

# **Cookbook for UNION ELEMENTARY**

**Created by HPS Menu Planner**

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# Applesauce Cups, asst. flavors

NO IMAGE

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <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>    | Breakfast              | <b>Recipe ID:</b>     | R-35474 |
| <b>School:</b>       | CREEKSIDE ELEM<br>SCHL |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| APPLESAUCE UNSWT CUP 96-4.5Z P/L    | 1 Each      |                   | 753911     |
| APPLESAUCE CINN CUP 96-4.5Z P/L     | 1 Each      |                   | 753921     |
| APPLESAUCE STRAWB UNSWT CUP 96-4.5Z | 1 Each      |                   | 753931     |

## 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

| <b>Amount Per Serving</b> |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Calories</b>           | 50.00  |                  |        |
| <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>      | 14.00g |                  |        |
| <b>Fiber</b>              | 1.00g  |                  |        |
| <b>Sugar</b>              | 12.00g |                  |        |
| <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

No 100g Conversion Available

# 1 oz Cereal Bowl Variety



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 7.00      | <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-48753 |

## Ingredients

| Description                    | Measurement | Prep Instructions            | DistPart # |
|--------------------------------|-------------|------------------------------|------------|
| Golden Grahams Cereal Bowl     | 1 Each      |                              | 509434     |
| CEREAL CINN CHEX BWL           | 1 Each      | READY_TO_EAT<br>Ready To Eat | 453143     |
| CEREAL CINN TOAST CRNCH BWL    | 1 Each      | READY_TO_EAT<br>Ready to eat | 595934     |
| Honey Nut Cheerios Cereal Bowl | 1 Each      |                              | 509396     |
| CEREAL RICE CHEX WGRAIN BWL    | 1 Package   | READY_TO_EAT<br>Ready to Eat | 268711     |
| CEREAL APPLCINN WGRAIN BWL     | 1 Each      | READY_TO_EAT<br>Ready to eat | 266052     |
| CEREAL COCOA PUFFS WGRAIN R/S  | 1 Each      | READY_TO_EAT<br>Ready to eat | 270401     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 7.000 |
| <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: 7.00

Serving Size: 1.00 Each

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 113.24                  |
| <b>Fat</b>               | 1.71g                   |
| <b>SaturatedFat</b>      | 0.00g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 0.00mg                  |
| <b>Sodium</b>            | 164.73mg                |
| <b>Carbohydrates</b>     | 23.29g                  |
| <b>Fiber</b>             | 1.20g                   |
| <b>Sugar</b>             | 7.29g                   |
| <b>Protein</b>           | 1.61g                   |
| <b>Vitamin A</b> 42.86IU | <b>Vitamin C</b> 0.51mg |
| <b>Calcium</b> 85.83mg   | <b>Iron</b> 4.01mg      |

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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

# Breakfast Fresh Fruit (elem)



|                      |                     |                       |         |
|----------------------|---------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00                | <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-28512 |
| <b>School:</b>       | CREEKSIDE ELEM SCHL |                       |         |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| APPLE DELIC GLDN           | 1 Each      |                   | 597481     |
| ORANGES NAVEL/VALENCIA FCY | 1 Each      |                   | 198021     |
| PEAR                       | 1 Each      |                   | 198056     |
| BANANA TURNING SNGL 150CT  | 1 Each      |                   | 197769     |

## 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>    | 0.625 |
| <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: 0.50 Cup

| Amount Per Serving   |          |                  |         |
|----------------------|----------|------------------|---------|
| <b>Calories</b>      | 87.45    |                  |         |
| <b>Fat</b>           | 0.28g    |                  |         |
| <b>SaturatedFat</b>  | 0.05g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 0.63mg   |                  |         |
| <b>Carbohydrates</b> | 22.75g   |                  |         |
| <b>Fiber</b>         | 3.93g    |                  |         |
| <b>Sugar</b>         | 10.75g   |                  |         |
| <b>Protein</b>       | 1.13g    |                  |         |
| <b>Vitamin A</b>     | 139.66IU | <b>Vitamin C</b> | 25.87mg |
| <b>Calcium</b>       | 25.11mg  | <b>Iron</b>      | 0.23mg  |

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## Nutrition - Per 100g

No 100g Conversion Available

# Cucumber Slices w/ dip

NO IMAGE

|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <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-35955   |

## Ingredients

| Description         | Measurement | Prep Instructions            | DistPart # |
|---------------------|-------------|------------------------------|------------|
| CUCUMBER SELECT     | 1/2 Cup     | Order Piazza cucumber #00914 | 361510     |
| SAUCE RNCH DIPN CUP | 1 Each      |                              | 182265     |

## Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

## 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>      | 113.90   |                  |        |
| <b>Fat</b>           | 11.05g   |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 250.50mg |                  |        |
| <b>Carbohydrates</b> | 3.00g    |                  |        |
| <b>Fiber</b>         | 0.15g    |                  |        |
| <b>Sugar</b>         | 1.50g    |                  |        |
| <b>Protein</b>       | 0.15g    |                  |        |
| <b>Vitamin A</b>     | 27.30IU  | <b>Vitamin C</b> | 0.73mg |
| <b>Calcium</b>       | 4.16mg   | <b>Iron</b>      | 0.08mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <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<br>INTERMEDIATE<br>SCHOOL |                       |                  |

## Ingredients

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Muffin & String Cheese

NO IMAGE

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 3.00         | <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-35472 |

## Ingredients

| Description                    | Measurement | Prep Instructions             | DistPart # |
|--------------------------------|-------------|-------------------------------|------------|
| MUFFIN BLUEB WGRAIN IW         | 1 Each      |                               | 557970     |
| MUFFIN BAN WGRAIN IW           | 1 Each      |                               | 557981     |
| MUFFIN CHOC/CHOC CHP WGRAIN IW | 1 Each      |                               | 557991     |
| CHEESE STRING MOZZ IW          | 3 Each      | READY_TO_EAT<br>Ready to eat. | 786580     |

## Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.



## 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: 3.00

Serving Size: 1.00 Serving

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 270.00                  |
| <b>Fat</b>              | 12.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 55.00mg                 |
| <b>Sodium</b>           | 330.00mg                |
| <b>Carbohydrates</b>    | 33.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 17.67g                  |
| <b>Protein</b>          | 9.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 228.00mg | <b>Iron</b> 1.04mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken 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-22510          |

## Ingredients

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| CHIX BRST BRD CKD<br>WGRAIN 3.75Z       | 1 Cup       | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes. | 525480     |
| 3474 WGR HAMBURGER<br>BUN (76) 60g 12ct | 1 1 bun     | READY_TO_EAT  |            |

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

## 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 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 350.00                  |
| <b>Fat</b>              | 11.00g                  |
| <b>SaturatedFat</b>     | 1.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 45.00mg                 |
| <b>Sodium</b>           | 500.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 4.00g                   |
| <b>Protein</b>          | 25.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 71.00mg  | <b>Iron</b> 3.00mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Broccoli



|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <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-22555          |

## Ingredients

| Description                   | Measurement    | Prep Instructions | DistPart # |
|-------------------------------|----------------|-------------------|------------|
| BROCCOLI FLORETS              | 3 1/2 Pound    |                   | 610902     |
| OIL BLND CNOLA/XVRGN 90/10    | 1/2 Cup        |                   | 732900     |
| SPICE GARLIC GRANULATED       | 1 Tablespoon   |                   | 513881     |
| SPICE PEPR BLK REG FINE GRIND | 1 1/4 Teaspoon |                   | 225037     |
| Kosher Salt                   | 2 Teaspoon     | READY_TO_EAT      | 65932      |

