

# **Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL**

**Created by HPS Menu Planner**

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**Mixed Veggie Cruncher Cup w/ dip**

# Orange Chicken w/ Veg. Fried Rice



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

## Ingredients

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

## Preparation Instructions

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

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.  
CCP: Hold for hot service at 140° or higher.
2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
3. Cook rice according to package directions. CCP: Hold for hot service..
4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.  
CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.051
<b>Grain</b>	2.513
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

\*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



# Popcorn Chicken w/ cornbread bites (MS/HS)



<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-35679

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN	4 Each		963499

## Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
  2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.
- CCP: Hold at 135F or higher for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.533
<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>	457.67
<b>Fat</b>	19.67g
<b>SaturatedFat</b>	6.33g
<b>Trans Fat</b>	0.09g
<b>Cholesterol</b>	70.67mg
<b>Sodium</b>	955.73mg
<b>Carbohydrates</b>	46.40g
<b>Fiber</b>	4.27g
<b>Sugar</b>	6.00g
<b>Protein</b>	24.73g
<b>Vitamin A</b> 240.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.11mg	<b>Iron</b> 2.55mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad w/ croutons & roll

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-34549

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
Ham, Cubed Frozen	3 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
CUCUMBER SELECT	4 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Dinner Roll	1 Each	READY_TO_EAT Ready to eat	3920

## Preparation Instructions

1. Arrange lettuce in container.
  2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, sliced egg, diced tomatoes, sliced cucumber.
  3. Serve with 2 pkgs croutons + 1 dinner roll.
- CCP: Hold for cold service at 40F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.959
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.250
<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>	452.93
<b>Fat</b>	19.44g
<b>SaturatedFat</b>	6.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	244.26mg
<b>Sodium</b>	1160.74mg
<b>Carbohydrates</b>	44.92g
<b>Fiber</b>	3.41g
<b>Sugar</b>	10.38g
<b>Protein</b>	30.70g
<b>Vitamin A</b> 13.65IU	<b>Vitamin C</b> 0.37mg
<b>Calcium</b> 219.58mg	<b>Iron</b> 3.88mg

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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

# 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 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



# 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 INTERMEDIATE SCHOOL		

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

## 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

# Graham Crackers & Yogurt



<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-41150

## 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
CRACKER GRHM HNY WGRAIN	5 Package		282471

## 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 graham crackers and a yogurt.

To Serve: One packet of graham crackers + 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>	166.00
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	156.00mg
<b>Carbohydrates</b>	31.60g
<b>Fiber</b>	1.00g
<b>Sugar</b>	13.40g
<b>Protein</b>	6.00g
<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

# Assorted 2oz Cereal Bowls

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-35666
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	212.00
<b>Fat</b>	3.40g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	296.00mg
<b>Carbohydrates</b>	42.80g
<b>Fiber</b>	3.80g
<b>Sugar</b>	13.20g
<b>Protein</b>	3.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 5.26mg

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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 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

# Breakfast Fresh Fruit (elem)

NO IMAGE

<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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Soft Tacos

NO IMAGE

<b>Servings:</b>	53.00	<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-34725
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6IN	106 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT	1 Each		745903

## Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

CCP: Hold chicken at 165F until time to assemble and serve.

2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.

3. Place 2 tacos in a boat.

Offer a sour cream packet as an option.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.818
<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: 53.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	345.16
<b>Fat</b>	13.84g
<b>SaturatedFat</b>	7.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.78mg
<b>Sodium</b>	328.30mg
<b>Carbohydrates</b>	31.33g
<b>Fiber</b>	4.02g
<b>Sugar</b>	2.02g
<b>Protein</b>	23.94g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.64mg	<b>Iron</b> 2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders w/ Mini Biscuit



<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-49251

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p><b>BAKE</b> 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> OVEN   TEMP.   TIME CONVECTION   325°F   4-5 M STANDARD   375°F   5-6 M FOOD WARMER   150°F   45-55 M MICROWAVE</p> <p>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>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S READY_TO_EAT</p> <p>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

