

Cookbook for Manchester High School

Created by HPS Menu Planner

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SEASONED BEEF STEAK ON A TORTILLA

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CHICKEN AND WAFFLES

BLUEBERRY SAUCE

HOMEMADE WARM CINNAMON APPLES

CHICKEN QUESADILLA

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CHICKEN TENDER WRAP WITH GARDEN SALSA SUN CHIPS

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CHIPOTLE RANCH

HONEY MUSTARD

HOMEMADE RANCH DRESSING

COLBY JACK CHEESE SLICE

PEPPER JACK CHEESE SLICE

AMERICAN CHEESE SLICE

BACON ROUND

SAUTEED MUSHROOMS

COCKTAIL SAUCE

CHEESY HAM AND POTATO SOUP WITH CHEESY BREAD

CELERY WITH PEANUT BUTTER

MJSH HOMEMADE TACO SOUP WITH TORTILLA CHIPS

HOMEMADE BROCCOLI CHEESE SOUP

MJSH BELGIAN WAFFLE WITH TRIX YOGURT

BREADED ONION RINGS

TERIYAKI CHICKEN WITH LO MEIN

BACON, EGG AND CHEESE ON A CIABATTA ROLL

DONUT

SANTA FE CHICKEN CHILI WITH TORTILLA CHIPS

HOMEMADE CREAMY POTATOES

Old Fashioned Baked Chicken

CANDIED BABY CARROTS

APPLE TURNOVER

WHOLE GRAIN HONEY WHEAT DINNER ROLL

LASAGNA SOUP

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MJSH NACHOS WITH HOMEMADE CHEESE DIP

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NORTHWEST BLEND

ORANGE CHICKEN WITH LO MEIN

ASIAN VEGETABLE BLEND

Homemade Golden Cheese/Broccoli Chowder

Cheesy Eggs with Bacon, French Toast Sticks and Smokey Link

HOMEMADE CHICKEN NOODLE SOUP with PIZZA RIPPER

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CORN CHIP SALAD

ASPARAGUS TIPS

BELGIAN WAFFLES WITH SOUTHERN STYLE SAUSAGE PATTIES

TACO SALAD

CHICKEN MOZZARELLA SALAD

BOOM BOOM SAUCE

FRANKS REDHOT SAUCE

PARMESAN AND PEPPERCORN DRESSING

BONELESS CHICKEN WINGS

HOMEMADE MEAT AND CHEESE STROMBOLI

2 CINNAMON SUGAR TOPPED BLUEBERRY PASTRY FILLED WITH CINNAMON & CHEESE

COOKIES AND CREAM GRANOLA BAR

RANCH SEASONED POTATO WEDGES

GARLIC PARMESAN WING SAUCE

CHEDDAR CHEESE SAUCE

BREADED PORK TENDERLOIN SANDWICH

CRISPY FRENCH FRIES

MJSH WARM HAM AND CHEESE ON A HAWAIIAN BUN

HOMESTYLE MACARONI AND CHEESE WITH BBQ PORK

HOMESTYLE MACARONI AND CHEESE WITH HAM

HOMEMADE CROUTONS

PETITE PEPPERONI

HOT DOG ON A BUN WITH DORITO

BEEF HOBO DINNER PACKET

CHICKEN HOBO DINNER PACKET

FRESH BAKED BREADSTICK

CHOCOLATY S'MORE BARS

FRESH PEAR

BACON AND CHEESE SCRAMBLED EGGS with FRENCH TOAST STIX

Locally Sourced PORK PATTY MELT

ORANGE SHERBET

GARLIC CHEESE BISCUIT

OVEN FRIED CHICKEN DRUMSTICK WITH GARLIC CHEESE BISCUIT

COCKTAIL SAUCE

PHILLY STEAK SUB WITH CORN CHIPS AND COOKIE

ITALIAN MEATBALL SUB WITH CORN CHIPS AND COOKIE

TURKEY, BACON ON A PRETZEL BUN

STEAKBURGER ON A BUN with POTATO CHIPS

GRILLED CHICKEN SANDWICH with POTATO CHIPS

THREE CHEESE CALZONE

CHICKEN WINGS WITH A BISCUIT

HONEY

PARMESAN CHICKEN BREAST

Ice Cream Cup

HAM AND CHEESE SAUCE

HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF

RAMEN NOODLES WITH CHICKEN

RAMEN NOODLES WITH Beef

SQUIRE CHILI

HOT AND SPICY CHILI BEANS

CHEESY HAM AND POTATO SOUP WITH TWISTED BREADSTICK

FRESH BAKED CHOCOLATE CHIP COOKIE

CHEDDAR CHEX MIX

SOUTHWESTERN CHICKEN BARLEY SOUP WITH CORN MUFFIN AND TORTILLA CHIPS

WILLIAMSBURG INN TURKEY SOUP

OVEN ROASTED CHICKEN WINGS AND BISCUIT

ORANGE CHICKEN WITH RICE and EGG ROLL

TERIYAKI CHICKEN WITH RICE and EGG ROLL

SOY SAUCE

HOMEMADE PEPPERONI/SAUSAGE PIZZA

DILL CHICKEN FILLET ON A BUN

CRACKER JACKS

FOOT LONG HOT DOG ON A BUN

CORN ON THE COB

CRAZY CHARLIE'S BLACK BEAN AND FIRE-ROASTED CORN SALSA

TACO SALAD - Single Serving

CHEF SALAD with RANCH DRESSING WITH CHEDDAR GOLDFISH - MIS

LUCKY CHARMS CEREAL WITH DONUT STIX

Homemade Taco Salad Dressing

Homemade Corn Chip Salad Dressing

STRAWBERRIES AND YOGURT PARFAIT

Chipotle Chicken Wrap

Lite Mayonnaise

CAULIFLOWER AND RANCH DIP

BAKED SPAGHETTI WITH GARLIC, PARMESAN TWISTED BREAD STICK

CORN CHIP SALAD - Single Serving

CHICKEN MOZZARELLA SALAD - Single serving

TACO SALAD WITH COOKIE

HOMEMADE SWEET CHERRY CRISP

Wrap Toppings

HAM WRAP

CHICKEN WRAP

STEAK BURGER TOPPINGS

Cheddar French Dip on Ciabatta Roll

AU JUS

CHEESE AND GARLIC CROUTONS

STEAMED GREEN PEAS

ROASTED RED PEPPER HUMMUS WITH CRACKERS

DILL CHICKEN TOPPINGS

APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING

BREADED POPCORN CHICKEN

OVEN FRIED CHICKEN DRUMSTICK and BISCUIT

FRENCH TOAST STICKS WITH SMOKEY LINKS

Lettuce/Pico/Lime Wedge

TERIYAKI CHICKEN WITH FRIED RICE

NACHOS WITH BEEF AND CHEESE

FISH FILLET WITH GARLIC CHEESE BISCUIT

HOMEMADE COLE SLAW

CLUB ON SOURDOUGH BUN

STRAWBERRY SALAD WITH COTTAGE CHEESE and CINNAMON GOLDFISH

KING CUPCAKES

HOMEMADE CHILI WITH CHEESE for baked potato

BEEF AND BACON CHILI WITH CORN BREAD MUFFIN

MEATBALLS WITH MARINARA

FARMHOUSE CHOWDER WITH FRESH BAKED BISCUIT

HOMEMADE GRANOLA BAR

TURKEY, BACON ARTISAN SUB with SUN CHIPS

LETTUCE/TOMATO/ONION for ARTISAN SUB

CORN CHIP SALAD WITH BANANA MUFFIN

ORANGE CHICKEN WITH FRIED RICE

SOFT TACO WITH BEEF AND CHEESE and GOLDFISH

TOASTED HAM AND CHEESE SANDWICH with POTATO CHIPS

HOT DOG ON A BUN with POTATO CHIPS

PERSONAL SUPREME PIZZA

LOCALLY GROWN SEASONED CORN

LOCALLY GROWN GOLDEN BAKED CHICKEN

LOCALLY PRODUCED BRAT ON A BUN

CHILI CHEESE POTATO DIPPERS WITH CHEESY PULL APART BREAD

BACON AND CHEESE SCRAMBLED EGGS with DONUT

SALISBURY STEAK WITH BISCUIT

RED SKINNED MASHED POTATOES

APPLE BUTTER

WINTER FRUIT SALAD DRESSING

WINTER FRUIT SALAD WITH HOMEMADE DRESSING

SOUTHWEST SALAD

HOMEMADE MACARONI SALAD

Pasta Plate

BBQ CORN CHIP SALAD

BBQ CORN CHIP SALAD DRESSING

SIX LAYER SALAD

SIX LAYER SALAD DRESSING

CHICKEN CAESAR SALAD WITH COOL RANCH DORITO

HOMEMADE MEAT LOAF

HOMEMADE CHEESEBURGER SOUP

FLAME ROASTED APPLES WITH CINNAMON AND SUGAR

HOMEMADE GROUND BEEF STROGANOFF OVER PASTA

BROWN GRAVY

SOUTHWEST BREAKFAST TORNADO

PHILLY CHEESE STEAK SUB

POPCORN SHRIMP WITH CHEESY BREADSTICK BITES

HOMEMADE CHICKEN QUESADILLA

HOMEMADE GRANOLA BAR AND STRING CHEESE STICK

NASHVILLE HOT CHICKEN POPPERS

CHICKEN PARMESAN OVER SPAGHETTI

HONEY BBQ RIB SANDWICH

SMOKEY LINKS

TARTAR SAUCE

OVEN FRIED CHICKEN BREAST OR THIGH

ASIAN FRIED RICE

SOY SAUCE

HOMEMADE BLT QUESADILLA

SHREDDED LETTUCE and TOMATO

SLUSHY PEACH CUP

ROMAINE/TOMATO/CUCUMBER

BROOKWOOD FARMS BBQ PORK

WHOLE GRAIN MEXICAN RICE

TORTILLA WITH FAJITA CHICKEN AND CHEESE

HOMEMADE TERIYAKI CHICKEN

CHICKEN PARM SANDWICH

HOMEMADE BAKED BEANS

CORN CHIP SALAD

HOMEMADE BEEF AND CHEESE DIP

Locally sourced PORK PATTY MELT ON SOURDOUGH

SAUSAGE, EGG BREAKFAST WRAP

ZESTY SWEET POTATO FRIES

HOLIDAY CUPCAKE

FRENCH ROLL

SEASONED WAFFLE FRIES

CHILI BAKED POTATO

CHEESY PULL APART BREAD

HOMEMADE HEARTY BACON AND POTATO SOUP WITH PIZZA RIPPER

BELGIAN WAFFLE

SQUIRE'S HOMEMADE CHICKEN DIPPING SAUCE

ORIENTAL VEGETABLES

HOMEMADE LASAGNA

ITALIAN HERB AND GARLIC BREADSTICK

FRIED CHICKEN BREAST FILLET

Jr SQUIRE TOTCHOS

TWISTED BREAD STICK

CINNAMON FILLED PRETZEL STICK

TOTCHOS

NACHO CHICKEN DIP

NACHO CHIPS

DIRI AK PWA (RICE AND BEANS)