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.630 |
| <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>      | 40.20   |                  |        |
| <b>Fat</b>           | 2.24g   |                  |        |
| <b>SaturatedFat</b>  | 0.16g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 57.40mg |                  |        |
| <b>Carbohydrates</b> | 4.44g   |                  |        |
| <b>Fiber</b>         | 2.52g   |                  |        |
| <b>Sugar</b>         | 0.84g   |                  |        |
| <b>Protein</b>       | 2.52g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 29.40mg | <b>Iron</b>      | 0.84mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Kiwi with Blueberries

NO IMAGE

|                      |                         |                       |         |
|----------------------|-------------------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00                   | <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-29649 |
| <b>School:</b>       | NORTHWOOD<br>ELEMENTARY |                       |         |

## Ingredients

| Description      | Measurement | Prep Instructions                  | DistPart # |
|------------------|-------------|------------------------------------|------------|
| BLUEBERRY        | 5 Pound     | Rinse in cold water                | 451690     |
| KIWI 33-39CT P/L | 6 Pound     | Peel and cut into chunks or slices | 287008     |

## Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.  
CCP: Hold for cold service at 41° or less.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.180 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 30.72                   |
| <b>Fat</b>               | 0.15g                   |
| <b>SaturatedFat</b>      | 0.00g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 0.00mg                  |
| <b>Sodium</b>            | 0.45mg                  |
| <b>Carbohydrates</b>     | 7.62g                   |
| <b>Fiber</b>             | 1.32g                   |
| <b>Sugar</b>             | 5.34g                   |
| <b>Protein</b>           | 0.45g                   |
| <b>Vitamin A</b> 23.98IU | <b>Vitamin C</b> 4.31mg |
| <b>Calcium</b> 5.76mg    | <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

# Beef & Cheese Nachos

NO IMAGE

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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-26017          |

## Ingredients

| Description                                | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| CHIP TORTL RND YEL                         | 2 Ounce     | 2 oz = about 20 chips   | 163020     |
| TACO FILLING BEEF<br>REDC FAT 6-5 COMM     | 3 1/6 Ounce | <b>BOIL</b><br>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 ULTIM<br>JALAP POU 6-106Z<br>LOL | 3 Ounce     |   | 310744     |
| SOUR CREAM PKT FF                          | 1 Each      | READY_TO_EAT<br>None  | 853190     |
| SALSA CUP                                  | 1 Each      | HEAT_AND_SERVE<br>Ready to Eat<br>MIX<br>Ready to Eat<br>READY_TO_DRINK<br>Ready to Eat<br>READY_TO_EAT<br>Ready to Eat<br>UNPREPARED<br>Ready to Eat<br>UNSPECIFIED<br>Ready to Eat                      | 677802     |

## Preparation Instructions

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.



3. Offer sour cream and salsa on the side as optional.

### 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>   | 0.630 |
| <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>         | 537.40                  |
| <b>Fat</b>              | 22.80g                  |
| <b>SaturatedFat</b>     | 8.80g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 64.00mg                 |
| <b>Sodium</b>           | 1066.20mg               |
| <b>Carbohydrates</b>    | 53.00g                  |
| <b>Fiber</b>            | 6.00g                   |
| <b>Sugar</b>            | 7.00g                   |
| <b>Protein</b>          | 25.80g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 326.00mg | <b>Iron</b> 3.98mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Biscuit

NO IMAGE

|                      |                     |                       |                  |
|----------------------|---------------------|-----------------------|------------------|
| <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-33846          |
| <b>School:</b>       | CREEKSIDE ELEM SCHL |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---|------------|
| EGG SCRMBD<br>PTY RND GRLLD   | 2 Each      |   | 208990     |
| CHEESE AMER<br>160CT SLCD R/F | 1 Slice     | May also use #499788  | 722360     |
| DOUGH BISCUIT<br>WGRAIN       | 1 Each      | <b>BAKE</b><br>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390     |

## Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble 2 egg patties onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 297.70                  |
| <b>Fat</b>               | 16.40g                  |
| <b>SaturatedFat</b>      | 7.75g                   |
| <b>Trans Fat</b>         | 0.07g                   |
| <b>Cholesterol</b>       | 159.50mg                |
| <b>Sodium</b>            | 771.20mg                |
| <b>Carbohydrates</b>     | 26.00g                  |
| <b>Fiber</b>             | 2.60g                   |
| <b>Sugar</b>             | 2.50g                   |
| <b>Protein</b>           | 13.40g                  |
| <b>Vitamin A</b> 65.46IU | <b>Vitamin C</b> 0.02mg |
| <b>Calcium</b> 153.58mg  | <b>Iron</b> 1.18mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# General Tso Chicken w/ 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-49308          |

## Ingredients

| Description              | Measurement  | Prep Instructions                    | DistPart # |
|--------------------------|--------------|--------------------------------------|------------|
| ENTREE KIT GEN TSOS CHIX | 4 Ounce      |                                      | 199341     |
| Vegetable Fried Rice     | 5 9/10 Ounce | STEAM<br>5.9 oz serving = 2 oz grain | 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.

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

RICE: 5.9 oz serving = 2 oz grain

## 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>         | 485.38                  |
| <b>Fat</b>              | 9.68g                   |
| <b>SaturatedFat</b>     | 1.03g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 51.28mg                 |
| <b>Sodium</b>           | 901.54mg                |
| <b>Carbohydrates</b>    | 78.62g                  |
| <b>Fiber</b>            | 5.03g                   |
| <b>Sugar</b>            | 17.36g                  |
| <b>Protein</b>          | 18.31g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 30.53mg  | <b>Iron</b> 1.41mg      |

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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

# Mac & Cheese Bowl w/ garlic breadstick



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 60.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 6.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-49309          |

## Ingredients

| Description                       | Measurement | Prep Instructions                           | DistPart # |
|-----------------------------------|-------------|---|------------|
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 30 Pound    | 2/3 cup =2 oz meat alternate and 1 oz grain | 119122     |
| BREADSTICK WGRAIN GARL HERB 1Z    | 60 Each     |   | 512723     |

## Preparation Instructions

THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN.

HEAT INTERNAL TEMPERATURE TO 165 DEGREES F

WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE POURED INTO SERVING PANS.

IF PRE-PANNED, KEEP PRODUCT COVERED TIGHTLY.

Dish in bowl #688490 and serve with breadstick.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.475 |
| <b>Grain</b>    | 2.125 |
| <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: 60.00

Serving Size: 6.00 Ounce

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 438.04                  |
| <b>Fat</b>              | 14.90g                  |
| <b>SaturatedFat</b>     | 8.10g                   |
| <b>Trans Fat</b>        | 0.45g                   |
| <b>Cholesterol</b>      | 40.50mg                 |
| <b>Sodium</b>           | 1394.13mg               |
| <b>Carbohydrates</b>    | 53.40g                  |
| <b>Fiber</b>            | 2.80g                   |
| <b>Sugar</b>            | 8.10g                   |
| <b>Protein</b>          | 24.50g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 568.96mg | <b>Iron</b> 1.60mg      |

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

## Nutrition - Per 100g

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 257.52                  |
| <b>Fat</b>              | 8.76g                   |
| <b>SaturatedFat</b>     | 4.76g                   |
| <b>Trans Fat</b>        | 0.26g                   |
| <b>Cholesterol</b>      | 23.81mg                 |
| <b>Sodium</b>           | 819.61mg                |
| <b>Carbohydrates</b>    | 31.40g                  |
| <b>Fiber</b>            | 1.65g                   |
| <b>Sugar</b>            | 4.76g                   |
| <b>Protein</b>          | 14.40g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 334.49mg | <b>Iron</b> 0.94mg      |

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# Crunchy Carrots w/ dip

NO IMAGE

|                      |                         |                       |                  |
|----------------------|-------------------------|-----------------------|------------------|
| <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-22506          |
| <b>School:</b>       | NORTHWOOD<br>ELEMENTARY |                       |                  |

## Ingredients

| Description         | Measurement | Prep Instructions                   | DistPart # |
|---------------------|-------------|-------------------------------------|------------|
| CARROT STIX C/C     | 4 Ounce     | Portion into 5 oz black containers. | 781606     |
| SAUCE RNCH DIPN CUP | 1 Each      |                                     | 182265     |

## Preparation Instructions

Portion into 5 oz black containers..