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	5 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

- Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
- Assemble 5 strips a boat and serve with a mini biscuit.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.333
<b>Grain</b>	2.667
<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>	523.33
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	6.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.67mg
<b>Sodium</b>	820.00mg
<b>Carbohydrates</b>	37.67g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.67g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 3.93mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Buffalo Cauliflower



<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30898

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	24 Pound		732486
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
SAUCE HOT REDHOT	1 Pint		557609
JUICE LEMON	1/4 Cup		864061

## Preparation Instructions

1. Preheat oven to 400F.
2. Trim cauliflower if needed.
3. Whisk together the butter, hot sauce, and lemon juice.
4. Toss cauliflower in hot sauce mix until well coated.
5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.

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

Serve with a 4 oz spoodle or a #8 scoop.

## 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: 4.00 Serving

Amount Per Serving	
<b>Calories</b>	31.06
<b>Fat</b>	1.10g
<b>SaturatedFat</b>	0.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	224.80mg
<b>Carbohydrates</b>	3.64g
<b>Fiber</b>	1.82g
<b>Sugar</b>	1.82g
<b>Protein</b>	1.82g
<b>Vitamin A</b> 200.03IU	<b>Vitamin C</b> 43.82mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.38mg

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

## 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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Winter Citrus Mix



<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-33223
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY	70 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY	24 Each	Order Piazza #8945 Cut into wedges using the sectionizer.	197882

## Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus 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>	0.590
<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>	111.32
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	27.18g
<b>Fiber</b>	5.02g
<b>Sugar</b>	8.16g
<b>Protein</b>	2.24g
<b>Vitamin A</b> 1647.72IU	<b>Vitamin C</b> 97.95mg
<b>Calcium</b> 76.38mg	<b>Iron</b> 0.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Rotini Bake with Meat Sauce and Garlic Toast



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28450
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

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

## Preparation Instructions

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

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Buildable (elem)

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-41880

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	<b>THAW</b> 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. 2. Simply snap at the seams to break apart. 3. That's it!	959048
CHEESE MOZZ SHRD	2 Ounce	<b>READY_TO_EAT</b> Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	<b>READY_TO_EAT</b> 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

\*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**

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No 100g Conversion Available

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# HS Assorted Fruit



<b>Servings:</b>	9.00	<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-22425

## 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
PEAR DCD IN JCE	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S	1/2 Cup		152811
PEACH DCD XL/S	1/2 Cup	READY_TO_EAT ready to use	268348

## 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: 9.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	71.09
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.50mg
<b>Carbohydrates</b>	17.44g
<b>Fiber</b>	2.08g
<b>Sugar</b>	11.00g
<b>Protein</b>	0.72g
<b>Vitamin A</b> 62.07IU	<b>Vitamin C</b> 11.50mg
<b>Calcium</b> 15.16mg	<b>Iron</b> 0.26mg

\*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 PTY RND GRLLD	2 Each		208990
CHEESE AMER 160CT SLCD R/F	1 Slice	May also use #499788	722360
DOUGH BISCUIT WGRAIN	1 Each	<b>BAKE</b> 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



# 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 WGRAIN 3.75Z	1 Cup	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 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. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 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 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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Elementary Walking Taco

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-25911
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIP TORTL SCOOP BKD	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
SOUR CREAM PKT FF	1 Each	<b>READY_TO_EAT</b> None	853190
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

## Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

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

### Meal Components (SLE)

Amount Per Serving

Meat	2.393
Grain	3.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	531.33
Fat	18.54g
SaturatedFat	5.70g
Trans Fat	0.00g
Cholesterol	47.18mg
Sodium	880.34mg
Carbohydrates	58.23g
Fiber	6.39g
Sugar	7.39g
Protein	22.61g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	284.82mg
Iron	2.77mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mozzarella Sticks w/ marinara



<b>Servings:</b>	84.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35686
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	84 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

Bake mozzarella sticks according to package direction.  
Assemble 6 mozz sticks in a boat with a marinara cup.