BURMESE CHICKEN CURRY

APPLE NACHOS

"UNCRUSTABLE" BREAKFAST SANDWICH

ORIENTAL GRILLED CHICKEN SALAD

ORIENTAL GRILLED CHICKEN SALAD DRESSING

FRUIT BY THE FOOT

LIME SHERBET

PURPLE STICKY RICE

HOMEMADE YUM YUM SAUCE

BUSH'S BLACK BEANS

SHREDDED RED CABBAGE

SHREDDED CARROTS

SEASONED BEEF STEAK

DICED COOKED CHICKEN

SWEET BABY RAY'S TERIYAKI SAUCE

DICED, HARD-BOILED EGGS

4 FRENCH TOAST STICKS

SMOKED SAUSAGE ON A BUN

CHEF'S CHOICE SALADS

BREAKFAST PIZZA BAGEL

SLICED BLACK OLIVES

MATCHSTICK SHREDDED CARROTS

DICED FRESH CUCUMBERS

GRAPE AND CHERRY TOMATOES

FRESH BABY SPINACH

FRESH CUT ROMAINE

SLICED BANANA PEPPERS

GRILLED CHICKEN BREAST STRIPS FOR SALAD

HARD BOILED EGG

SHREDDED PARMESAN CHEESE

GOLDEN ITALIAN DRESSING

HONEY FRENCH DRESSING

BALSAMIC VINAIGRETTE

SUPER SWEET CORN FOR SALAD

HOMEMADE BEEF TACO MEAT for TACO SALAD

NACHO DORITO for TACO SALAD

TWISTED BREAD STICK

SLICED BAGEL WITH PEANUT BUTTER

COOKED, DICED HAM FOR SALADS

PECAN PIECES FOR SALAD

CHILI CHEESE CORN CHIPS FOR SALAD

CORN CHIPS FOR SALAD

OCEAN SPRAY CRAISINS

DICED BELL PEPPERS

HONEY ROASTED SESAME STICKS

SUN CHIPS for SALAD

SALAD BAR

6 FRENCH TOAST STICKS

HOMEMADE GLAZED HAM LOAF MADE WITH LOCAL PORK

FRENCH DIP ON CIABATTA ROLL

CHEESY CHICKEN DIP

MJSH CHEESY HAM AND POTATO SOUP

HOMEMADE GROUND BEEF STROGANOFF for BAKED POTATO

MINI ICE CREAM SANDWICH

KOREAN BBQ DICED CHICKEN

SHRIMP POPPERS

HONEY SRIRACHA CHICKEN SUB

BACON, CHEESE EGG BITE WITH DONUT HOLES

2 TACOS WITH HOMEMAADE TACO MEAT and CHEESE

2 TORTILLA WITH FAJITA CHICKEN AND CHEESE

COUNTRY GRAVY

ROLLED CRUST PEPPERONI PIZZA

BUTTERMILK PANCAKES

SAUSAGE and PANCAKE WRAP ON A STICK

Breakfast Sausage Link

HAM, EGG, CHEESE ENGLISH MUFFIN SANDWICH

EGG, CHEESE ENGLISH MUFFIN

NACHOS WITH BBQ PULLED PORK AND QUESO

ROASTED RATATOUILLE MADE WITH LOCAL VEGETABLES

PINEAPPLE TIDBIT CUP

2 oz Tortilla Chips

NEW ORLEANS CHICKEN

HOMEMADE BAKED ZITI

HOMEMADE UPSIDE DOWN TURKEY POT PIE OVER BISCUIT

ORIGINAL HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF

MJSH COLORIFIC SALAD

MJSH APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING

ARTISAN DINNER ROLL

HOT COCOA

EGGO HOMESTYLE WAFFLES

WHIPPED TOPPING

WARM CINNAMON APPLES

LOCALLY RAISED BBQ TURKEY CUTLET SANDWICH

BASMATI RICE

HOMEMAADE TACO MEAT and CHEESE

DICED HAM & CHEESE FOR BAKED POTATO

FRESH BELL PEPPER STRIPS WITH RANCH DIP

SLICED BAGEL WITH STRAWBERRY CREAM CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-78
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each		217911
CHEESE CREAM STRAWB CUP	1 Each		124930
CHEESE CREAM SPRD CUP	1		417355

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	210.00**		
Fat	7.00g**		
SaturatedFat	3.50g**		
Trans Fat*	0.00g**		
Cholesterol	15.00mg**		
Sodium	255.00mg**		
Carbohydrates	32.00g**		
Fiber	4.00g**		
Sugar	9.00g**		
Protein	7.00g**		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	70.00mg**	Iron	1.44mg**

*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

HOMEMADE WHITE CHICKEN CHILI



Servings:	288.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1356
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	20 Pound	UNSPECIFIED Not currently available	570533
BEAN NAVY LO SOD	12 Gallon 2 Quart (200 Cup)		555473
BROTH CHIX NO MSG	3 Gallon 3 Quart (60 Cup)		261564
CHILIES GREEN DCD	4 Pound 8 Ounce (72 Ounce)		131460
SPICE CUMIN GRND	3/4 Cup		273945
SPICE OREGANO WHL	3/4 Cup		518351
SPICE PEPR RED CAYENNE GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225088
MILK WHT 2	1 Gallon 1 Pint (18 Cup)		504602
CHEESE CHED MLD SHRD 4-5 LOL	23 Pound		150250
TORTILLA YELLOW RND 40-2Z BRRLOFUN	288 Package		682210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.204
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.694
Starch	0.000

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		704.05	
Fat		27.40g	
SaturatedFat		11.17g	
Trans Fat*		0.00g	
Cholesterol		68.70mg	
Sodium		901.20mg	
Carbohydrates		80.05g	
Fiber		12.33g	
Sugar		1.51g	
Protein		33.69g	
Vitamin A	249.90IU	Vitamin C	1.23mg
Calcium	496.88mg	Iron	4.30mg

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Nutrition - Per 100g

No 100g Conversion Available

BACON, EGG AND CHEESE ON A BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4110
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL	1 Each	Place 28 on a large sheet pan lined with parchment paper. Thaw overnight in cooler. Bake at 350 for 10-14 minutes.	504076
CHEESE AMER 160CT SLCD R/F	1 Slice	READY TO EAT Pre-sliced Use Cold or Melted	722360
BACON CKD RND	1 Piece	BAKE Fully cooked. Simply heat and serve.	433608
EGG PTY RND 3.5IN	1 Each		741320

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.17	
Fat		16.33g	
SaturatedFat		7.38g	
Trans Fat*		0.00g	
Cholesterol		103.75mg	
Sodium		927.50mg	
Carbohydrates		30.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		9.83g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	144.00mg	Iron	2.20mg

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Nutrition - Per 100g

No 100g Conversion Available

SAUSAGE, EGG AND CHEESE ON A BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4111
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL	1 Each	Place 28 on a large sheet pan lined with parchment paper. Thaw overnight in cooler. Bake at 350 for 10-14 minutes.	504076
CHEESE AMER 160CT SLCD R/F	1 Slice	READY TO EAT Pre-sliced Use Cold or Melted	722360
EGG PTY RND 3.5IN	1 Each		741320
SAUSAGE PTY CKD IQF 1.5Z	1 Each		112620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		485.00	
Fat		33.00g	
SaturatedFat		13.25g	
Trans Fat*		0.00g	
Cholesterol		137.50mg	
Sodium		1270.00mg	
Carbohydrates		30.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		16.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	164.00mg	Iron	2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

VANILLA YOGURT WITH GRANOLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4208
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		351.94	
Fat		9.75g	
SaturatedFat		1.37g	
Trans Fat*		0.00g	
Cholesterol		3.73mg	
Sodium		249.70mg	
Carbohydrates		61.13g	
Fiber		2.00g	
Sugar		30.42g	
Protein		7.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH BAKED CINNAMON ROLL



Servings:	100.00	Category:	Entree
Serving Size:	1.00 2.25 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4212
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG	100 Each	BAKE 1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.	222127
SUGAR POWDERED 10X 12-2 PION	3 Quart 1 1/3 Cup (13 1/3 Cup)		859740
BUTTER PRINT SLTD GRD AA	1 Cup 5 Fluid Ounce 2/3 Tablespoon (26 2/3 Tablespoon)		191205

Description	Measurement	Prep Instructions	DistPart #
FLAVORING VANILLA IMIT	1 Tablespoon 1/3 Teaspoon (3 1/3 Teaspoon)		110736
1% Low Fat White Milk	1 Pint 1 1/3 Cup (3 1/3 Cup)	READY_TO_DRINK Keep Cold	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 2.25 oz			
Amount Per Serving			
Calories		213.12	
Fat		5.94g	
SaturatedFat		2.87g	
Trans Fat*		0.00g	
Cholesterol		13.04mg	
Sodium		214.66mg	
Carbohydrates		36.05g	
Fiber		1.00g	
Sugar		10.92g	
Protein		5.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHOCOLATE/CHOCOLATE CHIP MUFFIN



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4213
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	2 Each		557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		380.00	
Fat		12.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		70.00mg	
Sodium		260.00mg	
Carbohydrates		66.00g	
Fiber		4.00g	
Sugar		34.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BISCUIT WITH GRAVY MADE WITH LOCALLY GROWN SAUSAGE



Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4214
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC HMSTYL	40 Each		504076
GRAVY MIX BISC	1 Pound 8 Ounce (24 Ounce)		281719
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SAUSAGE WHL HOG BULK TUBE	1 Pound		836753

Preparation Instructions

Cook and crumble sausage until no longer pink and temp reaches 155 degrees. Drain off fat. Prepare gravy mix according to package directions. Add cooked sausage. Bake biscuits according to the manufacturer's directions. When serving, pour 1/2 cup of sausage gravy over one biscuit.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		261.50	
Fat		13.80g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		6.00mg	
Sodium		720.00mg	
Carbohydrates		29.80g	
Fiber		1.00g	
Sugar		2.30g	
Protein		5.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Craisins



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7633
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED STRAWB	1 Package		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Craisins



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7635
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY	1 Package		636402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GRAPE JUICE



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7636
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving			
Calories		80.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		0.00g	
Sugar		18.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLUEBERRY POPTART



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7637
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		363.00	
Fat		5.50g	
SaturatedFat		1.80g	
Trans Fat*		0.10g	
Cholesterol		0.00mg	
Sodium		360.00mg	
Carbohydrates		76.00g	
Fiber		5.60g	
Sugar		30.00g	
Protein		4.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRY POPTART



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7638
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		340.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		230.00mg	
Carbohydrates		73.00g	
Fiber		6.00g	
Sugar		29.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

FUDGE POPTART



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7639
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		370.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		390.00mg	
Carbohydrates		76.00g	
Fiber		6.00g	
Sugar		30.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

CINNAMON POPTART



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7640
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Package		123081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		350.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.00mg	
Carbohydrates		73.00g	
Fiber		6.00g	
Sugar		30.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRY CREAM CHEESE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7643
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		90.00	
Fat		7.00g	
SaturatedFat		5.00g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		90.00mg	
Carbohydrates		4.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	300.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GARDEN VEGETABLE CREAM CHEESE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7644
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM GRDN VEG CUP 100-1Z GCHC	1 Each		228117

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		91.70	
Fat		8.70g	
SaturatedFat		5.90g	
Trans Fat*		0.00g	
Cholesterol		23.00mg	
Sodium		124.00mg	
Carbohydrates		1.00g	
Fiber		0.20g	
Sugar		0.00g	
Protein		1.40g	
Vitamin A	499.15IU	Vitamin C	0.21mg
Calcium	23.16mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

PHILADELPHIA CREAM CHEESE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7645
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM CUP	1 Each		257737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		70.00	
Fat		7.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		115.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CINNAMON TOAST CRUNCH CEREAL



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7648
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH POUC 96-1Z	2 Each	READY_TO_EAT Ready to eat cereal bars	656562

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		240.00	
Fat		6.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		44.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		2.00g	
Vitamin A	800.00IU	Vitamin C	7.20mg
Calcium	180.00mg	Iron	4.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

MILD BANANA PEPPER RINGS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-7705
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	1 Ounce	1 oz= 1/4 cup	466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		5.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		280.00mg	
Carbohydrates		1.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLUEBERRY MUFFIN



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8661
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		190.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		130.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Cinnamon Muffins



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8663
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		180.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		125.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

BANANA MUFFIN



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8664
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW	1 Each		557981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		190.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		130.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		17.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHOCOLATE PUDDING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8665
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC	1 Each	READY_TO_EAT Ready to eat.	650942

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		120.00	
Fat		2.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		130.00mg	
Carbohydrates		22.00g	
Fiber		1.00g	
Sugar		18.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	111.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8666
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/2 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.056
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	4.53		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.14mg		
Carbohydrates	1.11g		
Fiber	0.29g		
Sugar	0.67g		
Protein	0.10g		
Vitamin A	1.70IU	Vitamin C	8.33mg
Calcium	2.27mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8667
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR	1/2 Cup		581471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.050
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	6.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	1.80g		
Fiber	0.10g		
Sugar	1.40g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.40mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Green Grapes



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8668
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES GREEN SEEDLESS	1/2 Cup		197858

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		56.27	
Fat		0.27g	
SaturatedFat		0.07g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		1.67mg	
Carbohydrates		14.67g	
Fiber		0.73g	
Sugar		13.33g	
Protein		0.53g	
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Red Grapes



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8669
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	1/2 Cup		197831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		56.27	
Fat		0.27g	
SaturatedFat		0.07g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		1.67mg	
Carbohydrates		14.67g	
Fiber		0.73g	
Sugar		13.33g	
Protein		0.53g	
Vitamin A	84.00IU	Vitamin C	3.36mg
Calcium	11.76mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Gherkin Pickles



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8670
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE GHERKIN SWT	5 Each		485543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	115.38		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	576.92mg		
Carbohydrates	30.77g		
Fiber	0.00g		
Sugar	30.77g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tri color Tortilla Strips



Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8671
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL TRI-COLOR STRIP	1/2 Cup		403573

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		140.00	
Fat		8.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		16.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wheat crackers



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8673
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER WHEAT	1 Package		311588

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		35.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		5.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni Salad



Servings:	1.00	Category:	Grain
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8674
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 2-5 SANDRIDGE	2/3 Cup		524395

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories		177.41	
Fat		7.92g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		58.96mg	
Sodium		413.95mg	
Carbohydrates		22.88g	
Fiber		0.97g	
Sugar		10.56g	
Protein		3.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.71mg	Iron	0.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian FF Dressing



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8675
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT 60-1.5FLZ PMLL	1 Each		824960

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		20.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		450.00mg	
Carbohydrates		4.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Vinaigrette Dressing



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8676
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG RASPB FF	1 Each		824970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	12.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CREAMY CAESAR DRESSING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8677
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR RYL PKT	1 Each		554758

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	180.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat*	0.00g		
Cholesterol	10.00mg		
Sodium	400.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Classic Balsamic Vinaigrette Dressing



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8678
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG BALSM PKT 60-1.5ZLTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		50.00	
Fat		3.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		310.00mg	
Carbohydrates		5.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey French Dressing



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8679
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN HNY PKT	1 Each		266515

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	190.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Turkey Ham



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8680
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	1 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.660
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	36.54		
Fat	1.66g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	18.27mg		
Sodium	159.47mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.24mg

