein</b>	27.27g
<b>Vitamin A</b> 693.21IU	<b>Vitamin C</b> 20.36mg
<b>Calcium</b> 63.14mg	<b>Iron</b> 5.34mg

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## Nutrition - Per 100g

<b>Calories</b>	212.94
<b>Fat</b>	4.01g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.98mg
<b>Sodium</b>	137.00mg
<b>Carbohydrates</b>	33.18g
<b>Fiber</b>	3.77g
<b>Sugar</b>	5.42g
<b>Protein</b>	12.02g
<b>Vitamin A</b> 305.66IU	<b>Vitamin C</b> 8.98mg
<b>Calcium</b> 27.84mg	<b>Iron</b> 2.36mg

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# Chicken Biscuit Sandwich

<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-34271
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	<b>DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.</b>	126962

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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 Serving

Amount Per Serving	
<b>Calories</b>	265.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders w/ Superpretzel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35965
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	3 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 oz grain	533830
PRETZEL SFT PREBKD WGRAIN	1 Each		607122

## Preparation Instructions

- Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
- Assemble 3 strips a boat and serve with a 1 oz Superpretzel.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.500
<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: 3.00 Serving

Amount Per Serving			
<b>Calories</b>	400.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	32.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.12mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Brunch for Lunch Bowl (elem)

<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-35966
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	<b>BAKE</b> For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
SAUSAGE TKY LNK BKFST CKD	1 Each	1 link = 1 oz meat This is a raw product. This product is NOT ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
FRENCH TST STIX WGRAIN	3 Each	<b>READY_TO_EAT</b> Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021
SYRUP PANCK CUP	1 Each	<b>BAKE</b>	160090

## Preparation Instructions

- Scramble eggs according to directions.  
CCP: Hold at 135F or above for service.
- Bake french toast sticks and sausage links.
- Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

## 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 Serving

Amount Per Serving	
<b>Calories</b>	530.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	230.00mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	74.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	36.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.60mg	<b>Iron</b> 1.06mg

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## Nutrition - Per 100g

No 100g Conversion Available