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	345.24
<b>Fat</b>	11.48g
<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.29mg
<b>Sodium</b>	773.33mg
<b>Carbohydrates</b>	41.43g
<b>Fiber</b>	2.86g
<b>Sugar</b>	7.90g
<b>Protein</b>	20.10g
<b>Vitamin A</b> 550.48IU	<b>Vitamin C</b> 0.89mg
<b>Calcium</b> 491.43mg	<b>Iron</b> 2.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 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> 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



# Mini Sweet Peppers



<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	20 Pound		667582
SAUCE RNCH DIPN CUP	1 Each		182265

## Preparation Instructions

Thoroughly wash and dry peppers.  
Serve in 4 oz portions.

## 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>	0.508
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	32.31
<b>Fat</b>	0.18g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.17mg
<b>Sodium</b>	4.17mg
<b>Carbohydrates</b>	7.14g
<b>Fiber</b>	3.05g
<b>Sugar</b>	4.08g
<b>Protein</b>	1.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.32mg	<b>Iron</b> 0.37mg

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

## Nutrition - Per 100g

<b>Calories</b>	28.49
<b>Fat</b>	0.16g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.15mg
<b>Sodium</b>	3.67mg
<b>Carbohydrates</b>	6.30g
<b>Fiber</b>	2.69g
<b>Sugar</b>	3.60g
<b>Protein</b>	0.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.92mg	<b>Iron</b> 0.32mg

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

# 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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Baked Fish w/ cornbread poppers



<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-30693
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420

## Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	375.67		
<b>Fat</b>	17.07g		
<b>SaturatedFat</b>	5.53g		
<b>Trans Fat</b>	0.09g		
<b>Cholesterol</b>	45.67mg		
<b>Sodium</b>	501.73mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	14.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.11mg	<b>Iron</b>	2.35mg

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

## 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 CKD WGRAIN 3.75Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 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. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 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> 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



# Baked Potato



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293

## Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

## 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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	131.00
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.20mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.80g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.40g
<b>Vitamin A</b> 3.40IU	<b>Vitamin C</b> 33.50mg
<b>Calcium</b> 20.40mg	<b>Iron</b> 1.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Mushrooms

NO IMAGE

<b>Servings:</b>	40.00	<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-35901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10	1 Tablespoon		732900
SALT SEA	1 Teaspoon		748590

## Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

## 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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	7.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	56.00mg		
<b>Carbohydrates</b>	0.55g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	0.35g		
<b>Protein</b>	0.55g		
<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

# Mixed Veggie Cruncher Cup w/ dip



<b>Servings:</b>	150.00	<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-47881

## 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: 0.50 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

\*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 Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG	1 Each	READY_TO_EAT 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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Spaghetti w/ Meat Sauce



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

## Ingredients

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

## Preparation Instructions

To Serve:

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

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

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

\*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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# 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 Toast if desired	3474
BEEF STK BRGR CHARB	1 Each	BAKE 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. UNSPECIFIED 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

Amount Per Serving			
<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

# 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 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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Broccoli & Cauliflower



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CAULIF COMBO	1/2 Cup	Trim into smaller florets if needed.	283339

## Preparation Instructions

Portion in 4 oz servings.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	14.55		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.55mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.95g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	0.50mg

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

## Nutrition - Per 100g

<b>Calories</b>	12.83		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.83mg		
<b>Carbohydrates</b>	2.65g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	0.84g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.99mg	<b>Iron</b>	0.44mg

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



# 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* 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

\*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

# Chicken Biscuit Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22379
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS PANNING FULL SHEET  HALF SHEET (graphic)  (graphic) 7 X 10 (70 BISCUITS)  5 X 7 (35 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F 26-30 M 23-27 M RACK  350°F 19-27 M 17-25 M CONVECTION  325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	631902
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	<p>BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.</p>	501861

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° 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>	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>	20.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.00mg	<b>Iron</b> 3.30mg

\*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 Preshredded. Use cold or melted	150250
SALSA CUP	25 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	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