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

Nutrition - Per 100g

Calories	128.91		
Fat	5.86g		
SaturatedFat	1.76g		
Trans Fat*	0.00g		
Cholesterol	64.45mg		
Sodium	562.51mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.84mg

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

Diced Turkey Breast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8681
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST CKD BRN 2-8.25AVG JENNO	1 Ounce		588572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.740
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	33.58		
Fat	0.37g		
SaturatedFat	0.19g		
Trans Fat*	0.00g		
Cholesterol	14.93mg		
Sodium	194.03mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.34g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	118.46		
Fat	1.32g		
SaturatedFat	0.66g		
Trans Fat*	0.00g		
Cholesterol	52.65mg		
Sodium	684.42mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.47mg

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

Hard Boiled Egg



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8682
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		80.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		185.00mg	
Sodium		60.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PEELED APRICOT HALVES IN LIGHT SYRUP



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8683
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APRICOT HLVS PLD XL/S	1/2 Cup		705535

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Chips



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8684
School:	Manchester High School		

Ingredients

Description Measurement		Prep Instructions	DistPart #
CHIP POT REG	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	5.00g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	85.00mg		
Carbohydrates	8.00g		
Fiber	8.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY AND CHEESE SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8685
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Slice		344120
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
White Wheat Sub Bun	1 1 each		31454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		235.00	
Fat		4.00g	
SaturatedFat		1.94g	
Trans Fat*		0.00g	
Cholesterol		32.50mg	
Sodium		1120.00mg	
Carbohydrates		30.00g	
Fiber		2.50g	
Sugar		5.50g	
Protein		20.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8686
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 1 each		31454
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		235.00	
Fat		5.00g	
SaturatedFat		2.44g	
Trans Fat*		0.00g	
Cholesterol		27.50mg	
Sodium		870.00mg	
Carbohydrates		30.00g	
Fiber		2.50g	
Sugar		5.50g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH SLICED TOMATO



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8688
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4IN	1/2 Cup		786535

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHERRY CRAISINS



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8813
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY	1 Package		636402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRY CRAISINS



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8814
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED STRAWB	1 Package		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CHEESE PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8815
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce		863913
SAUCE PIZZA	1/4 Cup	READY_TO_EAT None	502141
CHEESE MOZZ SHRD	1/4 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

Place pan liner on cookie sheet. Spray with pan release. Place frozen pizza dough on pan and spray the dough with pan release. Slack in refrigerator overnight. In the morning dock dough. Place toppings on dough. Bake at 350 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		389.90	
Fat		17.10g	
SaturatedFat		9.80g	
Trans Fat*		0.01g	
Cholesterol		45.00mg	
Sodium		584.30mg	
Carbohydrates		37.00g	
Fiber		4.20g	
Sugar		8.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	431.76mg	Iron	2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BBQ CHICKEN PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8818
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	1 Each		863913
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHEESE MOZZ SHRD	1/4 Cup		645170
Homemade BBQ Sauce	6 Serving	In the 12-gallon steam kettle, cook the chicken base, water, and dehydrated onion until the chicken base is dissolved. Add ketchup, garlic powder, and packed brown sugar. Bring to a boil. Reduce the heat and simmer for 20 minutes. Pour into shallow pans and cool in refrigerator to 70 degrees within 2 hours. Cool to less than 41 degrees within 6 hours. Store in refrigerator. Yield: 1 Gallon	R-34642
Diced Chicken	2 Ounce		

Preparation Instructions

Place pan liner on cookie sheet. Spray with pan release. Place frozen pizza dough on the pan and spray the dough with pan release. Cover and slack in the refrigerator overnight; in the morning, dock dough. Mix the cheeses and set aside. Mix chicken with 1/4 cup of the homemade BBQ Sauce. Spread 2 Tablespoons of the homemade BBQ Sauce over dough. Place the chicken mixed with BBQ Sauce on the dough. Top with the mixed cheese. Bake in a 350-degree oven until the crust is baked through and the cheese is golden brown.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		559.36	
Fat		18.69g	
SaturatedFat		9.80g	
Trans Fat*		0.01g	
Cholesterol		87.00mg	
Sodium		915.96mg	
Carbohydrates		65.43g	
Fiber		3.28g	
Sugar		33.35g	
Protein		32.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	418.93mg	Iron	1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

GARDEN SALAD



Servings:	260.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8819
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	30 Pound		451730
TOMATO GRAPE SWT	2 Quart 1 Pint (10 Cup)		129631
DRESSING MIX RNCH	3 1/5 Ounce		473308
MILK WHT 2	1 Gallon		504602
DRESSING SALAD	1 Gallon		107042

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.469
RedVeg	0.038
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 260.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		126.29	
Fat		7.35g	
SaturatedFat		2.22g	
Trans Fat*		0.08g	
Cholesterol		17.72mg	
Sodium		192.64mg	
Carbohydrates		10.02g	
Fiber		1.02g	
Sugar		2.11g	
Protein		5.28g	
Vitamin A	313.92IU	Vitamin C	2.16mg
Calcium	171.40mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH LIME WEDGES



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8820
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LIME	1/4 Each		197963

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Each

Amount Per Serving			
Calories	5.03		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	1.75g		
Fiber	0.48g		
Sugar	0.25g		
Protein	0.13g		
Vitamin A	8.38IU	Vitamin C	4.88mg
Calcium	5.53mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

FLAME ROASTED BLACK BEANS AND CORN



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8821
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN BLK BEAN RSTD BLND	1/2 Cup		266752

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.098

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.96		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	239.88mg		
Carbohydrates	12.74g		
Fiber	3.00g		
Sugar	3.75g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.75mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALSA



Servings:	106.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8822
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	1 #10 CAN	READY_TO_EAT None	452841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.167
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 106.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	69.36mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.67mg

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

Nutrition - Per 100g

Calories	35.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	244.67mg		
Carbohydrates	7.06g		
Fiber	0.00g		
Sugar	2.35g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.35mg

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

Cherry Craisins



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8866
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY	1 Package		636402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PILLSBURY APPLE FRUDEL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8869
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW FRUDEL	1 Each		838340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Lettuce



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8872
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	1 bag = 18 cup	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN SALAD ON CROISSANT



Servings:	126.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8875
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	126 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	30 Pound	UNSPECIFIED Not currently available	570533
DRESSING SALAD	1 Gallon 1 Quart (20 Cup)		107042
CELERY DCD 1/4IN	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		198196
MUSTARD YELLOW PREP 4- 1GAL CRWNCOLL	5 Fluid Ounce		860221
SPICE POPPY SEED WHOLE	1/4 Cup		225134

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.175
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.060
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 126.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		505.80	
Fat		27.31g	
SaturatedFat		6.94g	
Trans Fat*		0.20g	
Cholesterol		95.16mg	
Sodium		749.11mg	
Carbohydrates		34.59g	
Fiber		2.12g	
Sugar		6.66g	
Protein		28.16g	
Vitamin A	59.25IU	Vitamin C	0.25mg
Calcium	26.20mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

CALIFORNIA BLEND



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8876
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1/4 Tablespoon		191205
VEG BLND CALIF	1/2 Cup		610891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		37.50	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		37.50mg	
Carbohydrates		2.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH STRAWBERRIES



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8877
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/2 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.056
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	4.53		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.14mg		
Carbohydrates	1.11g		
Fiber	0.29g		
Sugar	0.67g		
Protein	0.10g		
Vitamin A	1.70IU	Vitamin C	8.33mg
Calcium	2.27mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

TRIX CEREAL BARS



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9256
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	2 Each	READY_TO_EAT Ready to eat cereal bars	268690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		320.00	
Fat		7.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		210.00mg	
Carbohydrates		58.00g	
Fiber		6.00g	
Sugar		18.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	520.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

COCO PUFF CEREAL BARS



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9257
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	2 Each	READY_TO_EAT Ready to eat cereal bars	265901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		320.00	
Fat		7.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		210.00mg	
Carbohydrates		58.00g	
Fiber		6.00g	
Sugar		18.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	400.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

COCOA KRISPY CEREAL BAR



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9258
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	2 Each		282431

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		300.00	
Fat		9.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydrates		56.00g	
Fiber		6.00g	
Sugar		20.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GOLDEN GRAHAMS CEREAL



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9259
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS POUC 96-1Z GENM	2 Each	READY_TO_EAT Ready to eat cereal bars	795420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		200.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		420.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	180.00mg	Iron	5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH BAKED CINNAMON ROLL WITH CEREAL



Servings:	15.00	Category:	Entree
Serving Size:	1.00 2.25 oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9260
School:	Manchester High School		

Ingredients

Description Measurement		Prep Instructions	DistPart #
DOUGH ROLL CINN LRG	15 Each	BAKE 1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.	222127
SUGAR POWDERED 10X 12-2 PION	1 Pint		859740
BUTTER PRINT SLTD GRD AA	2 Fluid Ounce		191205

Description	Measurement	Prep Instructions	DistPart #
FLAVORING VANILLA IMIT	1/2 Teaspoon		110736
1% Low Fat White Milk	1/2 Cup	READY_TO_DRINK Keep Cold	
CEREAL LUCKY CHARMS WGRAIN BWL	15 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00			
Serving Size: 1.00 2.25 oz			
Amount Per Serving			
Calories		323.12	
Fat		6.94g	
SaturatedFat		2.87g	
Trans Fat*		0.00g	
Cholesterol		13.04mg	
Sodium		384.66mg	
Carbohydrates		59.05g	
Fiber		3.00g	
Sugar		19.92g	
Protein		7.03g	
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	70.00mg	Iron	4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

EGG & BACON BREAKFAST PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9262
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGGBCN WGRAIN	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		250.00	
Fat		11.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		70.00mg	
Sodium		390.00mg	
Carbohydrates		27.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.50mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHUNKED PINEAPPLE



Servings:	1.00	Category:	Fruit
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9264
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IQF	1/4 Cup		760140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	23.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	6.00g		
Fiber	0.67g		
Sugar	4.67g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ RIB ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9288
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 1 each		31454
PORK RIBETTE BNLS CLSC RAW	1 Each		304174

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		320.00	
Fat		11.50g	
SaturatedFat		4.69g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		670.00mg	
Carbohydrates		29.00g	
Fiber		3.50g	
Sugar		4.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

STEAKBURGER ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9289
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
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 inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.00	
Fat		16.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		390.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PEANUT BUTTER SANDWICH HALF



Servings:	137.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9291
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	5 Pound		279013
White Wheat Sandwich Bread	137 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.584
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 137.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		174.02	
Fat		9.71g	
SaturatedFat		1.89g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		221.63mg	
Carbohydrates		17.12g	
Fiber		2.37g	
Sugar		3.84g	
Protein		6.71g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.28mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOT HAM AND SWISS SANDWICH



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9297
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD	3 Fluid Ounce		263036
BUTTER PRINT SLTD GRD AA	3 Pound		191205
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221
SAUCE WORCESTERSHIRE	1/4 Cup		109843
White Wheat Hamburger Bun	150 Each	READY_TO_EAT	51022
CHEESE SWS 160CT SLCD PROC	150 Slice		164348
HAM VIRGINIA BKD DELI SLCD	37 Pound 8 Ounce (600 Ounce)	2 SLICES PER SANDWICH. 1 OZ = 1 SLICE	680656

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		365.41	
Fat		16.64g	
SaturatedFat		8.05g	
Trans Fat*		0.00g	
Cholesterol		71.98mg	
Sodium		1311.40mg	
Carbohydrates		31.12g	
Fiber		2.02g	
Sugar		6.51g	
Protein		26.51g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.69mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BABY CARROTS WITH RANCH



Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9302
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP	6 Each		499521
CARROT BABY WHL CLEANED	1 Pound	equivalent based on USDA FBG	510637

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	2.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	307.33
Fat	6.00g
SaturatedFat	1.00g
Trans Fat*	0.00g
Cholesterol	5.00mg
Sodium	551.67mg
Carbohydrates	61.96g
Fiber	18.99g
Sugar	31.59g
Protein	0.00g
Vitamin A 114133.33IU	Vitamin C 41.60mg
Calcium 219.25mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

MJSH CHICKEN ALFREDO WITH FETTUCCHINE



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9305
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	4 Ounce		155661
FC Diced Chicken	1 1/2 Ounce		17744
PASTA FETTUCCHINI CKD	1 Cup		835890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.289
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		833.48	
Fat		27.89g	
SaturatedFat		7.55g	
Trans Fat*		0.07g	
Cholesterol		69.12mg	
Sodium		1058.58mg	
Carbohydrates		105.29g	
Fiber		4.00g	
Sugar		12.56g	
Protein		39.28g	
Vitamin A	20.96IU	Vitamin C	0.55mg
Calcium	460.26mg	Iron	5.95mg

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

Nutrition - Per 100g

Calories		490.00	
Fat		16.40g	
SaturatedFat		4.44g	
Trans Fat*		0.04g	
Cholesterol		40.64mg	
Sodium		622.34mg	
Carbohydrates		61.90g	
Fiber		2.35g	
Sugar		7.38g	
Protein		23.09g	
Vitamin A	12.32IU	Vitamin C	0.32mg
Calcium	270.59mg	Iron	3.50mg

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

FETTUCCINE



Servings:	1.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9307
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	1 1/4 Cup		835890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.25 Cup