## 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>   | 0.500 |
| <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>             | 154.44                  |
| <b>Fat</b>                  | 11.00g                  |
| <b>SaturatedFat</b>         | 2.00g                   |
| <b>Trans Fat</b>            | 0.00g                   |
| <b>Cholesterol</b>          | 10.00mg                 |
| <b>Sodium</b>               | 330.00mg                |
| <b>Carbohydrates</b>        | 12.67g                  |
| <b>Fiber</b>                | 3.56g                   |
| <b>Sugar</b>                | 6.33g                   |
| <b>Protein</b>              | 0.89g                   |
| <b>Vitamin A</b> 19022.22IU | <b>Vitamin C</b> 6.93mg |
| <b>Calcium</b> 37.33mg      | <b>Iron</b> 0.32mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Grapes



|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 50.00        | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 .50 cup | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-22625 |

## Ingredients

| Description           | Measurement | Prep Instructions        | DistPart # |
|-----------------------|-------------|--------------------------|------------|
| GRAPES RED SDLSS      | 9 Pound     | Wash thoroughly and dry. | 197831     |
| GRAPES GREEN SEEDLESS | 9 Pound     | Wash thoroughly and dry. | 197858     |

## Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers to meet 3/4 cup serving.
3. Chill for service.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.810 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 91.15                   |
| <b>Fat</b>                | 0.43g                   |
| <b>SaturatedFat</b>       | 0.11g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 2.70mg                  |
| <b>Carbohydrates</b>      | 23.76g                  |
| <b>Fiber</b>              | 1.19g                   |
| <b>Sugar</b>              | 21.60g                  |
| <b>Protein</b>            | 0.86g                   |
| <b>Vitamin A</b> 136.08IU | <b>Vitamin C</b> 5.44mg |
| <b>Calcium</b> 19.05mg    | <b>Iron</b> 0.40mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tender Basket (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-30695          |

## Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart # |
|-------------------------------|-------------|--|------------|
| CHIX TNRD BRD<br>WGRAIN 2.07Z | 3 Piece     | Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.<br>Marketing Tips | 533830     |

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| BISCUIT WGRAIN<br>MINI FB 1Z | 1 Each      | <p><b>BAKE</b><br/>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p><b>HEATING INSTRUCTIONS</b><br/>OVEN   TEMP.   TIME<br/>CONVECTION   325°F   4-5 M<br/>STANDARD   375°F   5-6 M<br/>FOOD WARMER  150°F   45-55 M</p> <p><b>MICROWAVE</b><br/>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.<br/>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S</p> <p><b>READY_TO_EAT</b><br/>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p> | 521782     |

## Preparation Instructions

Bake chicken according to package directions. Assemble 3 pieces in a boat and serve with a roll.

### 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: 1.00 Serving

| Amount Per Serving   |          |
|----------------------|----------|
| <b>Calories</b>      | 420.00   |
| <b>Fat</b>           | 22.00g   |
| <b>SaturatedFat</b>  | 5.50g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 60.00mg  |
| <b>Sodium</b>        | 770.00mg |
| <b>Carbohydrates</b> | 29.00g   |
| <b>Fiber</b>         | 4.00g    |
| <b>Sugar</b>         | 4.00g    |
| <b>Protein</b>       | 32.00g   |
| <b>Vitamin A</b>     | 0.00IU   |
| <b>Vitamin C</b>     | 0.00mg   |
| <b>Calcium</b>       | 70.00mg  |
| <b>Iron</b>          | 3.00mg   |

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Caesar Side Salad

NO IMAGE

|                      |                         |                       |           |
|----------------------|-------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 50.00                   | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00                    | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                   | <b>Recipe ID:</b>     | R-29647   |
| <b>School:</b>       | NORTHWOOD<br>ELEMENTARY |                       |           |

## Ingredients

| Description             | Measurement | Prep Instructions   | DistPart # |
|-------------------------|-------------|---|------------|
| LETTUCE ROMAINE RIBBONS | 9 1/2 Pound | Open package, check for and remove any brown pieces of lettuce. | 451730     |
| CROUTON CHS GARL WGRAIN | 50 Package  |   | 661022     |
| DRESSING CAESAR RYL PKT | 50 Each     |   | 554758     |

## Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.  
Serve 1 package of dressing and 1 pkg croutons with each salad.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.750 |
| <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: 1.00

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 255.20                  |
| <b>Fat</b>              | 20.00g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 550.00mg                |
| <b>Carbohydrates</b>    | 14.04g                  |
| <b>Fiber</b>            | 1.52g                   |
| <b>Sugar</b>            | 3.52g                   |
| <b>Protein</b>          | 4.52g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 33.32mg  | <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



# Salisbury Steak w/ biscuit sticks



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-30429          |

## Ingredients

| Description                     | Measurement | Prep Instructions  | DistPart # |
|---------------------------------|-------------|--|------------|
| BEEF STK SALISBURY CHARB        | 1 Each      | <b>GRILL</b><br>Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f. | 697011     |
| GRAVY BF RSTD                   | 2 Ounce     | <b>CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F.</b><br><b>CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F</b>  | 232424     |
| DOUGH BISC STICK 250-1.25Z RICH | 2 Each      | <b>BAKE</b><br>Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.  | 149070     |

## Preparation Instructions

- Pour 2oz gravy over patties.
- Bake for 15-20 minutes.
- CCP: Heat until internal temp. reaches 165° for 15 sec.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 390.00                  |
| <b>Fat</b>              | 25.70g                  |
| <b>SaturatedFat</b>     | 10.00g                  |
| <b>Trans Fat</b>        | 0.10g                   |
| <b>Cholesterol</b>      | 35.00mg                 |
| <b>Sodium</b>           | 1050.00mg               |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 1.60g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 17.20g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 36.98mg  | <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

# Sidekick Slushie Cups



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <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-35884 |

## Ingredients

| Description         | Measurement | Prep Instructions  | DistPart # |
|---------------------|-------------|--|------------|
| SLUSHIE BL RASP/LEM | 1 Each      | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 794181     |
| SLUSHIE STRAWB-KW   | 1 Each      | READY_TO_EAT<br>Remove from freezer and let sit out a short time before eating | 863880     |
| SLUSHIE STRAWB-MANG | 1 Each      | READY_TO_EAT<br>No prep needed.  | 863890     |

## 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 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>              | 33.33mg                  |
| <b>Carbohydrates</b>       | 22.00g                   |
| <b>Fiber</b>               | 0.00g                    |
| <b>Sugar</b>               | 18.67g                   |
| <b>Protein</b>             | 0.00g                    |
| <b>Vitamin A</b> 1250.00IU | <b>Vitamin C</b> 60.00mg |
| <b>Calcium</b> 80.00mg     | <b>Iron</b> 0.00mg       |

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## Nutrition - Per 100g

No 100g Conversion Available

# Homemade PBJ



|                      |               |                       |         |
|----------------------|---------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00          | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Sandwich | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch         | <b>Recipe ID:</b>     | R-51602 |

## Ingredients

| Description                | Measurement   | Prep Instructions              | DistPart # |
|----------------------------|---------------|--------------------------------|------------|
| Whole Grain Sandwich Bread | 2 Slice       | READY_TO_EAT                   | 1292       |
| PEANUT BUTTER CRMY         | 2 Fluid Ounce | *Use commodity peanut butter!* | 279013     |
| JELLY GRP                  | 1 Tablespoon  |                                | 531811     |

## Preparation Instructions

1. Lay out two slices of bread on a parchment lined counter.
2. Place peanut butter on one slice of bread and spread to cover slice.
3. Top second slice with jelly and spread over bread.
4. Put both slices together. Cut in half on the diagonal and stack both triangles on top of each other.
9. Wrap in clear plastic wrap and hold for service.