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



# Chicago Style Hot Dog Bar

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-30906
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN SLCD	1 Each		733411
FRANKS BEEF 8/	1 Each	BAKE	265039
PEPPERS GREEN SPORT	1 Ounce		234761
ONION YEL SLIVER 1/4IN CUT	1 Ounce		285371
PICKLE KOSH DILL SPEAR	1 Ounce		485594
MUSTARD PKT	1 Each		109908
RELISH SWT PKT	1 Each		187216

## Preparation Instructions

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

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

## 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>	351.30
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	1611.10mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	9.00g
<b>Protein</b>	11.30g
<b>Vitamin A</b> 0.57IU	<b>Vitamin C</b> 2.10mg
<b>Calcium</b> 53.41mg	<b>Iron</b> 2.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Cauliflower

NO IMAGE

<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-35745
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	24 Pound		610882
SAUCE CHS CHED	1 Quart		271081

## Preparation Instructions

1. Place cauliflower 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>	0.352
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.560
<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>	65.98
<b>Fat</b>	2.81g
<b>SaturatedFat</b>	1.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.85mg
<b>Sodium</b>	161.68mg
<b>Carbohydrates</b>	6.30g
<b>Fiber</b>	3.36g
<b>Sugar</b>	1.47g
<b>Protein</b>	5.82g
<b>Vitamin A</b> 136.44IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.23mg	<b>Iron</b> 1.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Brunch for Lunch Bowl (elem)

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

## Ingredients

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

## Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

\*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/ mac & cheese & mini 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-35788
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. 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> Preparation: Appliances vary, adjust accordingly. 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
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p><b>BAKE</b>  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>  <b>OVEN   TEMP.   TIME</b>  CONVECTION   325°F   4-5 M  STANDARD   375°F   5-6 M  FOOD WARMER  150°F   45-55 M  <b>MICROWAVE</b>  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.  <b>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S</b>  <b>READY_TO_EAT</b>  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

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

Mac & Cheese: 2/3 cup = 2oz M/MA and 1 oz grain



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.815
<b>Grain</b>	2.575
<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>	587.20
<b>Fat</b>	27.56g
<b>SaturatedFat</b>	11.44g
<b>Trans Fat</b>	0.33g
<b>Cholesterol</b>	89.70mg
<b>Sodium</b>	1663.60mg
<b>Carbohydrates</b>	47.36g
<b>Fiber</b>	3.32g
<b>Sugar</b>	6.94g
<b>Protein</b>	37.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 493.86mg	<b>Iron</b> 2.26mg

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

## 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> 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <b>CAUTION: FILLING MAY BE HOT!</b> 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <b>Thawing Instructions</b> 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 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

# 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

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

## 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 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

# 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

# Buffalo Mac & Cheese Bowl

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-25909
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	149193
CHIX STRP FAJT DK MT FC	1 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

## Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.

2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	564.00		
<b>Fat</b>	25.50g		
<b>SaturatedFat</b>	10.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	1661.01mg		
<b>Carbohydrates</b>	57.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	28.50g		
<b>Vitamin A</b>	616.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	413.00mg	<b>Iron</b>	2.50mg

\*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 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

\*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

# Cool Ranch Chicken Wrap



<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-30475

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 8IN	1 Each	2. Lay out tortillas.	882700
DRESSING RNCH DISPNSR PK	1 Fluid Ounce	3. Spread 2 T ranch dressing across each tortilla.	676210
LETTUCE LEAF GRN WASHED TRMD	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	USE COMMODITY CHEESE	150250
TOMATO ROMA DCD 3/8IN	1 Ounce	Order from Piazza! #00082	786543

## Preparation Instructions

- 1. Bake and cool chicken.  
Conventional Oven: 8-10 minutes at 400°F from frozen.  
Convection Oven: 6-8 minutes at 375°F from frozen.  
CCP: Heat to a minimum temperature of 165F.

Cool chicken completely.

CCP: Hold cold, below 41 degrees, until ready for assembly and service.