Amount Per Serving			
Calories		725.00	
Fat		17.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		150.00mg	
Carbohydrates		120.00g	
Fiber		5.00g	
Sugar		7.50g	
Protein		22.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	6.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

SPAGHETTI WITH 4 MEATBALL AND SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9309
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD	1 Cup		835910
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI POUCH	1/4 Cup		315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.565
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		449.00	
Fat		15.75g	
SaturatedFat		4.75g	
Trans Fat*		0.60g	
Cholesterol		36.00mg	
Sodium		531.00mg	
Carbohydrates		55.50g	
Fiber		4.50g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.00mg	Iron	3.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

SPAGHETTI SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9312
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI POUCH	1/2 Cup		315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.00	
Fat		1.50g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		480.00mg	
Carbohydrates		13.00g	
Fiber		3.00g	
Sugar		10.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

MEATBALLS



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9313
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories		154.00	
Fat		9.00g	
SaturatedFat		3.50g	
Trans Fat*		0.60g	
Cholesterol		36.00mg	
Sodium		236.00mg	
Carbohydrates		6.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

REDSTONE CANYON POTATO WEDGES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9364
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	199080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.530

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		138.13	
Fat		6.38g	
SaturatedFat		1.06g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		626.91mg	
Carbohydrates		20.19g	
Fiber		1.06g	
Sugar		1.06g	
Protein		2.13g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.63mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH PLUMS



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9365
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PLUM 40-60CT	1 Each		164178

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		30.40	
Fat		0.20g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		8.00g	
Fiber		0.90g	
Sugar		7.00g	
Protein		0.50g	
Vitamin A	227.70IU	Vitamin C	6.27mg
Calcium	3.96mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

ALASKAN POLLOCK ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9424
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for20-22 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142
BUN HAMB WHT WHE 4IN	1 Each		248151

Preparation Instructions

Cook from Frozen. Place parchment paper on a shallow metal baking sheet. ; Place portions on pan leaving space between pieces. Conventional Pre-Heated Oven: Bake at 425 degrees F for 20-22 minutes. Convection Pre-Heated Oven: Bake at 375 degrees F for 15-17 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		320.00	
Fat		9.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		520.00mg	
Carbohydrates		42.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

PHILLY CHEESESTEAK SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9425
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce		720861
SAUCE CHS QUESO BLANCO FZ	1 Ounce		722110
White Wheat Sub Bun	1 Each		31454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.550
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		357.82	
Fat		14.93g	
SaturatedFat		6.98g	
Trans Fat*		0.54g	
Cholesterol		55.60mg	
Sodium		877.39mg	
Carbohydrates		31.58g	
Fiber		2.55g	
Sugar		6.05g	
Protein		22.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	178.27mg	Iron	2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

ROASTED ONIONS AND RED AND GREEN PEPPER STRIPS



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9426
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS STRIPS BLND	5 Pound		261548
ONION VIDALIA SWT	1 Pound		558133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.556
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	22.73		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	12.63mg		
Carbohydrates	5.96g		
Fiber	0.17g		
Sugar	3.17g		
Protein	0.15g		
Vitamin A	0.19IU	Vitamin C	0.91mg
Calcium	3.79mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ MEATBALL SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9430
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
BBQ Sauce	4 Serving		R-24784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		464.00	
Fat		10.50g	
SaturatedFat		4.19g	
Trans Fat*		0.60g	
Cholesterol		36.00mg	
Sodium		756.00mg	
Carbohydrates		74.00g	
Fiber		3.50g	
Sugar		38.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	122.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

LETTUCE/TOMATO/ONION/PICKLE



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9432
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1/2 Cup		416593
TOMATO SLCD 1/4IN	1/8 Cup		786535
ONION RING RED 1/4IN	1/8 Cup		429198
PICKLE KOSH DILL CHIP C/C	2 Slice		242667

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
OtherVeg	0.380
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		17.53	
Fat		0.05g	
SaturatedFat		0.01g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		149.50mg	
Carbohydrates		3.40g	
Fiber		1.37g	
Sugar		1.76g	
Protein		0.75g	
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	23.83mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESEBURGER ON A BUN MADE WITH LOCAL BEEF



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9434
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR GRND 80/20	4 Ounce		449010
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHEESE AMER 160CT SLCD R/F	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		475.29	
Fat		22.51g	
SaturatedFat		8.34g	
Trans Fat*		0.88g	
Cholesterol		108.07mg	
Sodium		546.57mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		38.41g	
Vitamin A	10.29IU	Vitamin C	0.00mg
Calcium	188.29mg	Iron	3.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

OVEN FRIED CHICKEN DRUMSTICK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9435
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 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. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 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. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		220.00	
Fat		13.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydrates		6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY WHEAT DINNER ROLL



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9436
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	24.00g		
Fiber	5.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN PARMIGIANA WITH PENNE PASTA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9437
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD	1 Cup		835900
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729
CHIX BRST BRD FLLT WGRAIN CKD	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		560.00	
Fat		16.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		1155.00mg	
Carbohydrates		77.00g	
Fiber		8.00g	
Sugar		13.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	4.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

BAKED POTATO



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9439
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each		233277

Preparation Instructions

At the high school, in the Cleveland combi oven - set on combi mode, set temp to 200 degrees- use probe cook until done approx. 45 min - 1 hour.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	194.09		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	15.11mg		
Carbohydrates	44.45g		
Fiber	5.63g		
Sugar	2.96g		
Protein	5.04g		
Vitamin A	5.04IU	Vitamin C	49.63mg
Calcium	30.22mg	Iron	1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

BEEF AND CHEESE SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9440
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF W/CHS SCE 6-5 JTM	3 1/2 Ounce		584101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.50 Ounce

Amount Per Serving			
Calories		166.38	
Fat		9.13g	
SaturatedFat		4.06g	
Trans Fat*		0.00g	
Cholesterol		50.72mg	
Sodium		386.52mg	
Carbohydrates		7.10g	
Fiber		0.00g	
Sugar		3.04g	
Protein		13.19g	
Vitamin A	249.57IU	Vitamin C	0.00mg
Calcium	177.54mg	Iron	1.01mg

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

Nutrition - Per 100g

Calories		167.68	
Fat		9.20g	
SaturatedFat		4.09g	
Trans Fat*		0.00g	
Cholesterol		51.12mg	
Sodium		389.55mg	
Carbohydrates		7.16g	
Fiber		0.00g	
Sugar		3.07g	
Protein		13.29g	
Vitamin A	251.52IU	Vitamin C	0.00mg
Calcium	178.93mg	Iron	1.02mg

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

UNSEASONED BROCCOLI



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9441
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories		16.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		3.33g	
Fiber		2.00g	
Sugar		0.67g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALSA



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9442
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	1 Ounce	READY_TO_EAT None	452841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.170
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	69.33mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHIVES



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Teaspoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9443
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHIVE DEHY CHPD	1 Teaspoon		513474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Teaspoon

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

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

Nutrition - Per 100g

No 100g Conversion Available

SOUR CREAM



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9444
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		60.00	
Fat		5.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		10.00mg	
Carbohydrates		1.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHILI WITH CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9445
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHILI W/O BEAN	3/4 Cup		438150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		385.20	
Fat		25.38g	
SaturatedFat		11.67g	
Trans Fat*		0.75g	
Cholesterol		65.85mg	
Sodium		1270.80mg	
Carbohydrates		17.07g	
Fiber		3.00g	
Sugar		3.75g	
Protein		22.92g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	307.68mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

NACHOS WITH TACO MEAT AND QUESO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9446
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	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.	722110
Homemade Taco meat	1 Serving	Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.	R-43889
CHIP TORTL RND BITE LSSV	1 Package	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.	538263

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		505.33	
Fat		29.20g	
SaturatedFat		9.47g	
Trans Fat*		0.94g	
Cholesterol		53.25mg	
Sodium		851.89mg	
Carbohydrates		38.47g	
Fiber		2.45g	
Sugar		0.35g	
Protein		17.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.20mg	Iron	0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

CREAMY QUESO



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9447
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce		722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		121.60	
Fat		9.60g	
SaturatedFat		5.60g	
Trans Fat*		0.01g	
Cholesterol		29.00mg	
Sodium		436.50mg	
Carbohydrates		1.00g	
Fiber		0.10g	
Sugar		0.00g	
Protein		6.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	210.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories		214.47	
Fat		16.93g	
SaturatedFat		9.88g	
Trans Fat*		0.02g	
Cholesterol		51.15mg	
Sodium		769.85mg	
Carbohydrates		1.76g	
Fiber		0.18g	
Sugar		0.00g	
Protein		11.82g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.38mg	Iron	0.00mg

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

MILD CHEDDAR CHEESE SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9448
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED MILD	1/4 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		60.00	
Fat		4.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		500.00mg	
Carbohydrates		5.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PICO DE GALLO



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9449
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICO DE GALLO FRSH	2 Ounce		705520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1680.00mg		
Carbohydrates	16.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.80mg

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

Nutrition - Per 100g

Calories	141.10		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2963.01mg		
Carbohydrates	28.22g		
Fiber	7.05g		
Sugar	14.11g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.55mg	Iron	1.41mg

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

FRESH GUACAMOLE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9450
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE PICO DE GALLO	1 1/2 Ounce		622590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.50 Ounce

Amount Per Serving			
Calories	71.25		
Fat	6.75g		
SaturatedFat	0.75g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	3.75mg		
Carbohydrates	3.75g		
Fiber	3.00g		
Sugar	0.00g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.63mg	Iron	0.38mg

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

Nutrition - Per 100g

Calories	167.55		
Fat	15.87g		
SaturatedFat	1.76g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	8.82g		
Fiber	7.05g		
Sugar	0.00g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.23mg	Iron	0.88mg

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

MEXICAN FIESTA RICE



Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9451
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA 6-25.9Z UBEN	1/2 Cup		473006

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		96.85	
Fat		0.40g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		409.05mg	
Carbohydrates		21.50g	
Fiber		0.50g	
Sugar		1.00g	
Protein		2.35g	
Vitamin A	339.98IU	Vitamin C	9.06mg
Calcium	17.90mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

TOMATO SOUP



Servings:	250.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9452
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon 1 Cup (65 Cup)	UNPREPARED	000001WTR
SOUP TOMATO	4 Gallon 1 Cup (65 Cup)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

STOVE: STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN OF WATER. HEAT TO SIMMER, STIRRING OCCASIONALLY. MICROWAVE: STIR SOUP IN MICRO- SAFE BOWL W/1 CAN WATER, COVER. HEAT ON HIGH FOR 3-4 MIN. STIR.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.198
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		46.80	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		249.60mg	
Carbohydrates		10.40g	
Fiber		0.52g	
Sugar		6.24g	
Protein		1.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.40mg	Iron	0.31mg

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

Nutrition - Per 100g

Calories		20.64	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		110.05mg	
Carbohydrates		4.59g	
Fiber		0.23g	
Sugar		2.75g	
Protein		0.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.59mg	Iron	0.14mg

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

TOASTED 3 CHEESE SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9453
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SWS 160CT SLCD PROC	1 Slice		164348
CHEESE COLBY JK SLCD	1 Each		105988
CHEESE PEPR JK SLCD	1 Slice		777587
White Wheat Sandwich Bread	1 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		268.91	
Fat		18.45g	
SaturatedFat		9.64g	
Trans Fat*		0.00g	
Cholesterol		52.50mg	
Sodium		578.64mg	
Carbohydrates		14.45g	
Fiber		1.20g	
Sugar		2.00g	
Protein		15.12g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	399.10mg	Iron	0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOFT TACO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9454
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.	722330
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

Use # 16 scoop for taco meat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		241.36	
Fat		8.03g	
SaturatedFat		4.14g	
Trans Fat*		0.00g	
Cholesterol		21.45mg	
Sodium		333.56mg	
Carbohydrates		33.15g	
Fiber		5.26g	
Sugar		3.26g	
Protein		13.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.55mg	Iron	3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN FAJITA WITH GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9456
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR 8IN	1 Each		713330
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		360.00	
Fat		13.50g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		80.00mg	
Sodium		800.00mg	
Carbohydrates		37.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Sugar Glazed Ham



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9910
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM STK VAC-PK 6Z	100 Each		538531
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)	UNPREPARED	000001WTR
VINEGAR APPLE CIDER 5	1 Pint		430795
SPICE MUSTARD GRND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224928

Preparation Instructions

Mix brown sugar, water, vinegar and ground mustard together. Lay ham accordian style in a baking pan. Pour glaze over ham. Cover and bake at 350 degrees until ham temps 145 degrees. Baste with glaze during baking.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		243.94	
Fat		8.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		90.00mg	
Sodium		1940.22mg	
Carbohydrates		13.52g	
Fiber		0.00g	
Sugar		11.52g	
Protein		28.00g	
Vitamin A	0.03IU	Vitamin C	0.03mg
Calcium	0.24mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

10" FLOUR TORTILLA



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9911
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		190.00	
Fat		5.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		360.00mg	
Carbohydrates		32.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