## 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 Sandwich

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 550.00                  |
| <b>Fat</b>              | 32.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 415.00mg                |
| <b>Carbohydrates</b>    | 53.00g                  |
| <b>Fiber</b>            | 6.00g                   |
| <b>Sugar</b>            | 19.00g                  |
| <b>Protein</b>          | 20.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 120.00mg | <b>Iron</b> 2.44mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Pigs in a Blanket



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00     | <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-51604          |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| DOUGH ROLL SUB MINI WGRAIN | 25 Each     |                   | 262670     |
| FRANKS 3 MEAT CLASSIC 8/   | 25 Each     |                   | 304913     |

## Preparation Instructions

Gather all ingredients needed. Wash hands and apply fresh pair of gloves.

### THE DAY BEFORE:

Pull sub dough from freezer the night before. Lay out the number needed on a sheet pan lined with parchment paper sprayed with buttermilk, and place pan in cooler to thaw overnight.

1. Take sheet pans of thawed dough and set on counter. Take a piece of dough and stretch it out a little to wrap.
2. Take 1 hot dog and twist the dough around the hot dog from end to end. Replace onto sheet pan.
3. Continue until all hot dogs are wrapped.
4. Bake at 350F for 10-15 minutes, until the dough is golden brown. Hot dogs should reach 165F when temped.

CCP: Hold baked pigs-in-a-blanket at 145F in warmer covered with foil until ready to serve.

## 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: 25.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 331.70                  |
| <b>Fat</b>              | 18.80g                  |
| <b>SaturatedFat</b>     | 5.50g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 45.00mg                 |
| <b>Sodium</b>           | 760.10mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.30g                   |
| <b>Sugar</b>            | 5.00g                   |
| <b>Protein</b>          | 12.20g                  |
| <b>Vitamin A</b> 0.07IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 53.01mg  | <b>Iron</b> 2.33mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Mixed Veggie Cruncher Cup w/ dip



|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 150.00   | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.25 Cup | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-48012   |

## Ingredients

| Description               | Measurement | Prep Instructions                      | DistPart # |
|---------------------------|-------------|--|------------|
| PEPPERS RED DOMESTIC      | 7 Pound     | Wash and slice                         | 560715     |
| CAULIFLOWER BITE SIZE     | 5 1/2 Pound | Rinse                                  | 732486     |
| CUCUMBER SELECT           | 10 Pound    | Wash, cut into sticks about 3" X 3/4 " | 418439     |
| Ranch Dressing Cup        | 150 Each    |  | 52976      |
| BROCCOLI FLORET BITE SIZE | 6 Pound     |  | 732451     |
| CELERY STIX               | 6 Pound     |  | 781592     |
| CARROT BABY WHL CLEANED   | 6 Pound     |  | 510637     |

## Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.117 |
| <b>RedVeg</b>   | 0.312 |
| <b>OtherVeg</b> | 0.471 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

| Amount Per Serving         |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 176.33                   |
| <b>Fat</b>                 | 16.17g                   |
| <b>SaturatedFat</b>        | 2.55g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 10.00mg                  |
| <b>Sodium</b>              | 227.48mg                 |
| <b>Carbohydrates</b>       | 9.14g                    |
| <b>Fiber</b>               | 2.76g                    |
| <b>Sugar</b>               | 4.19g                    |
| <b>Protein</b>             | 1.52g                    |
| <b>Vitamin A</b> 6248.26IU | <b>Vitamin C</b> 71.24mg |
| <b>Calcium</b> 40.29mg     | <b>Iron</b> 0.47mg       |

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Mixed Fruit

NO IMAGE

|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 8.00     | <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-30479 |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| APPLE DELIC GLDN           | 1 Each      |                   | 597481     |
| ORANGES NAVEL/VALENCIA FCY | 1 Each      |                   | 198021     |
| PEAR                       | 1 Each      |                   | 198056     |
| GRAPES RED SDLSS           | 1 Quart     |                   | 197831     |
| STRAWBERRY                 | 2 Ounce     |                   | 212768     |

## Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.778 |
| <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: 8.00

Serving Size: 0.50 Cup

| Amount Per Serving        |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 89.13                    |
| <b>Fat</b>                | 0.38g                    |
| <b>SaturatedFat</b>       | 0.08g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 0.00mg                   |
| <b>Sodium</b>             | 1.90mg                   |
| <b>Carbohydrates</b>      | 23.22g                   |
| <b>Fiber</b>              | 2.45g                    |
| <b>Sugar</b>              | 17.29g                   |
| <b>Protein</b>            | 0.98g                    |
| <b>Vitamin A</b> 145.24IU | <b>Vitamin C</b> 19.18mg |
| <b>Calcium</b> 24.71mg    | <b>Iron</b> 0.35mg       |

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## Nutrition - Per 100g

No 100g Conversion Available

# French Toast & Sausage Links (PK-4)

NO IMAGE

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 46.00        | <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-30910          |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| SAUSAGE TKY LNK<br>BKfst CKD | 92 Each     | Fully cooked. Heat and serve.<br>CONVECTION, COMBINATION, AND CONVENTIONAL OVEN<br>METHODS:<br>Position patties in a single layer about 1" apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer.<br>CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F<br>COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F<br>CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F | 352740     |
| FRENCH TST STIX<br>WGRAIN    | 140 Each    | READY_TO_EAT<br>Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes.<br>Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.<br>For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.   | 190021     |

## Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 3 sticks and 2 links in a boat.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.283 |
| <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: 46.00

Serving Size: 1.00 Serving

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 383.77                  |
| <b>Fat</b>              | 16.12g                  |
| <b>SaturatedFat</b>     | 3.01g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 70.14mg                 |
| <b>Sodium</b>           | 474.20mg                |
| <b>Carbohydrates</b>    | 42.61g                  |
| <b>Fiber</b>            | 2.03g                   |
| <b>Sugar</b>            | 14.20g                  |
| <b>Protein</b>          | 18.09g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 23.94mg  | <b>Iron</b> 1.43mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Green Beans



|                      |                  |                       |         |
|----------------------|------------------|-----------------------|---------|
| <b>Servings:</b>     | 20.00            | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 4.00 Fluid Ounce | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast        | <b>Recipe ID:</b>     | R-22633 |

## Ingredients

| Description           | Measurement                             | Prep Instructions   | DistPart # |
|-----------------------|---|---|------------|
| BEAN GREEN CUT MXD SV | 3 Quart 6 Fluid Ounce (102 Fluid Ounce) |   | 273856     |
| BASE HAM NO ADDED MSG | 1/2 Teaspoon                            | 2. Add ham base and dehydrated onions. Stir to dissolve the base. | 686691     |
| ONION DEHY CHPD       | 1 Tablespoon                            |   | 263036     |

## Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° 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> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Fluid Ounce

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 26.10                   |
| <b>Fat</b>              | 0.00g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 281.22mg                |
| <b>Carbohydrates</b>    | 3.98g                   |
| <b>Fiber</b>            | 2.57g                   |
| <b>Sugar</b>            | 1.29g                   |
| <b>Protein</b>          | 1.29g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 29.56mg  | <b>Iron</b> 0.49mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Orange Wedges



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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-22634 |