2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Sprinkle cheese in a strip down the middle of the tortilla.
5. Sprinkle diced tomatoes on top of cheese.
6. Arrange chicken over cheese and tomatoes and top with a piece of leaf lettuce.
7. Roll tightly by folding sides in first, then fold the bottom up over the filling and pull down tightly. Roll.

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

Serve with a small ranch packet on the side.

### 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>	0.333
<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>	665.68
<b>Fat</b>	41.01g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	978.26mg
<b>Carbohydrates</b>	50.13g
<b>Fiber</b>	7.40g
<b>Sugar</b>	4.67g
<b>Protein</b>	26.40g
<b>Vitamin A</b> 333.23IU	<b>Vitamin C</b> 0.41mg
<b>Calcium</b> 284.62mg	<b>Iron</b> 4.16mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bistro Box



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38967
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	1 Fluid Ounce		279013
CRACKER GRHM HNY WGRAIN	2 Package		282471
CHEESE CHED MED CUBED	2 Ounce		471496
Apple slices - 2 oz	1 1 pkg		04134

## Preparation Instructions



1. Gather all ingredients needed.
2. Wash hands thoroughly and put on a pair of fresh gloves.
3. Lay out bistro box containers #772881.
4. Scoop peanut butter into the small compartment in each container.
5. In the large compartment, arrange 2oz cheese cubes and grahams.
6. Store under refrigeration until time to serve.

CCP: Hold at 40F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	610.00
<b>Fat</b>	38.00g
<b>SaturatedFat</b>	13.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	51.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 422.00mg	<b>Iron</b> 1.94mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# FCS Grizzly Bowl

NO IMAGE

<b>Servings:</b>	38.00	<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-33901
<b>School:</b>	FRANKLIN COMMUNITY MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package	Can also use potato #166872	146581
CORN CUT SUPER SWT	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD	2 Quart	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
Whole Grain Dinner Roll	38 Each	Ready to eat	3920

## Preparation Instructions

DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4" full steam table pan.
3. Layer the corn on top of the potatoes, 4#per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the scoop of potato/corn layer. Add a roll on the side when served.
7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.102
<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>	1.868

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	663.23
<b>Fat</b>	20.57g
<b>SaturatedFat</b>	3.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.98mg
<b>Sodium</b>	1147.56mg
<b>Carbohydrates</b>	93.18g
<b>Fiber</b>	11.42g
<b>Sugar</b>	7.38g
<b>Protein</b>	21.87g
<b>Vitamin A</b> 124.40IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.45mg	<b>Iron</b> 4.05mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# GrizFillet Chicken Sandwich

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-25903
<b>School:</b>	FRANKLIN COMMUNITY MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	
CHIX BRST FLLT BRD DILL CKD	1 Each		627323

## Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.250
<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

Amount Per Serving	
<b>Calories</b>	369.90
<b>Fat</b>	9.80g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	668.80mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.20g
<b>Sugar</b>	6.00g
<b>Protein</b>	27.30g
<b>Vitamin A</b> 59.54IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 101.77mg	<b>Iron</b> 3.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Edamame



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED	10 Pound	<p><b>STEAMER:</b> Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p><b>STOVETOP:</b> Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p><b>MICROWAVE:</b> Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p> <p><b>SAUTE</b></p> <p><b>Food Safety Statement:</b> FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. <b>STOVE TOP</b>1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. <b>STEAMER</b>1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. <b>MICROWAVE (1100 WATTS)</b>1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1</p> <p>4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	312928
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25	1/4 Cup		743879
SALT KOSHER COARSE	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

# Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

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

Serve with a 4 oz spoodle.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.330
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Serving

Amount Per Serving	
<b>Calories</b>	145.33
<b>Fat</b>	7.40g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	142.67mg
<b>Carbohydrates</b>	10.82g
<b>Fiber</b>	6.67g
<b>Sugar</b>	2.67g
<b>Protein</b>	13.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 66.67mg	<b>Iron</b> 3.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Burrito Bowl