TORTILLA WITH SEASONED CHICKEN



Servings:	50.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9912
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	UNSPECIFIED Not currently available	570533
SAUCE ENCHILADA MILD	2 Quart		598461
TORTILLA FLOUR 10 12-12CT GRSZ	50 Each		713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		329.47	
Fat		10.33g	
SaturatedFat		4.10g	
Trans Fat*		0.00g	
Cholesterol		58.67mg	
Sodium		500.00mg	
Carbohydrates		33.23g	
Fiber		1.00g	
Sugar		2.08g	
Protein		23.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.64mg

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

Nutrition - Per 100g

Calories		387.39	
Fat		12.15g	
SaturatedFat		4.82g	
Trans Fat*		0.00g	
Cholesterol		68.98mg	
Sodium		587.90mg	
Carbohydrates		39.07g	
Fiber		1.18g	
Sugar		2.45g	
Protein		27.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.79mg	Iron	3.10mg

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

SEASONED BEEF STEAK ON A TORTILLA



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9913
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
BEEF STK PHLL CKD	3 Ounce		710831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		310.00	
Fat		12.50g	
SaturatedFat		5.50g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		1005.00mg	
Carbohydrates		33.50g	
Fiber		1.00g	
Sugar		3.50g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.08mg

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

Nutrition - Per 100g

Calories		364.50	
Fat		14.70g	
SaturatedFat		6.47g	
Trans Fat*		0.00g	
Cholesterol		35.27mg	
Sodium		1181.68mg	
Carbohydrates		39.39g	
Fiber		1.18g	
Sugar		4.12g	
Protein		17.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.06mg	Iron	3.62mg

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

NACHO CHEESE SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9923
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED MILD	1/8 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 cup

Amount Per Serving			
Calories		31.20	
Fat		2.08g	
SaturatedFat		0.52g	
Trans Fat*		0.00g	
Cholesterol		2.60mg	
Sodium		260.00mg	
Carbohydrates		2.60g	
Fiber		0.00g	
Sugar		1.04g	
Protein		0.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.80mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WHOLE GRAIN BROWN RICE



Servings:	1.00	Category:	Grain
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9928
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	1/4 Cup	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.	516371

Preparation Instructions

STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY. TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories	170.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SAUSAGE, BEAN, EGG AND CHEESE BURRITO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9930
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	1 Each		497510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		220.00	
Fat		9.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		310.00mg	
Carbohydrates		25.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	500.00IU	Vitamin C	15.00mg
Calcium	100.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON TOPPING



Servings:	2.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9935
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TOPPING 3/8IN DCD	1 Ounce		104396

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Ounce

Amount Per Serving			
Calories	60.00		
Fat	4.50g		
SaturatedFat	2.00g		
Trans Fat*	0.00g		
Cholesterol	25.00mg		
Sodium	320.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	423.29		
Fat	31.75g		
SaturatedFat	14.11g		
Trans Fat*	0.00g		
Cholesterol	176.37mg		
Sodium	2257.53mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	35.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

DICED TOMATOES



Servings:	8.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9936
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8IN	1 Cup		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 cup

Amount Per Serving			
Calories	0.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.13g		
Fiber	0.04g		
Sugar	0.08g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.38mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH SAUERKRAUT



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9937
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUERKRAUT FRSH	2 Ounce		136200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		4424.24mg	
Carbohydrates		12.12g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	133.33mg	Iron	2.67mg

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

Nutrition - Per 100g

Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		7803.03mg	
Carbohydrates		21.38g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	235.16mg	Iron	4.70mg

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

CHILI WITH BEANS



Servings:	4.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9938
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI CON CARNE W/BEAN	1 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	103047

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.563
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		67.50	
Fat		1.50g	
SaturatedFat		0.63g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		275.00mg	
Carbohydrates		9.25g	
Fiber		2.00g	
Sugar		0.75g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SMOKED SAUSAGE ON A BUN WITH DORITO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9939
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each		53071
SAUSAGE SMKD 6/	1 Each		170704

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		365.21	
Fat		22.09g	
SaturatedFat		7.33g	
Trans Fat*		0.53g	
Cholesterol		50.00mg	
Sodium		964.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Sugar		4.59g	
Protein		15.17g	
Vitamin A	23.49IU	Vitamin C	0.00mg
Calcium	54.38mg	Iron	2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOUR CREAM AND CHEDDAR RUFFLES



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9940
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT CHED SR CRM BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	405983

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		100.00	
Fat		2.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		200.00mg	
Carbohydrates		17.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

DICED PEPPERONI



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9941
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI DCD 1/4IN	1 Ounce		101070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Each

Amount Per Serving			
Calories	7.00		
Fat	0.65g		
SaturatedFat	0.30g		
Trans Fat*	0.00g		
Cholesterol	1.75mg		
Sodium	24.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY, BACON SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9942
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Gram		433608
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
White Wheat Sub Bun	1 Each		31454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.055
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		236.93	
Fat		2.87g	
SaturatedFat		1.33g	
Trans Fat*		0.00g	
Cholesterol		42.63mg	
Sodium		743.02mg	
Carbohydrates		28.00g	
Fiber		2.50g	
Sugar		4.00g	
Protein		24.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BEEF AND NOODLES - USING LOCAL BEEF



Servings:	14.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9943
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	1/4 Teaspoon	READY_TO_EAT used to salt food	108286
BASE BEEF	1 Tablespoon	READY_TO_EAT Prepare as directed.	439584
WATER SPRNG	1/2 Gallon		686860
BEEF STEW MEAT DCD 85 LEAN	2 Pound		443689
PASTA NOODL EGG FZ	1 Pound		245046

Preparation Instructions

Cook beef until temp reaches 155 degrees and the meat is tender—separate beef and broth. Use broth to satisfy the 1/2 gallon water; if there is not enough broth, fill the remaining liquid measure with water. Add beef base and salt. Bring to a boil. Add noodles and cook to al dente.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	172.13		
Fat	3.93g		
SaturatedFat	1.26g		
Trans Fat*	0.00g		
Cholesterol	76.00mg		
Sodium	288.09mg		
Carbohydrates	17.36g		
Fiber	0.57g		
Sugar	0.57g		
Protein	17.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.68mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN AND WAFFLES



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9949
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5IN GINNYS	2 Each		243572
CHIX NUG BRD WGRAIN FC .7Z	4 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.	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	8.000
Grain	7.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		772.00	
Fat		39.20g	
SaturatedFat		14.00g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		672.00mg	
Carbohydrates		86.80g	
Fiber		6.40g	
Sugar		36.80g	
Protein		19.20g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLUEBERRY SAUCE



Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9950
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Cup		119873
SUGAR BEET GRANUL	1/4 Cup		108588
WATER SPRNG	1/4 Cup		686860
LEMON JUICE 100	1 1/2 Teaspoon		311227
STARCH CORN	1 Tablespoon		108413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	144.61		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	37.50g		
Fiber	1.50g		
Sugar	31.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE WARM CINNAMON APPLES



Servings:	120.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9952
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD MI 7+1	30 Pound		270954
SPICE CINNAMON GRND	1/4 Cup		224723
SPICE NUTMEG GRND	1 Tablespoon		224944
BUTTER PRINT SLTD GRD AA	4 Fluid Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	132.38		
Fat	0.73g		
SaturatedFat	0.47g		
Trans Fat*	0.00g		
Cholesterol	2.00mg		
Sodium	23.14mg		
Carbohydrates	29.71g		
Fiber	1.14g		
Sugar	27.43g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN QUESADILLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9960
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN	1 Each	BAKE	231750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		280.00	
Fat		8.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		660.00mg	
Carbohydrates		38.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM WRAP WITH GARDEN SALSA SUN CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9961
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Ounce		680656
TORTILLA FLOUR 8IN	1 Each		713330
CHIP GARDEN SALSA	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		335.00	
Fat		11.25g	
SaturatedFat		2.75g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		970.00mg	
Carbohydrates		41.50g	
Fiber		3.00g	
Sugar		4.50g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN TENDER WRAP WITH GARDEN SALSA SUN CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9962
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900
TORTILLA FLOUR 8IN	1 Each		713330
CHIX TNDR WGRAIN FC	3 Piece	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.	283951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.000
Grain	5.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		520.00	
Fat		24.00g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		760.00mg	
Carbohydrates		56.00g	
Fiber		6.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

SHREDDED MOZZARELLA AND CHEDDAR CHEESE



Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9963
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
CHEESE MOZZ SHRD	1 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		100.00	
Fat		7.50g	
SaturatedFat		4.75g	
Trans Fat*		0.00g	
Cholesterol		22.50mg	
Sodium		185.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHIPOTLE RANCH



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9964
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CHIPOTLE	1 Fluid Ounce		166741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	150.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	5.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY MUSTARD



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9965
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD HONEY	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		759041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE RANCH DRESSING



Servings:	256.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9969
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	3 1/5 Ounce		473308
DRESSING SALAD	1 Gallon		107042
MILK WHT 2	1 Gallon		504602

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 256.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories		62.76	
Fat		5.39g	
SaturatedFat		0.98g	
Trans Fat*		0.08g	
Cholesterol		9.24mg	
Sodium		139.54mg	
Carbohydrates		2.75g	
Fiber		0.00g	
Sugar		1.00g	
Protein		0.63g	
Vitamin A	41.51IU	Vitamin C	0.16mg
Calcium	20.88mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

COLBY JACK CHEESE SLICE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9970
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK SLCD	1 Each		105988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		80.00	
Fat		7.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		130.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

PEPPER JACK CHEESE SLICE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9971
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PEPR JK SLCD	1 Slice		777587

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

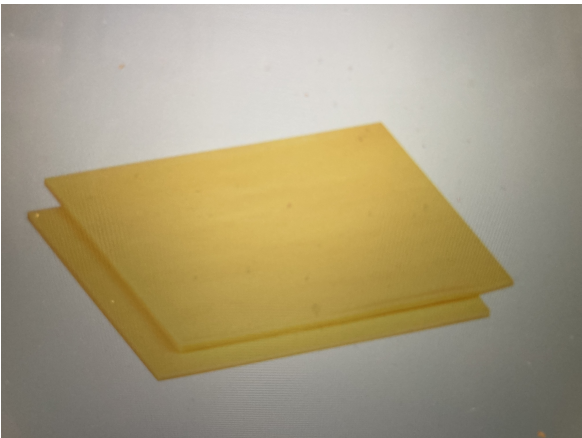
Amount Per Serving			
Calories		70.00	
Fat		6.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		120.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

AMERICAN CHEESE SLICE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9972
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		35.00	
Fat		2.00g	
SaturatedFat		1.25g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		210.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.50g	
Protein		3.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON ROUND



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9973
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each		433608

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	4.17		
Fat	0.33g		
SaturatedFat	0.13g		
Trans Fat*	0.00g		
Cholesterol	1.25mg		
Sodium	17.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SAUTEED MUSHROOMS



Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9974
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSHROOM STEMS PCS BLNCHD DOM	2 1/2 #10 CAN		119024
BUTTER PRINT SLTD GRD AA	2 Fluid Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		9.76	
Fat		0.68g	
SaturatedFat		0.43g	
Trans Fat*		0.00g	
Cholesterol		1.85mg	
Sodium		58.52mg	
Carbohydrates		0.43g	
Fiber		0.36g	
Sugar		0.00g	
Protein		0.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

COCKTAIL SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9975
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE COCKTAIL SEAFOOD	1/2 Fluid Ounce		304395

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Ounce

Amount Per Serving			
Calories	17.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	147.50mg		
Carbohydrates	4.50g		
Fiber	0.25g		
Sugar	3.00g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.09mg

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

Nutrition - Per 100g

Calories	123.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1040.58mg		
Carbohydrates	31.75g		
Fiber	1.76g		
Sugar	21.16g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.63mg

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

CHEESY HAM AND POTATO SOUP WITH CHEESY BREAD



Servings:	240.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10664
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 1/2 Gallon	UNPREPARED	000001WTR
POTATO DCD	5 #10 CAN		118583
CARROT DCD 1/4IN	3 Quart 1 Pint 1 Cup (15 Cup)		200972
CELERY DCD 1/4IN	3 Quart 1 Pint 1 Cup (15 Cup)		198196
SALT IODIZED	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		350732
FLOUR A/P PASTRY	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		260231
BUTTER PRINT SLTD GRD AA	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		191205
MILK WHT 2	3 3/4 Gallon		504602
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		225037
Ham, CKD, Frozen, 97% FF Commodity 100184	20 Pound	UNSPECIFIED	100184
CHEESE AMER 160CT SLCD R/F	15 Pound		722360
BREADSTICK CHS WGRAIN	240 Each		723880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.550
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.060
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 240.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		472.95	
Fat		22.83g	
SaturatedFat		13.28g	
Trans Fat*		0.00g	
Cholesterol		49.84mg	
Sodium		1318.35mg	
Carbohydrates		42.81g	
Fiber		4.31g	
Sugar		5.05g	
Protein		26.39g	
Vitamin A	1820.47IU	Vitamin C	1.20mg
Calcium	402.04mg	Iron	1.32mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Calories				208.54
Fat				10.07g
SaturatedFat				5.86g
Trans Fat*				0.00g
Cholesterol				21.97mg
Sodium				581.29mg
Carbohydrates				18.88g
Fiber				1.90g
Sugar				2.23g
Protein				11.64g
Vitamin A	802.69IU	Vitamin C	0.53mg	
Calcium	177.27mg	Iron	0.58mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

CELERY WITH PEANUT BUTTER



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10665
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	1/2 Cup		781592
PEANUT BUTTER CUP	1 Each		573880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		135.00	
Fat		10.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		170.00mg	
Carbohydrates		8.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

MJSH HOMEMADE TACO SOUP WITH TORTILLA CHIPS



Servings:	64.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10674
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	Thawed	100158
ONION DEHY CHPD	1/4 Cup		263036
SEASONING TACO	1 3/4 Cup		413429
BEAN CHILI MEX STYLE	1 1/2 #10 CAN		192015
JUICE TOMATO 100	1 Gallon 2 Quart 1 Pint 7 1 Fluid Ounce (216 Fluid Ounce)	46 oz in a can	732790
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250
CHIP CORN	64 Package		712680

Preparation Instructions

Yield checked 11-17-22

Brown ground beef with onion until the meat is no longer pink and the temperature reaches at least 165 degrees. Drain well. Add the beans, chili powder, and tomato juice. Heat until the temperature reaches 165 degrees. Serve with 1/2 ounce of shredded cheddar cheese and one package of corn chips per serving.