## Ingredients

| Description         | Measurement | Prep Instructions  | DistPart # |
|---------------------|-------------|--|------------|
| Orange Choice 138ct | 1 Each      | Per USDA Buying Guide 138 Count Fresh Orange :<br>1 orange = about 1/2 cup | 08139      |

## Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

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

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

## 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

| <b>Amount Per Serving</b> |        |                  |        |
|---------------------------|--------|------------------|--------|
| <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>      | 15.00g |                  |        |
| <b>Fiber</b>              | 3.00g  |                  |        |
| <b>Sugar</b>              | 12.00g |                  |        |
| <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

# Hawaiian Meatball Rice Bowl



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 20.00        | <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-51640          |

## Ingredients

| Description                   | Measurement                    | Prep Instructions  | DistPart # |
|-------------------------------|--------------------------------|--|------------|
| MEATBALL CKD<br>.65Z 6-5 COMM | 80 Each                        | <b>BAKE</b><br>KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F. | 785860     |
| PINEAPPLE<br>TIDBITS IN JCE   | 1 #10 CAN                      |  | 189979     |
| Vegetable Fried<br>Rice       | 120 ounces                     | <b>STEAM</b><br>6 oz rice = 2oz serving  | 676463     |
| COOKIE<br>FORTUNE<br>WGRAIN   | 1 Each                         |  | 565142     |
| SAUCE SWT<br>SOUR             | 3 Pound 12 Ounce<br>(60 Ounce) |  | 440422     |

## Preparation Instructions

Gather all ingredients needed. Wash hands and apply fresh pair of gloves.

1. Preheat oven to 375F and spray a full-size pan with non-stick spray.
2. Place frozen meatballs, pineapple tidbits, and sauce into the pan. Stir gently to combine.
3. Cover and place into the oven for about 30-35 minutes. Should temp 160F when ready.  
CCP: Hold hot until ready to serve at 135F or above.
4. Prepare fried rice according to package instruction and hold hot at 135F until ready to serve.

To Serve:

Place 6 oz fried rice into a bowl. (Use bowl #688490).

Top with 4 oz of the sauce and 4 meatballs.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.042 |
| <b>Fruit</b>    | 0.483 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.132 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.132 |

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

| Amount Per Serving        |                           |
|---------------------------|---------------------------|
| <b>Calories</b>           | 506.37**                  |
| <b>Fat</b>                | 11.54g**                  |
| <b>SaturatedFat</b>       | 3.50g**                   |
| <b>Trans Fat</b>          | 0.60g**                   |
| <b>Cholesterol</b>        | 36.00mg**                 |
| <b>Sodium</b>             | 683.46mg**                |
| <b>Carbohydrates</b>      | 80.35g**                  |
| <b>Fiber</b>              | 6.03g**                   |
| <b>Sugar</b>              | 21.54g**                  |
| <b>Protein</b>            | 18.11g**                  |
| <b>Vitamin A</b> 0.00IU** | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 75.97mg**  | <b>Iron</b> 2.07mg**      |

\*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

# Bosco Sticks w/ Marinara

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-31152          |

## Ingredients

| Description             | Measurement | Prep Instructions   | DistPart # |
|-------------------------|-------------|---|------------|
| BREADSTICK CHS STFD     | 2 Each      | <b>Convection Oven</b><br>1. Preheat oven to 400° F.<br>2. Place Bosco Stick breadsticks on a baking sheet.<br>3. THAWED: 6-8 minutes.<br>4. Let stand 2 minutes before serving.<br><b>CAUTION: FILLING MAY BE HOT!</b><br>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.<br>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.<br><b>Thawing Instructions</b><br>1. Thaw before baking.<br>2. Keep Bosco Stick breadsticks covered while thawing.<br>3. Bosco Stick breadsticks may be thawed in packaging.<br>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. | 432180     |
| SAUCE MARINARA DIPN CUP | 1 Each      | None  | 677721     |

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 4.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 490.00                  |
| <b>Fat</b>              | 15.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 30.00mg                 |
| <b>Sodium</b>           | 860.00mg                |
| <b>Carbohydrates</b>    | 64.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 8.00g                   |
| <b>Protein</b>          | 26.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 428.00mg | <b>Iron</b> 4.70mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Soft Taco w/ chips & salsa



|                      |                     |                       |                  |
|----------------------|---------------------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00               | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 3.17 Ounce          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch               | <b>Recipe ID:</b>     | R-30703          |
| <b>School:</b>       | CREEKSIDE ELEM SCHL |                       |                  |

## Ingredients

| Description                         | Measurement                | Prep Instructions  | DistPart # |
|-------------------------------------|----------------------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 5 Pound                    | 14# = 2 bags   | 722330     |
| TORTILLA FLOUR ULTRGR 6IN           | 25 Each                    | 75= 6 pkgs + 3   | 882690     |
| CHEESE CHED MLD SHRD 4-5 LOL        | 1 Pound                    | READY_TO_EAT<br>Preshredded. Use cold or melted  | 150250     |
| SALSA CUP                           | 25 Each                    | HEAT_AND_SERVE<br>Ready to Eat<br>MIX<br>Ready to Eat<br>READY_TO_DRINK<br>Ready to Eat<br>READY_TO_EAT<br>Ready to Eat<br>UNPREPARED<br>Ready to Eat<br>UNSPECIFIED<br>Ready to Eat | 677802     |
| CHIP TORTL WHT TRI                  | 1 Pound 9 Ounce (25 Ounce) |  | 163010     |

## Preparation Instructions

- Place bags of taco meat into a steam table pan. Steam.  
CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.
- Cut open bags and pour into serving pans. Cover.  
CCP: Hold for hot service at 135F or higher.

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Boat the taco with 1oz (about 8) chips and serve with salsa cup.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.670 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.631 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.17 Ounce

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 435.04                  |
| <b>Fat</b>              | 18.20g                  |
| <b>SaturatedFat</b>     | 8.22g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 53.84mg                 |
| <b>Sodium</b>           | 757.63mg                |
| <b>Carbohydrates</b>    | 39.70g                  |
| <b>Fiber</b>            | 6.02g                   |
| <b>Sugar</b>            | 6.02g                   |
| <b>Protein</b>          | 20.83g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 233.96mg | <b>Iron</b> 4.00mg      |

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

### Nutrition - Per 100g

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 484.09                  |
| <b>Fat</b>              | 20.25g                  |
| <b>SaturatedFat</b>     | 9.15g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 59.91mg                 |
| <b>Sodium</b>           | 843.04mg                |
| <b>Carbohydrates</b>    | 44.17g                  |
| <b>Fiber</b>            | 6.70g                   |
| <b>Sugar</b>            | 6.70g                   |
| <b>Protein</b>          | 23.17g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 260.33mg | <b>Iron</b> 4.45mg      |

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# Broccoli with Cheese

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 32.00    | <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-22620          |

## Ingredients

| Description      | Measurement | Prep Instructions   | DistPart # |
|------------------|-------------|---|------------|
| BROCCOLI FLORETS | 4 Pound     | Use commodity broccoli whenever possible!   | 610902     |
| SAUCE CHS CHED   | 1 Ounce     | <b>BOIL</b><br>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. | 271081     |

## Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.017 |
| <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: 32.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 18.52                   |
| <b>Fat</b>              | 0.14g                   |
| <b>SaturatedFat</b>     | 0.08g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.48mg                  |
| <b>Sodium</b>           | 17.07mg                 |
| <b>Carbohydrates</b>    | 3.37g                   |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 0.68g                   |
| <b>Protein</b>          | 2.12g                   |
| <b>Vitamin A</b> 6.66IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 26.80mg  | <b>Iron</b> 0.67mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bell Pepper Strips



|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 7.00     | <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-49793   |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| PEPPERS BELL ORANGE | 1 Pound     |                   | 460860     |

## Preparation Instructions

Wash bell peppers thoroughly in produce sink.