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-25977
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
BEANS BLACK LO SOD	1/4 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
CORN CUT SUPER SWT	1/4 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP	1 Each	READY_TO_EAT None	677802
Rice	1/16 Cup	0.25 cups dry rice = 1 c prepared rice	722987

## Preparation Instructions

To serve:

Place a #16 scoop of rice, top with a 2 oz scoop of chicken taco meat, Add 1/4 cup black beans and 1/4 cup corn. Top with tortilla shell.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.662
<b>Grain</b>	2.460
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.025
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	489.44
<b>Fat</b>	11.41g
<b>SaturatedFat</b>	6.11g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	29.96mg
<b>Sodium</b>	826.55mg
<b>Carbohydrates</b>	69.85g
<b>Fiber</b>	8.41g
<b>Sugar</b>	8.77g
<b>Protein</b>	20.89g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.31mg	<b>Iron</b> 4.01mg

\*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

# Cinnamon-Butter Carrots



<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	20 Pound		175706
SUGAR BROWN LT	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE	1 Cup		842061
SPICE CINNAMON GRND	1 Cup		224723
MARGARINE BTR BLND EURO UNSLTD	1 Pound	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

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

## 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: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	133.46
<b>Fat</b>	6.40g
<b>SaturatedFat</b>	2.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	44.78mg
<b>Carbohydrates</b>	20.37g
<b>Fiber</b>	1.99g
<b>Sugar</b>	17.38g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 540.30IU	<b>Vitamin C</b> 1.99mg
<b>Calcium</b> 1.68mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	117.69
<b>Fat</b>	5.64g
<b>SaturatedFat</b>	2.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	39.49mg
<b>Carbohydrates</b>	17.96g
<b>Fiber</b>	1.75g
<b>Sugar</b>	15.33g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 476.46IU	<b>Vitamin C</b> 1.75mg
<b>Calcium</b> 1.48mg	<b>Iron</b> 0.00mg

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

# Cherry Tomatoes & 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-49541

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	10 Pound		169275
CELERY STIX	6 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>	0.318
<b>OtherVeg</b>	0.250
<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>	126.07
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	292.22mg
<b>Carbohydrates</b>	5.41g
<b>Fiber</b>	1.64g
<b>Sugar</b>	3.27g
<b>Protein</b>	0.82g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.18mg	<b>Iron</b> 0.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Watermelon Wedge



<b>Servings:</b>	20.00	<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-35889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Each	*Order Piazza #01815*	326089

## Preparation Instructions

1. Thoroughly wash and dry watermelon.
  2. Place watermelon 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.

\*Order Piazza #01815\*

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.250
<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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	22.80
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.75mg
<b>Carbohydrates</b>	5.50g
<b>Fiber</b>	0.30g
<b>Sugar</b>	4.50g
<b>Protein</b>	0.45g
<b>Vitamin A</b> 432.44IU	<b>Vitamin C</b> 6.16mg
<b>Calcium</b> 5.32mg	<b>Iron</b> 0.18mg

\*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 REDC FAT 6-5 COMM	3 1/6 Ounce	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT FF	1 Each	READY_TO_EAT None	853190
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	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

# Chicken Alfredo

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

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

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.076
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Italian Chicken & Rice

NO IMAGE

<b>Servings:</b>	70.00	<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-49409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Use commodity whenever available.	570533
DRESSING ITAL GLDN	1 3/4 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885
RICE PARBL STRONGBOX	3 Quart	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
Whole Grain Rich Cluster Pan Rolls	70 Each	READY_TO_EAT	3920

## Preparation Instructions

Divide 10# chicken among two hotel pans.

Pour dressing over the top to coat, almost 1/2 gallon total.

Cover and refrigerate to marinate overnight.

The next morning:

Place 3 qts of dry rice in a 4" hotel pan. Cover and bake according to directions.

Drain chicken so the

Spread chicken out a lined sheet pan.

Bake for 350 for 12 minutes.