*It may also be served with sour cream; the nutritional counts for that will need to be added since they are not included here.

*Note: I like to menu with sweet corn so that if someone would like corn in their soup, they can add it :-)

*Note: The serving size can be adjusted for younger students, but the nutrition analysis will also need to be adjusted.

*Note: With the new sodium requirement, I will explore making my own taco seasoning to control the sodium levels in this recipe.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	445.49
Fat	24.09g
SaturatedFat	7.72g
Trans Fat*	1.59g
Cholesterol	15.25mg
Sodium	1202.56mg
Carbohydrates	35.66g
Fiber	5.55g
Sugar	4.23g
Protein	21.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.90mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BROCCOLI CHEESE SOUP



Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10695
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	1 Quart 1 Pint 2/3 Cup (6 2/3 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
ONION DEHY CHPD	1 Tablespoon		263036
BROCCOLI FLORET BITE SIZE	3/4 Pound		732451
MILK WHT 2	4 Gallon		504602
CHEESE AMER 160CT SLCD R/F	1 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
PASTA NOODL EGG FZ	1/2 Pound		245046

Preparation Instructions

COOK BROCCOLI AND ONION IN BROTH UNTIL TENDER. ADD NOODLES AND COOK FOR 7-8 MINUTES. TURN DOWN THE HEAT AND ADD MILK AND CHEESE. COOK ON LOW UNTIL THE CHEESE MELTS.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.500
Fruit	0.000
GreenVeg	0.137
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		621.26	
Fat		23.38g	
SaturatedFat		14.25g	
Trans Fat*		0.00g	
Cholesterol		110.00mg	
Sodium		1181.97mg	
Carbohydrates		59.74g	
Fiber		0.93g	
Sugar		1.81g	
Protein		42.98g	
Vitamin A	2154.16IU	Vitamin C	31.99mg
Calcium	1458.38mg	Iron	1.17mg

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

Nutrition - Per 100g

Calories		273.93	
Fat		10.31g	
SaturatedFat		6.28g	
Trans Fat*		0.00g	
Cholesterol		48.50mg	
Sodium		521.16mg	
Carbohydrates		26.34g	
Fiber		0.41g	
Sugar		0.80g	
Protein		18.95g	
Vitamin A	949.82IU	Vitamin C	14.10mg
Calcium	643.04mg	Iron	0.51mg

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

MJSH BELGIAN WAFFLE WITH TRIX YOGURT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10699
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 48-3.5IN GINNYS	2 Each		243603
YOGURT STRAWB BAN BASH L/F	2 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		780.00	
Fat		31.00g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		770.00mg	
Carbohydrates		108.00g	
Fiber		2.00g	
Sugar		54.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	299.76mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

BREADED ONION RINGS



Servings:	1.00	Category:	Vegetable
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10701
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN	10 Each		234061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving			
Calories		400.00	
Fat		16.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		400.00mg	
Carbohydrates		56.00g	
Fiber		6.00g	
Sugar		10.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

TERIYAKI CHICKEN WITH LO MEIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10705
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	4 Ounce		890911
NOODLE LO MEIN	2 Ounce	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.807
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		352.49	
Fat		8.62g	
SaturatedFat		1.80g	
Trans Fat*		0.00g	
Cholesterol		91.23mg	
Sodium		643.30mg	
Carbohydrates		39.42g	
Fiber		0.80g	
Sugar		10.22g	
Protein		29.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.04mg	Iron	1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON, EGG AND CHEESE ON A CIABATTA ROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10708
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
BACON CKD RND	1 Gram		433608
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		259.17	
Fat		8.83g	
SaturatedFat		2.88g	
Trans Fat*		0.00g	
Cholesterol		108.75mg	
Sodium		502.50mg	
Carbohydrates		30.00g	
Fiber		3.00g	
Sugar		2.50g	
Protein		12.83g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	117.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

DONUT



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10709
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		277.30	
Fat		15.60g	
SaturatedFat		7.30g	
Trans Fat*		0.12g	
Cholesterol		0.00mg	
Sodium		305.60mg	
Carbohydrates		30.00g	
Fiber		2.50g	
Sugar		6.00g	
Protein		4.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

SANTA FE CHICKEN CHILI WITH TORTILLA CHIPS



Servings:	288.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10913
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Pound	UNSPECIFIED Not currently available	570533
PEPPERS RED DCD 3/8IN	1 Quart 1 Pint (6 Cup)		581992
ONION DEHY CHPD	1 1/2 Cup		263036
SPICE GARLIC POWDER	3 Fluid Ounce		224839
SPICE CHILI POWDER MILD	1 Pint 1 1/3 Cup (3 1/3 Cup)		331473
SPICE CUMIN GRND	3/4 Cup		273945
TOMATO DCD PETITE	4 1/2 #10 CAN		498871
BROTH CHIX NO MSG	4 Gallon 1 Cup 4 5/6 Fluid Ounce (525 Fluid Ounce)		261564
BEAN CHILI MEX STYLE	3 #10 CAN		192015
SALSA 103Z	1 1/2 #10 CAN	READY_TO_EAT None	452841
CORN CUT SUPER SWT	11 1/4 Pound		851329

Description		Measurement	PrepInstructions	DistPart#
CHEESE CHED MLD SHRD 4-5 LOL	9 Pound			150250
CHIP TORTL YEL RND WGRAIN 80-1.5Z	288 Each			510876

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.899
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.315
OtherVeg	0.000
Legumes	0.135
Starch	0.088

Nutrition Facts

Servings Per Recipe: 288.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		410.89	
Fat		16.42g	
SaturatedFat		5.16g	
Trans Fat*		0.00g	
Cholesterol		55.99mg	
Sodium		805.79mg	
Carbohydrates		42.55g	
Fiber		5.08g	
Sugar		2.78g	
Protein		21.99g	
Vitamin A	83.33IU	Vitamin C	4.85mg
Calcium	110.70mg	Iron	2.47mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Calories		181.17	
Fat		7.24g	
SaturatedFat		2.28g	
Trans Fat*		0.00g	
Cholesterol		24.69mg	
Sodium		355.29mg	
Carbohydrates		18.76g	
Fiber		2.24g	
Sugar		1.23g	
Protein		9.70g	
Vitamin A	36.74IU	Vitamin C	2.14mg
Calcium	48.81mg	Iron	1.09mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

HOMEMADE CREAMY POTATOES



Servings:	12.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11066
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	3 Pound	GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 8 TO 10 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.	774227
CREAM WHIP 36 HVY ESL	1 Quart	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	457341
SALT IODIZED	1 Tablespoon	READY_TO_EAT used to salt food	350732

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.520

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	370.03		
Fat	26.67g		
SaturatedFat	18.67g		
Trans Fat*	0.00g		
Cholesterol	106.67mg		
Sodium	616.67mg		
Carbohydrates	28.07g		
Fiber	2.07g		
Sugar	0.00g		
Protein	2.07g		
Vitamin A	0.00IU	Vitamin C	4.96mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Old Fashioned Baked Chicken



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11077
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX LEG QTR IF	1 Each		726790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	57.50		
Fat	4.25g		
SaturatedFat	1.25g		
Trans Fat*	0.00g		
Cholesterol	25.00mg		
Sodium	22.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

CANDIED BABY CARROTS



Servings:	28.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11081
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1/4 Cup		191205
SUGAR BROWN LT	1/2 Cup		860311
CARROT BABY WHL PETITE	5 Pound	equivalent based on USDA FBG	768146

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.446
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.21	
Fat		1.57g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		4.29mg	
Sodium		75.36mg	
Carbohydrates		7.71g	
Fiber		1.79g	
Sugar		4.14g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.71mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

APPLE TURNOVER



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11083
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURNOVER APPLE	1 Each	BAKE Standard Prep: Place 12 turnovers in a 3x4 pattern on a parchment lined full sheet pan. For unsugared turnovers, spray top with water, sprinkle with sanding sugar if desired. Bake time 22-26 minutes in 350 degrees F convection oven. See package for complete baking instructions.	820334

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.00	
Fat		22.00g	
SaturatedFat		11.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		220.00mg	
Carbohydrates		33.00g	
Fiber		1.00g	
Sugar		8.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

WHOLE GRAIN HONEY WHEAT DINNER ROLL



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11085
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		70.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		95.00mg	
Carbohydrates		12.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

LASAGNA SOUP



Servings:	62.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11124
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound		100158
TOMATO DCD PETITE	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
SOUP TOMATO	2 Pound 1 Ounce (33 Ounce)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
BROTH BF NO MSG	1 Gallon 2 Quart (24 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	504599

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME LEAF	1 Tablespoon		513814
SPICE BASIL LEAF	1 Fluid Ounce		513628
SPICE OREGANO LEAF	1 Fluid Ounce		228443
SPICE PEPR RED CRUSHED	1 Tablespoon		430196
PASTA FARFALLE	2 1/2 Pound		102881
CHEESE MOZZ SHRD	1 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Recipe yield checked 2-8-22, 11-16-22

Brown ground beef; cook until internal temperature is at least 155 degrees. Drain off fat. Add tomatoes, soup, broth, and seasonings. Bring to a boil, add pasta and cook until just tender. Serve with Mozzarella cheese and parmesan(opt).

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.454
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 62.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		286.24	
Fat		13.43g	
SaturatedFat		4.75g	
Trans Fat*		1.93g	
Cholesterol		53.94mg	
Sodium		591.24mg	
Carbohydrates		21.03g	
Fiber		1.61g	
Sugar		5.39g	
Protein		19.81g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.79mg	Iron	0.66mg

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

Nutrition - Per 100g

Calories		126.21	
Fat		5.92g	
SaturatedFat		2.10g	
Trans Fat*		0.85g	
Cholesterol		23.78mg	
Sodium		260.69mg	
Carbohydrates		9.27g	
Fiber		0.71g	
Sugar		2.38g	
Protein		8.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.92mg	Iron	0.29mg

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

HOMEMADE MEXICAN CHICKEN CORN CHOWDER



Servings:	384.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11518
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound	UNSPECIFIED Not currently available	570533
SPICE GARLIC POWDER	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		224839
BUTTER PRINT SLTD GRD AA	4 Pound		191205
BASE CHIX	1 Pint	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
SPICE CUMIN GRND	6 Fluid Ounce 1/2 Tablespoon (12 1/2 Tablespoon)		273945
CREAMER HLF HLF	6 Gallon	READY_TO_EAT Whitening coffee, cooking applications	487961
CHEESE CHED MLD SHRD 4-5 LOL	23 3/4 Pound		150250

Description	Measurement	Prep Instructions	DistPart #
CORN CREAM STYLE	6 #10 CAN		118958
CHILIES GREEN DCD	6 Pound 1 1/2 Ounce (97 1/2 Ounce)	26 oz in a can	131460
Cold Water	3 Gallon		0000
CHIP TORTL TOP N GO WGRAIN	384 1 PKG (1.4oz)	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222

Preparation Instructions

Dissolve the chicken base in hot water. Bring chicken, onion, garlic powder, butter, cumin, and dissolved chicken base to a boil. Reduce heat, cover, and simmer for 5 minutes. Add the cream, corn, chilies. Cook over low heat until cheese is melted and temp reaches 145 degrees.

Meal Components (SLE)

Amount Per Serving	
Meat	2.742
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 384.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		537.52	
Fat		30.31g	
SaturatedFat		14.41g	
Trans Fat*		0.00g	
Cholesterol		108.35mg	
Sodium		853.46mg	
Carbohydrates		38.67g	
Fiber		3.40g	
Sugar		5.61g	
Protein		24.19g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	311.66mg	Iron	1.29mg

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

Nutrition - Per 100g

Calories	237.00		
Fat	13.37g		
SaturatedFat	6.35g		
Trans Fat*	0.00g		
Cholesterol	47.77mg		
Sodium	376.31mg		
Carbohydrates	17.05g		
Fiber	1.50g		
Sugar	2.47g		
Protein	10.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	137.42mg	Iron	0.57mg

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

MJSH NACHOS WITH HOMEMADE CHEESE DIP



Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11646
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		126993
SPICE PAPRIKA SPANISH	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		225002
SPICE CHILI POWDER MILD	1 Cup 1 Fluid Ounce 1 1/2 Tablespoon (19 1/2 Tablespoon)		331473
MILK WHT 2	2 3/4 Gallon		504602
CHEESE AMER 160CT SLCD R/F	37 1/2 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUTTER PRINT SLTD GRD AA	1 1/2 Pound		191205
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
CHIP TORTL TOP N GO WGRAIN	275 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222

Preparation Instructions

Cook ground beef: drain. Heat cooked ground beef, milk, cheese, butter, seasonings until cheese is melted and temp is 145 degrees.