Set up prep station with cutting board and chef knife. Put on cut glove.

Weigh out 1# of whole peppers. 1# peppers will yield approx. 7 half-cup servings. This is usually 3-5 bell peppers.

Slice cap off the top of the pepper and thinly slice off the bottom of the pepper so it will sit flat and upright.

Slice each lobe off the pepper away from the core. Remove any white membrane left on the inside of the pepper lobes.

Slice each lobe into strips and portion into 0.5 cup servings.

CCP: Hold for cold service at 40F.

## 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: 7.00

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>        | 0.53mg |                  |        |
| <b>Carbohydrates</b> | 1.71g  |                  |        |
| <b>Fiber</b>         | 0.24g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.27g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 2.93mg | <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

# Cantaloupe Wedge



|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 10.00    | <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-35887 |

## Ingredients

| Description                      | Measurement | Prep Instructions     | DistPart # |
|----------------------------------|-------------|-----------------------|------------|
| MELON MUSK CANTALOUPE 9-12CT AVG | 1 Each      | *Order Piazza #00418* | 200565     |

## Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
  2. Place cantaloupe on a clean cutting board and put on cutting gloves.
  3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One cantaloupe yields about 10 4 oz (1/2cup) servings.

## 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: 10.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                           |
|-------------------------|---------------------------|
| <b>Calories</b>         | 26.00                     |
| <b>Fat</b>              | 0.00g                     |
| <b>SaturatedFat</b>     | 0.00g                     |
| <b>Trans Fat</b>        | 0.00g                     |
| <b>Cholesterol</b>      | 0.00mg                    |
| <b>Sodium</b>           | 12.00mg                   |
| <b>Carbohydrates</b>    | 7.00g                     |
| <b>Fiber</b>            | 0.50g                     |
| <b>Sugar</b>            | 6.50g                     |
| <b>Protein</b>          | 0.50g                     |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 252.00mg |
| <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

No 100g Conversion Available

# Honeydew Wedge



|                      |          |                       |         |
|----------------------|----------|-----------------------|---------|
| <b>Servings:</b>     | 10.00    | <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-34053 |

## Ingredients

| Description        | Measurement | Prep Instructions   | DistPart # |
|--------------------|-------------|---|------------|
| HONEYDEW 6 CT CASE | 1 Each      | *Order Piazza #08110*<br>One honeydew yields 10 4 oz (1/2cup) servings. | 08110      |

## Preparation Instructions

1. Thoroughly wash and dry honeydew.
  2. Place honeydew on a clean cutting board and put on cutting gloves.
  3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.  
If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One honeydew yields 10 4 oz (1/2cup) servings.

## 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: 10.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 61.00                    |
| <b>Fat</b>              | 0.00g                    |
| <b>SaturatedFat</b>     | 0.10g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 31.00mg                  |
| <b>Carbohydrates</b>    | 15.00g                   |
| <b>Fiber</b>            | 1.40g                    |
| <b>Sugar</b>            | 14.00g                   |
| <b>Protein</b>          | 0.90g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 30.60mg |
| <b>Calcium</b> 10.00mg  | <b>Iron</b> 0.00mg       |

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## Nutrition - Per 100g

No 100g Conversion Available



# Golden Delicious Apple Slices



|                      |            |                       |         |
|----------------------|------------|-----------------------|---------|
| <b>Servings:</b>     | 130.00     | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00 Ounce | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-22678 |

## Ingredients

| Description      | Measurement | Prep Instructions  | DistPart # |
|------------------|-------------|--|------------|
| APPLE DELIC GLDN | 130 Piece   | Can also order Piazza Golden Delicious #08015<br>Wash apples. Using the 6 section blade with corer, slices apples.<br>Place slices into a container of properly diluted Nature Seal. | 597481     |

## Preparation Instructions

Can also order Piazza Golden Delicious #08015

1. Wash apples.
2. Using the 6 section blade with corer, slice apples.
3. Place slices into a container of properly diluted Nature Seal.
4. Portion 6 slices into a side dish container.

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

## 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: 130.00

Serving Size: 4.00 Ounce

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 66.60   |                  |        |
| <b>Fat</b>           | 0.20g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 1.30mg  |                  |        |
| <b>Carbohydrates</b> | 18.00g  |                  |        |
| <b>Fiber</b>         | 3.10g   |                  |        |
| <b>Sugar</b>         | 13.00g  |                  |        |
| <b>Protein</b>       | 0.30g   |                  |        |
| <b>Vitamin A</b>     | 69.12IU | <b>Vitamin C</b> | 5.89mg |
| <b>Calcium</b>       | 7.68mg  | <b>Iron</b>      | 0.15mg |

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

## Nutrition - Per 100g

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 58.73   |                  |        |
| <b>Fat</b>           | 0.18g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 1.15mg  |                  |        |
| <b>Carbohydrates</b> | 15.87g  |                  |        |
| <b>Fiber</b>         | 2.73g   |                  |        |
| <b>Sugar</b>         | 11.46g  |                  |        |
| <b>Protein</b>       | 0.26g   |                  |        |
| <b>Vitamin A</b>     | 60.95IU | <b>Vitamin C</b> | 5.19mg |
| <b>Calcium</b>       | 6.77mg  | <b>Iron</b>      | 0.13mg |

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# Fish Nuggets w/Onion Rings



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 4.00 Piece | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-22657          |

## Ingredients

| Description                         | Measurement | Prep Instructions  | DistPart # |
|-------------------------------------|-------------|--|------------|
| POLLOCK BRD<br>NUG CRNCHY<br>MSC 1Z | 160 Each    | <b>BAKE</b><br>COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. | 344271     |
| ONION RING BRD<br>WGRAIN            | 200 Each    | Bake in 350° convection oven for approximately 10-11 minutes.  | 234061     |

## Preparation Instructions

Cook fish and onion rings according to package direction.

CCP: Hold fish and onion rings for hot service at minimum of 135°.

Place 4 fish nuggets and 5 onion rings in a boat and serve.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.250 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Piece

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 410.00                  |
| <b>Fat</b>              | 16.00g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 35.00mg                 |
| <b>Sodium</b>           | 530.00mg                |
| <b>Carbohydrates</b>    | 51.00g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 6.00g                   |
| <b>Protein</b>          | 15.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 130.00mg | <b>Iron</b> 2.58mg      |

\*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<br>INTERMEDIATE<br>SCHOOL |                       |                  |

## Ingredients

| Description                             | Measurement  | Prep Instructions  | DistPart # |
|---|--------------|--|------------|
| PASTA SPAG 51<br>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<br>REDC FAT 6-5 COMM | 18 3/4 Pound | 1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F.<br>CCP: Heat until product reaches 165F for 15 sec.<br>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       |

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

## 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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# Yogurt & Granola

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <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-31348 |

## Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart # |
|-------------------------------|-------------|--|------------|
| YOGURT CHERRY TRPL L/F        | 1 Each      | Ready to eat single serving                                    | 186911     |
| YOGURT STRAWB BAN BASH L/F    | 1 Each      | Ready to eat single serving                                    | 551760     |
| YOGURT RASPB RNBW L/F         | 1 Each      | Ready to eat single serving                                    | 551770     |
| YOGURT DANIMAL STRAWB BAN N/F | 1 Each      | Ready to eat single serving                                    | 869921     |
| YOGURT DANIMAL STRAWB N/F     | 1 Each      | Ready to eat single serving                                    | 885750     |
| GRANOLA BAG IW                | 5 Package   | Can also order 'Awesome Granola' from Commercial Foods. #40058 | 649742     |

## Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

## 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: 5.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 196.00                  |
| <b>Fat</b>              | 3.80g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.00mg                  |
| <b>Sodium</b>           | 136.00mg                |
| <b>Carbohydrates</b>    | 34.60g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 15.40g                  |
| <b>Protein</b>          | 7.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 124.00mg | <b>Iron</b> 0.72mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Drumstick w/ Biscuit (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-49253          |

## Ingredients

| Description                      | Measurement | Prep Instructions  | DistPart # |
|----------------------------------|-------------|--|------------|
| CHIX DRMSTX<br>BRD WGRAIN<br>CKD | 1 Piece     | <p><b>BAKE</b><br/>Preparation: Appliances vary, adjust accordingly.<br/>Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b><br/>Preparation: Appliances vary, adjust accordingly.<br/>Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.</li> <li>3. Heat for 25-30 minutes</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> | 603391     |
| DOUGH BISCUIT<br>WGRAIN          | 1 Each      | <p><b>BAKE</b></p> <ol style="list-style-type: none"> <li>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</li> </ol>  | 237390     |

## Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Biscuit = 1.5 oz grain

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <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>         | 392.70                  |
| <b>Fat</b>              | 20.40g                  |
| <b>SaturatedFat</b>     | 7.50g                   |
| <b>Trans Fat</b>        | 0.07g                   |
| <b>Cholesterol</b>      | 62.00mg                 |
| <b>Sodium</b>           | 911.20mg                |
| <b>Carbohydrates</b>    | 29.00g                  |
| <b>Fiber</b>            | 3.60g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 22.90g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 41.58mg  | <b>Iron</b> 2.18mg      |

\*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

NO IMAGE

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <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<br>INTERMEDIATE<br>SCHOOL |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---|------------|
| BEAN REFRIED<br>VEGTAR LO SOD | 2 Package   | RECONSTITUTE<br>1: Pour<br>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<br>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

# Garden Side Salad w/ ranch

NO IMAGE

|                      |  |                       |           |
|----------------------|--|-----------------------|-----------|
| <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<br>INTERMEDIATE<br>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<br>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      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Steakburger on Bun



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-26016          |

## Ingredients

| Description              | Measurement | Prep Instructions   | DistPart # |
|--------------------------|-------------|---|------------|
| 4" Wg Rich Hamburger Bun | 1 bun       | BAKE<br>Toast if desired  | 3474       |
| BEEF STK BRGR CHARB      | 1 Each      | BAKE<br>From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.<br>UNSPECIFIED<br>Not Currently Available. | 203260     |

## Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.750 |
| <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

| <b>Amount Per Serving</b> |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Calories</b>           | 340.00   |                  |        |
| <b>Fat</b>                | 16.00g   |                  |        |
| <b>SaturatedFat</b>       | 6.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 60.00mg  |                  |        |
| <b>Sodium</b>             | 360.00mg |                  |        |
| <b>Carbohydrates</b>      | 25.00g   |                  |        |
| <b>Fiber</b>              | 2.00g    |                  |        |
| <b>Sugar</b>              | 3.00g    |                  |        |
| <b>Protein</b>            | 23.00g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 6.00mg   | <b>Iron</b>      | 8.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available



# 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<br>INTERMEDIATE<br>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      |

\*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

# Buttery Corn

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <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-22631          |

## Ingredients

| Description                    | Measurement | Prep Instructions                            | DistPart # |
|--------------------------------|-------------|--|------------|
| CORN CUT SUPER SWT             | 24 Pound    | Steam corn to a minimum temperature of 140°. | 851329     |
| MARGARINE BTR BLND EURO UNSLTD | 8 Ounce     | READY_TO_EAT<br>Ready to use.                | 834071     |

## Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° 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>   | 0.687 |

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 148.76 |                  |        |
| <b>Fat</b>           | 9.03g  |                  |        |
| <b>SaturatedFat</b>  | 3.33g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 16.42g |                  |        |
| <b>Fiber</b>         | 2.05g  |                  |        |
| <b>Sugar</b>         | 6.16g  |                  |        |
| <b>Protein</b>       | 2.05g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 2.10mg | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Mixed Fruit Cup



|                      |       |                       |         |
|----------------------|-------|-----------------------|---------|
| <b>Servings:</b>     | 50.00 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch | <b>Recipe ID:</b>     | R-28440 |

## Ingredients

| Description              | Measurement | Prep Instructions  | DistPart # |
|--------------------------|-------------|--|------------|
| PEACH DCD XL/S           | 1 #10 CAN   | USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit. | 268348     |
| PEAR DCD XL/S            | 1 #10 CAN   | Add frozen cherries or blueberries. Mix.                                   | 290203     |
| PINEAPPLE TIDBITS IN JCE | 1 #10 CAN   | READY_TO_EAT<br>Ready to Eat   | 509221     |
| CHERRY DK SWT            | 1 Pound     | COMMODITY frozen blueberries may be substituted for the frozen cherries.   | COM90139   |

## Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.537 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 71.65  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 5.17mg |                  |        |
| <b>Carbohydrates</b> | 16.16g |                  |        |
| <b>Fiber</b>         | 1.13g  |                  |        |
| <b>Sugar</b>         | 13.36g |                  |        |
| <b>Protein</b>       | 0.07g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.35mg | <b>Iron</b>      | 0.02mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich w/ tomato Soup

NO IMAGE

|                      |  |                       |                  |
|----------------------|--|-----------------------|------------------|
| <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<br>INTERMEDIATE<br>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



# Yogurt Lunch Box

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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-51626 |

## Ingredients

| Description                 | Measurement | Prep Instructions            | DistPart # |
|-----------------------------|-------------|------------------------------|------------|
| YOGURT DANIMAL VAN N/F      | 1 Each      |                              | 200612     |
| CHEESE STIX CHED MLD R/F IW | 1 Each      | READY_TO_EAT<br>Ready to Eat | 786830     |
| CRACKER GRHM STCK SCOOBY    | 1 Package   |                              | 859550     |

## Preparation Instructions

Arrange all items in boat #428034 .  
Serve immediately or hold at 40F for service.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <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>         | 280.00                  |
| <b>Fat</b>              | 10.50g                  |
| <b>SaturatedFat</b>     | 5.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 20.00mg                 |
| <b>Sodium</b>           | 370.00mg                |
| <b>Carbohydrates</b>    | 35.00g                  |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 18.00g                  |
| <b>Protein</b>          | 13.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 304.00mg | <b>Iron</b> 0.70mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Waffle

NO IMAGE

|                      |       |                       |                  |
|----------------------|-------|-----------------------|------------------|
| <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-49254          |

## Ingredients

| Description                       | Measurement | Prep Instructions   | DistPart # |
|-----------------------------------|-------------|---|------------|
| CHIX BRST BRD<br>CKD WGRAIN 3.75Z | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes. | 525480     |
| Whole Grain Waffle                | 1 Each      | <b>BAKE</b><br>Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.  | 138652     |

## Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

## 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

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 280.00                  |
| <b>Fat</b>              | 12.00g                  |
| <b>SaturatedFat</b>     | 1.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 50.00mg                 |
| <b>Sodium</b>           | 405.00mg                |
| <b>Carbohydrates</b>    | 21.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 21.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 63.50mg  | <b>Iron</b> 1.74mg      |

\*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

# Colorful Cauliflower

NO IMAGE

|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 24.00    | <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-34052   |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| whole heads of tri-color cauliflower | 1 Package   |                   | 01371      |

## 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: 24.00

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>        | 30.00mg |                  |        |
| <b>Carbohydrates</b> | 5.00g   |                  |        |
| <b>Fiber</b>         | 2.00g   |                  |        |
| <b>Sugar</b>         | 2.00g   |                  |        |
| <b>Protein</b>       | 2.00g   |                  |        |
| <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

---

# Popcorn Chicken Cup w/ 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-41452          |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| Whole Grain Dinner Roll                | 1 Piece     | READY_TO_EAT<br>Ready to eat  | 3920       |
| CHIX POPCORN BRD WGRAIN<br>FC .28Z 4-8 | 12 Each     | BAKE<br>Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 327120     |

## Preparation Instructions

1. Cook chicken according to package instructions.
2. Assemble 12 chicken pieces in cup #792220
3. Place roll on top of chicken.