Assemble 1/2 cup rice in a bowl, and scoop #10 scoop of chicken

### 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: 70.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	319.62		
<b>Fat</b>	7.41g		
<b>SaturatedFat</b>	1.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.90mg		
<b>Sodium</b>	294.43mg		
<b>Carbohydrates</b>	41.53g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.40g		
<b>Protein</b>	19.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.28mg	<b>Iron</b>	5.45mg

\*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 INTERMEDIATE SCHOOL		

## Ingredients

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

## Preparation Instructions

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.260
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# 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

# Loaded Totchos w/ chips & salsa



<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-35893
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	10 Each	<p>CONVECTION            PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY            FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT.            DEEP FRY @ 350° F FOR 2 1            2 TO 3 MINUTES.</p>	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	<p>Place sealed bags into steamer until temperature reaches 165°, about 30 minutes            CCP: hold for hot service at 140° or higher.</p>	722330
SAUCE CHS CHED	3 Ounce	<p>BOIL            KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.</p>	271081
SALSA CUP	1 Each	<p>READY_TO_EAT            None</p>	677802
SOUR CREAM PKT	1 Each		745903

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. <b>UNSPECIFIED</b>	662512

## Preparation Instructions

1. Place 10 tater tots in the bottom of a boat.
2. Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side.

Serve with sour cream and salsa cup to pick up.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.541
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.556

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	718.80
<b>Fat</b>	37.51g
<b>SaturatedFat</b>	14.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	98.33mg
<b>Sodium</b>	1719.46mg
<b>Carbohydrates</b>	55.81g
<b>Fiber</b>	7.00g
<b>Sugar</b>	8.65g
<b>Protein</b>	29.87g
<b>Vitamin A</b> 639.56IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 461.40mg	<b>Iron</b> 2.70mg

\*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 Ready to eat	3920
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

# Pork BBQ Smack'n & Cheese Bowl

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-49404

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791
Brookwood Pork BBQ Chopped - Texas Western Sauce - Low Sodium Sauce	2 Ounce		498702

## Preparation Instructions

1. Cook BBQ pork according to package direction. Steam until temperature reaches 165°.
2. Dish out 6oz mac & cheese into bowl #688490.
3. Scoop 2 oz oz pork over the mac and cheese bowl.

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	590.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.38g
<b>Cholesterol</b>	68.75mg
<b>Sodium</b>	1370.00mg
<b>Carbohydrates</b>	69.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	27.75g
<b>Protein</b>	27.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 487.75mg	<b>Iron</b> 1.75mg

\*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

# Roasted Cauliflower



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30465

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

## Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.



## 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: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	50.90
<b>Fat</b>	4.58g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	130.20mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 24.10mg
<b>Calcium</b> 11.00mg	<b>Iron</b> 0.21mg

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

## Nutrition - Per 100g

<b>Calories</b>	44.89
<b>Fat</b>	4.04g
<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	114.82mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.88g
<b>Sugar</b>	0.88g
<b>Protein</b>	0.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 21.25mg
<b>Calcium</b> 9.70mg	<b>Iron</b> 0.19mg

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

# Roasted Asparagus



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	11 Pound	Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES	184290
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
SALT KOSHER COARSE	1 Tablespoon		153550
SEASONING SIX PEPR BLEND	1 Tablespoon		229580

## Preparation Instructions

There are about 40 1/2 cup servings of asparagus per case.

1. Preheat oven to 400F.
2. Wash and thoroughly dry asparagus, then trim off woody ends.
3. Toss with oil and seasoning.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Sprinkle with just salt for plain roasted asparagus, or with just 6-pepper seasoning blend for this version.
6. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

## 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: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	91.56		
<b>Fat</b>	6.04g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	204.72mg		
<b>Carbohydrates</b>	8.80g		
<b>Fiber</b>	3.96g		
<b>Sugar</b>	2.20g		
<b>Protein</b>	4.84g		
<b>Vitamin A</b>	1991.88IU	<b>Vitamin C</b>	15.25mg
<b>Calcium</b>	45.54mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