#10 scoop of cheese per serving

Meal Components (SLE)

Amount Per Serving	
Meat	4.136
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 275.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		540.40	
Fat		30.12g	
SaturatedFat		12.05g	
Trans Fat*		1.95g	
Cholesterol		41.16mg	
Sodium		1186.83mg	
Carbohydrates		34.48g	
Fiber		3.00g	
Sugar		2.18g	
Protein		33.31g	
Vitamin A	79.97IU	Vitamin C	0.39mg
Calcium	509.09mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE MACARONI AND CHEESE SOUP



Servings:	288.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11647
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	7 1/2 Pound		191205
CARROT DCD 1/4IN	1 Gallon 2 Quart 1 Pint 1 Cup (27 Cup)		200972
CELERY DCD 1/4IN	1 Gallon 2 Quart 1 Pint 1 Cup (27 Cup)		198196
ONION DEHY CHPD	1 Cup		263036
MILK WHT 2	13 1/2 Gallon		504602
CHEESE AMER 160CT SLCD R/F	20 1/4 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BASE CHIX	1 Quart 1 Pint 3/4 Cup (6 3/4 Cup)	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
STARCH CORN	1 Quart 1 Pint 3/4 Cup (6 3/4 Cup)		108413

Description	Measurement	Prep Instructions	DistPart #
Cold Water	1 Quart 1 Pint 3/4 Cup (6 3/4 Cup)		0000
CORN CUT SUPER SWT	3 Gallon 1 Quart 1 Pint (54 Cup)		851329
PASTA PENNE CKD	27 Pound		835900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.125
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.094
Legumes	0.000
Starch	0.188

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		410.95	
Fat		20.32g	
SaturatedFat		11.21g	
Trans Fat*		0.00g	
Cholesterol		56.88mg	
Sodium		1593.37mg	
Carbohydrates		37.64g	
Fiber		1.95g	
Sugar		5.44g	
Protein		19.15g	
Vitamin A	2918.12IU	Vitamin C	2.72mg
Calcium	465.37mg	Iron	0.97mg

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

Nutrition - Per 100g

Calories	181.20		
Fat	8.96g		
SaturatedFat	4.94g		
Trans Fat*	0.00g		
Cholesterol	25.08mg		
Sodium	702.55mg		
Carbohydrates	16.60g		
Fiber	0.86g		
Sugar	2.40g		
Protein	8.44g		
Vitamin A	1286.67IU	Vitamin C	1.20mg
Calcium	205.20mg	Iron	0.43mg

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

NORTHWEST BLEND



Servings:	4.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11668
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
VEG BLND NORTHWEST	1 Pound		862441

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		40.00	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		35.00mg	
Carbohydrates		3.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORANGE CHICKEN WITH LO MEIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11671
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	2 Ounce	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.050
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.87	
Fat		5.70g	
SaturatedFat		1.43g	
Trans Fat*		0.00g	
Cholesterol		46.15mg	
Sodium		513.74mg	
Carbohydrates		55.24g	
Fiber		2.85g	
Sugar		13.73g	
Protein		20.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASIAN VEGETABLE BLEND



Servings:	4.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11673
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
VEG BLND ASIAN 6-4 FLAVRPAC	1 Pound		164080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		40.63	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		28.75mg	
Carbohydrates		2.50g	
Fiber		1.25g	
Sugar		0.63g	
Protein		0.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Golden Cheese/Broccoli Chowder



Servings:	288.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11675
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER SPRNG	6 Gallon		686860
CELERY DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		198196
CARROT DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		200972
ONION DEHY CHPD	1 1/2 Cup		263036
BROCCOLI FLORET BITE SIZE	24 Pound		732451
BUTTER PRINT SLTD GRD AA	3 Quart		191205
FLOUR A/P PASTRY	3 Quart		260231
SALT IODIZED	3/4 Cup	READY_TO_EAT used to salt food	350732
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
MILK WHT 2	6 Gallon		504602
CHEESE AMER 160CT SLCD R/F	27 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
Ham, CKD, Frozen, 97% FF Commodity 100184	25 Pound	UNSPECIFIED	100184

Preparation Instructions

In steam kettle combine water, carrots, celery, and onion. Bring to a boil; reduce heat to half. Simmer until vegetables are tender/crisp. Add broccoli until is tender/crip for about 4 minutes. Do not drain vegetables. Add ham cubes. Turn the steam kettle off. To make the sauce, melt butter in a large saucepan, blend in flour, salt, and pepper. Cook for 1 minute, stirring constantly. Stir in milk ; cook until mixture thickens. Add to steam kettle and add cheese. Stir until cheese is melted. Heat until temp is 165 may need to turn up the heat on the kettle if needed.

Meal Components (SLE)

Amount Per Serving	
Meat	2.069
Grain	0.000
Fruit	0.000
GreenVeg	0.182
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 288.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		269.78	
Fat		16.23g	
SaturatedFat		10.01g	
Trans Fat*		0.00g	
Cholesterol		59.41mg	
Sodium		897.83mg	
Carbohydrates		15.49g	
Fiber		1.59g	
Sugar		3.49g	
Protein		17.33g	
Vitamin A	2633.90IU	Vitamin C	31.19mg
Calcium	417.25mg	Iron	0.41mg

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

Nutrition - Per 100g

Calories		118.95	
Fat		7.16g	
SaturatedFat		4.41g	
Trans Fat*		0.00g	
Cholesterol		26.20mg	
Sodium		395.88mg	
Carbohydrates		6.83g	
Fiber		0.70g	
Sugar		1.54g	
Protein		7.64g	
Vitamin A	1161.35IU	Vitamin C	13.75mg
Calcium	183.98mg	Iron	0.18mg

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

Cheesy Eggs with Bacon, French Toast Sticks and Smokey Link



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11676
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each		652370
SAUSAGE LNK SMOKEY CKD 16/	1 Each		720038
EGG SCRMBD CKD W/BCN CHS	2 Ounce		533034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.630
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		520.00	
Fat		28.50g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		190.00mg	
Sodium		940.00mg	
Carbohydrates		46.50g	
Fiber		3.00g	
Sugar		10.50g	
Protein		19.00g	
Vitamin A	5.81IU	Vitamin C	0.00mg
Calcium	89.46mg	Iron	3.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CHICKEN NOODLE SOUP with PIZZA RIPPER



Servings:	250.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11677
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	28 2/3 Pound	UNSPECIFIED Not currently available	570533
BROTH CHIX NO MSG	9 Gallon 3 Quart 1/4 Cup (156 1/4 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 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 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
BASE CHIX	1 3/10 Cup	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
SPICE GARLIC POWDER	1 Fluid Ounce 3/5 Tablespoon (2 3/5 Tablespoon)		224839
SEASONING SPAGHETTI ITAL	3/7 Cup		413453

Description	Measurement	Prep Instructions	DistPart #
PASTA NOODL KLUSKI 1/8IN	13 0.02 Pound		270385
CARROT DCD 1/4IN	3 Quart 1 Pint 1 5/8 Cup (15 5/8 Cup)		200972
CELERY DCD 1/4IN	3 Quart 1 Pint 1 5/8 Cup (15 5/8 Cup)		198196
ONION DEHY CHPD	7/8 Cup		263036
BREADSTICK PIZZA STFD PEPP	250 Each	CONVECTION Cook for 9-12 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	736652

Preparation Instructions

PUT CHICKEN, BROTH, AND CHICKEN BASE INTO THE STEAM KETTLE. HEAT UNTIL BOILING; ADD GARLIC POWDER AND ITALIAN SEASONING. SIMMER TO MINGLE THE SEASONINGS. ADD CARROTS, CELERY, ONIONS, AND NOODLES. COOK UNTIL VEGGIES AND NOODLES ARE BARELY TENDER.

Meal Components (SLE)

Amount Per Serving	
Meat	3.528
Grain	3.083
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.063
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		463.56	
Fat		16.25g	
SaturatedFat		6.13g	
Trans Fat*		0.00g	
Cholesterol		77.36mg	
Sodium		1229.48mg	
Carbohydrates		46.40g	
Fiber		4.31g	
Sugar		4.64g	
Protein		30.73g	
Vitamin A	1696.06IU	Vitamin C	0.59mg
Calcium	245.87mg	Iron	3.24mg

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

Nutrition - Per 100g

Calories	204.39
Fat	7.16g
SaturatedFat	2.70g
Trans Fat*	0.00g
Cholesterol	34.11mg
Sodium	542.11mg
Carbohydrates	20.46g
Fiber	1.90g
Sugar	2.05g
Protein	13.55g
Vitamin A 747.83IU	Vitamin C 0.26mg
Calcium 108.41mg	Iron 1.43mg

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

HOMEMADE UPSIDE DOWN CHICKEN POT PIE OVER BISCUIT



Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11834
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO DCD	1 Pint		118583
CARROT DCD	1 3/4 Cup		285640
ONION DCD 1/4IN	1/4 Cup		198307
FLOUR A/P PASTRY	1 Cup		260231
SPICE THYME LEAF	1 Teaspoon		513814
Black Pepper	3/4 Teaspoon	BAKE	24108
BROTH CHIX NO MSG	1 Pint 1 Cup (3 Cup)		261564
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Pound	UNSPECIFIED Not currently available	570533
CORN CUT SUPER SWT	1 Cup		851329
PEAS GREEN	1 Cup		610802
DOUGH BISC HMSTYL	16 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.109
OtherVeg	0.006
Legumes	0.000
Starch	0.272

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		396.73	
Fat		15.16g	
SaturatedFat		6.51g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		852.36mg	
Carbohydrates		41.40g	
Fiber		2.62g	
Sugar		3.68g	
Protein		21.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.71mg	Iron	3.14mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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SHREDDED BBQ PORK



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12312
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320

Preparation Instructions

Use a #8 scoop

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		198.00	
Fat		6.20g	
SaturatedFat		2.10g	
Trans Fat*		0.04g	
Cholesterol		44.00mg	
Sodium		239.90mg	
Carbohydrates		18.00g	
Fiber		1.40g	
Sugar		16.00g	
Protein		16.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories		174.61	
Fat		5.47g	
SaturatedFat		1.85g	
Trans Fat*		0.04g	
Cholesterol		38.80mg	
Sodium		211.56mg	
Carbohydrates		15.87g	
Fiber		1.23g	
Sugar		14.11g	
Protein		14.82g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.46mg	Iron	0.00mg

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

CHILI



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12313
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI CON CARNE W/BEAN	1/4 Cup		103047

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.563
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		67.50	
Fat		1.50g	
SaturatedFat		0.63g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		275.00mg	
Carbohydrates		9.25g	
Fiber		2.00g	
Sugar		0.75g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE HEARTY BACON AND POTATO SOUP



Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12349
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 18-22CT CC FZ	1 Pound		247685
POTATO RDSKN DCD FRSH	2 Pound		541117
ONION DEHY CHPD	1 Tablespoon		263036
SOUR CREAM	1 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MILK WHT 2	1 Pint 1 Cup (3 Cup)		504602
SOUP CRM OF CHIX	1 Pound 9 Ounce (25 Ounce)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CORN CUT SUPER SWT	1 Pint 1 Cup (3 Cup)		851329
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037
SPICE THYME LEAF	1/2 Teaspoon		513814
SPICE GARLIC SALT NO MSG	1/2 Teaspoon		224847

Preparation Instructions

Cook bacon until almost crispy. Drain but don't drain dry. Add potatoes and onion. Cook until the potatoes are done. Add remaining ingredients. Cook until heated through.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.498

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		167.67	
Fat		8.82g	
SaturatedFat		4.25g	
Trans Fat*		0.00g	
Cholesterol		28.98mg	
Sodium		437.37mg	
Carbohydrates		14.32g	
Fiber		0.80g	
Sugar		3.48g	
Protein		8.67g	
Vitamin A	289.03IU	Vitamin C	0.46mg
Calcium	84.63mg	Iron	0.07mg

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

Nutrition - Per 100g

Calories		73.93	
Fat		3.89g	
SaturatedFat		1.87g	
Trans Fat*		0.00g	
Cholesterol		12.78mg	
Sodium		192.85mg	
Carbohydrates		6.31g	
Fiber		0.35g	
Sugar		1.53g	
Protein		3.82g	
Vitamin A	127.44IU	Vitamin C	0.20mg
Calcium	37.32mg	Iron	0.03mg

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

TERIYAKI CHICKEN WITH RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13822
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	4 Ounce		890911
RICE BRN PARBL WGRAIN	1/4 Cup	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.	516371

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.807
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		366.49	
Fat		8.52g	
SaturatedFat		1.40g	
Trans Fat*		0.00g	
Cholesterol		91.23mg	
Sodium		519.30mg	
Carbohydrates		45.82g	
Fiber		1.00g	
Sugar		9.82g	
Protein		27.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.04mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRY SALAD