CCP: Hold at 135F or higher for service.

## 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>           | 330.91                  |
| <b>Fat</b>                | 15.18g                  |
| <b>SaturatedFat</b>       | 2.73g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 21.82mg                 |
| <b>Sodium</b>             | 516.82mg                |
| <b>Carbohydrates</b>      | 30.27g                  |
| <b>Fiber</b>              | 4.27g                   |
| <b>Sugar</b>              | 3.09g                   |
| <b>Protein</b>            | 18.27g                  |
| <b>Vitamin A</b> 118.91IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 79.27mg    | <b>Iron</b> 3.10mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Buildable (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-41880          |

## Ingredients

| Description                | Measurement | Prep Instructions  | DistPart # |
|----------------------------|-------------|--|------------|
| FLATBREAD W/GRAIN<br>4IN   | 2 Each      | <b>THAW</b><br>1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Each "sheet" has four 1 oz., 4" Whole Grain Sliders.<br>2. Simply snap at the seams to break apart. 3. That's it! | 959048     |
| CHEESE MOZZ SHRD           | 2 Ounce     | <b>READY_TO_EAT</b><br>Preshredded. Use cold or melted.  | 645170     |
| SAUCE MARINARA<br>DIPN CUP | 1 Each      | <b>READY_TO_EAT</b><br>None  | 677721     |
| Sliced Pepperoni           | 10 Slice    |  | 394085     |

## Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.

Use large boat to place all items in.

(Thaw flatbreads the night before)

2. Tear flatbreads at the seams to break apart.

3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.

4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.714 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 482.86                  |
| <b>Fat</b>              | 25.57g                  |
| <b>SaturatedFat</b>     | 9.86g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 47.86mg                 |
| <b>Sodium</b>           | 1271.43mg               |
| <b>Carbohydrates</b>    | 38.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 10.00g                  |
| <b>Protein</b>          | 26.29g                  |
| <b>Vitamin A</b> 0.20IU | <b>Vitamin C</b> 0.06mg |
| <b>Calcium</b> 439.32mg | <b>Iron</b> 2.35mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna Roll-Up w/ garlic breadstick



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 110.00    | <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-38968          |

## Ingredients

| Description                     | Measurement | Prep Instructions  | DistPart # |
|---------------------------------|-------------|--|------------|
| LASAGNA ROLL-UP<br>WGRAIN       | 110 Each    |  | 234041     |
| SAUCE SPAGHETTI                 | 3 Gallon    | HEAT_AND_SERVE<br>Heat & Serve<br>MIX<br>Heat & Serve<br>READY_TO_DRINK<br>Heat & Serve<br>READY_TO_EAT<br>Heat & Serve<br>UNPREPARED<br>Heat & Serve<br>UNSPECIFIED<br>Heat & Serve   | 744520     |
| BREAD GARL TX TST<br>SLC WGRAIN | 110 Each    | READY_TO_EAT<br>CONVECTION BAKE:<br>Preheat oven to 425F.<br>Lay slices flat on baking pans.<br>Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow)<br>Bake 4-5 minutes.<br>CONVENTIONAL OVEN:<br>Preheat oven to 425F.<br>Lay slices flat on baking pan.<br>Place baking pan on middle shelf of oven.<br>Bake 4-6 minutes.<br>Since appliances vary, these cooking instructions may need adjusting.<br>For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F. | 197582     |

## Preparation Instructions

1. Wash hand thoroughly and put on fresh pair of gloves.
2. Choose method of preparation - Baking or Steaming, and see corresponding set of instructions below.
3. Serve with garlic breadstick on the side.

Keep frozen until ready to prepare!

#### Method 1- Baking

1. Preheat convection oven to 375°F. Set fan to HIGH.
2. Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with aluminum foil.
6. Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

#### Method 2 – Steaming

1. Set steamer to HIGH.
2. Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with plastic film and then aluminum foil.
6. Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

## 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>   | 1.091 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 392.36                  |
| <b>Fat</b>                | 10.37g                  |
| <b>SaturatedFat</b>       | 4.00g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 20.00mg                 |
| <b>Sodium</b>             | 637.18mg                |
| <b>Carbohydrates</b>      | 53.47g                  |
| <b>Fiber</b>              | 4.75g                   |
| <b>Sugar</b>              | 12.98g                  |
| <b>Protein</b>            | 19.75g                  |
| <b>Vitamin A</b> 400.00IU | <b>Vitamin C</b> 6.00mg |
| <b>Calcium</b> 334.44mg   | <b>Iron</b> 3.05mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

NO IMAGE

|                      |                                      |                       |                  |
|----------------------|--------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00                                | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00                                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-28426          |
| <b>School:</b>       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                       |                  |

## Ingredients

| Description                    | Measurement  | Prep Instructions   | DistPart # |
|--------------------------------|--------------|---|------------|
| CARROT SLCD C/C                | 24 Pound     | Steam carrots until just tender                               | 175706     |
| MARGARINE BTR BLND EURO UNSLTD | 1 Pound      | Make glaze by melting butter and adding brown sugar and salt. | 834071     |
| SUGAR BROWN LT 12-2 GFS        | 1 Pint       | Pour glaze over the carrots. Cover                            | 314641     |
| SALT KOSHER COARSE             | 1 Tablespoon | Bake in a convention oven, 325° for 15 minutes.               | 153550     |

## Preparation Instructions

CCP: Hold for hot service at 135° 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>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 70.72                   |
| <b>Fat</b>                | 4.00g                   |
| <b>SaturatedFat</b>       | 1.67g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 93.58mg                 |
| <b>Carbohydrates</b>      | 9.22g                   |
| <b>Fiber</b>              | 1.49g                   |
| <b>Sugar</b>              | 6.99g                   |
| <b>Protein</b>            | 0.00g                   |
| <b>Vitamin A</b> 405.22IU | <b>Vitamin C</b> 1.49mg |
| <b>Calcium</b> 1.05mg     | <b>Iron</b> 0.00mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Celery Sticks w/ dip

NO IMAGE

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <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-35968          |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| CELERY STIX         | 12 Pound    |                   | 781592     |
| SAUCE RNCH DIPN CUP | 96 Each     |                   | 182265     |

## Preparation Instructions

serve chilled



## 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: 96.00

Serving Size: 0.50 Cup

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 125.00                  |
| <b>Fat</b>              | 11.00g                  |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 330.00mg                |
| <b>Carbohydrates</b>    | 5.00g                   |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 1.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 40.00mg  | <b>Iron</b> 0.00mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w/ Roll



|                      |                     |                       |                  |
|----------------------|---------------------|-----------------------|------------------|
| <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-30421          |
| <b>School:</b>       | CREEKSIDE ELEM SCHL |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions   | DistPart # |
|--------------------------------|-------------|---|------------|
| CHIX NUGGET BRD CKD WGRAIN .6Z | 5 Each      | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 501851     |
| Whole Grain Dinner Roll        | 1 1         | READY_TO_EAT<br>Ready to eat  | 3920       |

## Preparation Instructions

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

Serve 5 nuggets and 1 roll together as an entree.

## 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>         | 280.00                  |
| <b>Fat</b>              | 11.00g                  |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 35.00mg                 |
| <b>Sodium</b>           | 535.00mg                |
| <b>Carbohydrates</b>    | 28.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 18.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 60.00mg  | <b>Iron</b> 2.52mg      |

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## Nutrition - Per 100g

No 100g Conversion Available