<b>Calories</b>	80.74		
<b>Fat</b>	5.33g		
<b>SaturatedFat</b>	0.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.53mg		
<b>Carbohydrates</b>	7.76g		
<b>Fiber</b>	3.49g		
<b>Sugar</b>	1.94g		
<b>Protein</b>	4.27g		
<b>Vitamin A</b>	1756.54IU	<b>Vitamin C</b>	13.44mg
<b>Calcium</b>	40.16mg	<b>Iron</b>	1.59mg

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

# Buffalo Chicken Quesadilla



<b>Servings:</b>	50.00	<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-33424
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	570533
SAUCE HOT REDHOT	1 Pint		557609
CHEESE MOZZ SHRD	9 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA FLOUR ULTRGR 9IN	50 Each		523610
PAN COAT SPRAY BUTTERY	6 Fluid Ounce		555752

## Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Line several sheet pans with parchment paper and spray parchment with a layer of buttery spray. Lay out a line of tortillas on the sprayed paper.
4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Spray folded tortillas with buttery spray.
7. Place a second sheet pan on top of the tortillas and press down to flatten.
8. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.700
<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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	582.27		
<b>Fat</b>	28.07g		
<b>SaturatedFat</b>	15.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	104.27mg		
<b>Sodium</b>	1187.06mg		
<b>Carbohydrates</b>	34.11g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.04g		
<b>Protein</b>	45.48g		
<b>Vitamin A</b>	384.06IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	668.20mg	<b>Iron</b>	2.64mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders w/ Superpretzel

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

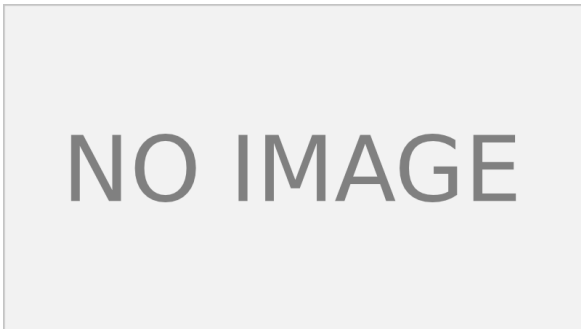
<b>Amount Per Serving</b>			
<b>Calories</b>	400.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	32.00g		
<b>Vitamin A</b>	0.00IU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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Ravioli w/ Marinara & garlic toast (Elementary)



<b>Servings:</b>	44.00	<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-30700
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN	10 2/5 Pound	<p><b>BOIL</b>  <b>STOVETOP BOILING: (Preferred Method):</b> Place 1 pound frozen ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds. Carefully drain.</p> <p><b>CONVECTION</b>  <b>CONVECTION OVEN:</b> 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. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds.</p>	553982
SAUCE SPAGHETTI	1 #10 CAN	<p><b>HEAT_AND_SERVE</b>  Heat &amp; Serve  <b>MIX</b>  Heat &amp; Serve  <b>READY_TO_DRINK</b>  Heat &amp; Serve  <b>READY_TO_EAT</b>  Heat &amp; Serve  <b>UNPREPARED</b>  Heat &amp; Serve  <b>UNSPECIFIED</b>  Heat &amp; Serve</p>	744520



Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	44 Each	<p><b>READY_TO_EAT</b>  <b>CONVECTION BAKE:</b>            Preheat oven to 425F.            Lay slices flat on baking pans.            Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow)            Bake 4-5 minutes.</p> <p><b>CONVENTIONAL OVEN:</b>            Preheat oven to 425F.            Lay slices flat on baking pan.            Place baking pan on middle shelf of oven.            Bake 4-6 minutes.            Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	197582

## Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 3 ravioli and sauce into a bowl and top with garlic breadstick.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.049
<b>Grain</b>	2.024
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.735
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	319.64
<b>Fat</b>	7.67g
<b>SaturatedFat</b>	2.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.34mg
<b>Sodium</b>	657.99mg
<b>Carbohydrates</b>	44.61g
<b>Fiber</b>	4.22g
<b>Sugar</b>	7.75g
<b>Protein</b>	18.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 149.37mg	<b>Iron</b> 3.33mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# 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