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13823
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)	5 # romaine = 55 cup	451730
STRAWBERRY	1 Pound		212768
ALMOND SLIVERED BLNCHD	1 Pound 4 Ounce (20 Ounce)		134890
MAYONNAISE	1 Pint 1 Cup (3 Cup)		106933
SUGAR BEET GRANUL	1 Pint 1/4 Cup (2 1/4 Cup)		108588
MILK WHT 2	3/4 Cup		504602
VINEGAR APPLE CIDER 5	3 Fluid Ounce		430795
SPICE POPPY SEED WHOLE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225134
EGG WHITES LIQ CHOLEST FR	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		677922
BUTTER PRINT SLTD GRD AA	4 Fluid Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.036
GreenVeg	0.550
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		214.30	
Fat		17.02g	
SaturatedFat		2.95g	
Trans Fat*		0.00g	
Cholesterol		9.90mg	
Sodium		107.14mg	
Carbohydrates		13.82g	
Fiber		2.33g	
Sugar		10.52g	
Protein		3.55g	
Vitamin A	8.60IU	Vitamin C	5.38mg
Calcium	48.64mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

CORN CHIP SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13826
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 1/10 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/5 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	4/11 Each		229431
BACON TOPPING 3/8IN DCD	1/10 Cup	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CHIP CORN DIP ITS 4-22Z GCHC	4/9 Ounce		836890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.430
Grain	0.000
Fruit	0.000
GreenVeg	0.550
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		246.20	
Fat		17.00g	
SaturatedFat		7.60g	
Trans Fat*		0.00g	
Cholesterol		110.60mg	
Sodium		482.40mg	
Carbohydrates		10.40g	
Fiber		1.54g	
Sugar		1.46g	
Protein		12.94g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	195.04mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASPARAGUS TIPS



Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13876
School:	Manchester High School		

Ingredients

Description		Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	6 Pound			184290
OIL OLIVE PURE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)			432061
CHEESE PARM GRTD	3 Fluid Ounce			164259

Preparation Instructions

Clean the asparagus, break it off, and discard the woody ends. Line a sheet pan with a pan liner. Arrange the asparagus in a single layer. Brush lightly with oil and sprinkle with parmesan cheese. Bake in a 350-degree convection oven for 3-7 minutes, until just slightly tender when pricked with a fork. During hot holding, asparagus continues to cook in a heated holding cabinet. Do not overcook, and serve as soon as possible.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		145.02	
Fat		10.23g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		172.74mg	
Carbohydrates		9.60g	
Fiber		4.32g	
Sugar		2.40g	
Protein		8.28g	
Vitamin A	2172.97IU	Vitamin C	16.63mg
Calcium	132.18mg	Iron	1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

BELGIAN WAFFLES WITH SOUTHERN STYLE SAUSAGE PATTIES



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13878
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	2 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
WAFFLE BEL WHLWHE 48-3.5IN GINNYS	2 Each		243572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		822.00	
Fat		48.00g	
SaturatedFat		19.40g	
Trans Fat*		0.00g	
Cholesterol		82.00mg	
Sodium		664.00mg	
Carbohydrates		76.00g	
Fiber		4.00g	
Sugar		36.00g	
Protein		20.00g	
Vitamin A	1112.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

TACO SALAD



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13881
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)		451730
BEEF GRND 85/15 FREE FALL	3 Pound		330841
SEASONING TACO	4 Fluid Ounce		413429
TOMATO ROMA DCD 3/8IN	1 Quart		786543
CHEESE CHED MLD SHRD 4-5 LOL	2 Quart 1 Pint (10 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250
CHIP NACHO REDC FAT	14 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
SUGAR BEET GRANUL	1 2/3 Cup		108588
DRESSING 1000 ISL 6-49FLZ GCHC	2 Pound 8 Ounce (40 Ounce)		525150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	40.000
Grain	21.000
Fruit	0.000
GreenVeg	27.500
RedVeg	1.333
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		13145.39	
Fat		750.00g	
SaturatedFat		346.00g	
Trans Fat*		6.00g	
Cholesterol		2380.00mg	
Sodium		22240.06mg	
Carbohydrates		920.77g	
Fiber		96.33g	
Sugar		482.44g	
Protein		672.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9736.00mg	Iron	49.32mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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CHICKEN MOZZARELLA SALAD



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13904
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)		451730
CHEESE MOZZ SHRD	2 Quart		645170
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Pound	UNSPECIFIED Not currently available	570533
CHIP COOL RNCH REDC FAT	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
DRESSING RNCH BTRMLK REF 6-.5GAL PMLL	1 Pint 1 Cup (3 Cup)		451381

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.173
Grain	1.500
Fruit	0.000
GreenVeg	0.550
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		283.93	
Fat		16.15g	
SaturatedFat		4.02g	
Trans Fat*		0.00g	
Cholesterol		26.13mg	
Sodium		421.60mg	
Carbohydrates		24.01g	
Fiber		3.10g	
Sugar		2.22g	
Protein		11.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	186.00mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

BOOM BOOM SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13912
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BOOM BOOM	1 Tablespoon		877930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving			
Calories	75.00		
Fat	8.00g		
SaturatedFat	1.25g		
Trans Fat*	0.00g		
Cholesterol	7.50mg		
Sodium	125.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRANKS REDHOT SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13914
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT REDHOT ORG	1 Teaspoon		282944

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		190.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PARMESAN AND PEPPERCORN DRESSING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13915
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING PEPRCRN PARM	1 Tablespoon		188751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving			
Calories		75.00	
Fat		8.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		125.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BONELESS CHICKEN WINGS



Servings:	1.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13917
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	8 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.200
Grain	1.600
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving			
Calories		320.00	
Fat		14.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		20.00g	
Fiber		4.00g	
Sugar		0.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE MEAT AND CHEESE STROMBOLI

NO IMAGE

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14964
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16	1 Each		570826
HAM VIRGINIA BKD DELI SLCD	12 Ounce		680656
SALAMI HARD SLCD 4/Z	15 Slice		776260
CHEESE CHED MLD SHRD 4-5 LOL	3/4 Cup		150250
CHEESE MOZZ SHRD	3/4 Cup		645170

Preparation Instructions

Place sheet of pizza dough on a parchment paper-lined cookie sheet; cover and thaw overnight in the refrigerator. Remove pizza dough from the refrigerator and dock. Do not spray dough. Layer 3 stacks of 4 slices of Virginia ham down the lengthwise center 3rd, making sure to almost to the edge of the dough. Place 5 stacks of 3 slices salami on top of ham. Sprinkle with 1 1/2 cup of cheese. Bring the lengthwise sides of the pizza dough over the top of the meat and cheese and pinch dough edges together. Turn over so that the seam is face down on the parchment paper. Brush with butter and sprinkle with seasoning mixture listed below. Bake at 350 for 20-30 minutes until golden brown. SEASONING MIXTURE: Mix together 1 cup of Italian seasonings and 1/2 cup garlic powder.

Meal Components (SLE)

Amount Per Serving

Meat	2.969
Grain	3.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		487.17	
Fat		17.75g	
SaturatedFat		8.08g	
Trans Fat*		0.02g	
Cholesterol		58.13mg	
Sodium		1397.08mg	
Carbohydrates		53.67g	
Fiber		1.83g	
Sugar		3.17g	
Protein		28.13g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	218.25mg	Iron	3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

2 CINNAMON SUGAR TOPPED BLUEBERRY PASTRY FILLED WITH CINNAMON & CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16406
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST	2 Each		480431

Preparation Instructions

Spray with PAM before baking for softer crust. Place Twisted Stix in ovenable bag for a softer texture if desired. 32-54 Sticks fit on baking sheet. Convection Oven: Preheat convection oven to 350 degrees F. Place sticks on parchment lined baking sheet(s). Bake 8-10 minutes or until product reaches an internal temperature of 165 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		360.00	
Fat		12.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		560.00mg	
Carbohydrates		48.00g	
Fiber		4.00g	
Sugar		14.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

COOKIES AND CREAM GRANOLA BAR



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16580
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR GRANOLA CKYS CRM	2 Each	READY_TO_EAT Use code date on package 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.	393393

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		300.00	
Fat		8.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		270.00mg	
Carbohydrates		58.00g	
Fiber		8.00g	
Sugar		18.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

RANCH SEASONED POTATO WEDGES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16587
School:	Manchester High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.510

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

GARLIC PARMESAN WING SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16588
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE WNG GARL PARM	1 Fluid Ounce		167403

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	80.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	440.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEDDAR CHEESE SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16592
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED SHARP	1/4 Cup		136476

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		70.00	
Fat		5.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		560.00mg	
Carbohydrates		6.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		0.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories		123.46	
Fat		8.82g	
SaturatedFat		4.41g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		987.67mg	
Carbohydrates		10.58g	
Fiber		0.00g	
Sugar		1.76g	
Protein		0.00g	
Vitamin A	176.37IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.00mg

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

BREADED PORK TENDERLOIN SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16595
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK FRTRR	1 Each		589357
4" Whole Grain White Hamburger Bun	1 Each	READY_TO_EAT	1711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		420.00	
Fat		11.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		780.00mg	
Carbohydrates		57.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		22.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

CRISPY FRENCH FRIES



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16612
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS FINE COAT	28 Piece		199920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		163.33	
Fat		5.44g	
SaturatedFat		0.93g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		513.33mg	
Carbohydrates		26.44g	
Fiber		1.56g	
Sugar		0.00g	
Protein		1.71g	
Vitamin A	0.00IU	Vitamin C	3.11mg
Calcium	15.56mg	Iron	0.47mg

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

Nutrition - Per 100g

Calories		192.05	
Fat		6.40g	
SaturatedFat		1.10g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		603.58mg	
Carbohydrates		31.09g	
Fiber		1.83g	
Sugar		0.00g	
Protein		2.01g	
Vitamin A	0.00IU	Vitamin C	3.66mg
Calcium	18.29mg	Iron	0.55mg

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

MJSH WARM HAM AND CHEESE ON A HAWAIIAN BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16614
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5IN	1 Each		633831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
UNCURED SMOKED HAM	3 1/2 Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		572.50	
Fat		28.75g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		89.38mg	
Sodium		1261.25mg	
Carbohydrates		35.88g	
Fiber		2.00g	
Sugar		12.00g	
Protein		30.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMESTYLE MACARONI AND CHEESE WITH BBQ PORK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16937
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR CHS HMSTYL	1 Cup	Use a 8 oz spoodle	180340
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		550.00	
Fat		24.00g	
SaturatedFat		9.50g	
Trans Fat*		0.00g	
Cholesterol		115.00mg	
Sodium		870.00mg	
Carbohydrates		43.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		34.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMESTYLE MACARONI AND CHEESE WITH HAM



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16938
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR CHS HMSTYL	1 Cup		180340
TURKEY HAM DCD	2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		393.09	
Fat		19.32g	
SaturatedFat		8.00g	
Trans Fat*		0.00g	
Cholesterol		86.54mg	
Sodium		938.94mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		22.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CROUTONS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16939
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PETITE PEPPERONI



Servings:	1.00	Category:	Condiments or Other
Serving Size:	4.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16942
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 18-20/Z	4 Slice		730025

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.200
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Slice

Amount Per Serving			
Calories	37.33		
Fat	3.47g		
SaturatedFat	1.07g		
Trans Fat*	0.00g		
Cholesterol	8.00mg		
Sodium	122.67mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOT DOG ON A BUN WITH DORITO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16944
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
White Wheat Hot Dog bun	1 Each		53071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		315.21	
Fat		18.09g	
SaturatedFat		5.33g	
Trans Fat*		0.03g	
Cholesterol		45.00mg	
Sodium		834.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Sugar		4.59g	
Protein		11.17g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	90.60mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

BEEF HOBO DINNER PACKET



Servings:	36.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16954
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP MIX FREN ONION	1 Quart 1 Pint (6 Cup)		286435
POTATO RDSKN UNSEAS	2 Gallon 1 Quart (36 Cup)	BAKE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. CONVECTION OVEN: Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 15 to 20 minutes. For extra crispness, drizzle with 2 oz. of oil before baking. STANDARD OVEN: Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 25 to 30 minutes. For extra crispness drizzle with 2 oz. of oil before baking.	850675
CARROT SLCD C/C LRG	2 Quart 1 Cup (9 Cup)		285680
SOUP CRM OF MUSHRM	3 Quart	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
BEEF PTY 5/ 80/20 HMSTYL	36 Each		179050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		366.21	
Fat		20.13g	
SaturatedFat		7.17g	
Trans Fat*		0.00g	
Cholesterol		61.67mg	
Sodium		1288.21mg	
Carbohydrates		25.94g	
Fiber		4.05g	
Sugar		3.75g	
Protein		20.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.24mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN HOBO DINNER PACKET



Servings:	36.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16955
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP MIX FREN ONION	1 Quart 1 Pint (6 Cup)		286435
POTATO RDSKN UNSEAS	2 Gallon 1 Quart (36 Cup)	BAKE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. CONVECTION OVEN: Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 15 to 20 minutes. For extra crispness, drizzle with 2 oz. of oil before baking. STANDARD OVEN: Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 25 to 30 minutes. For extra crispness drizzle with 2 oz. of oil before baking.	850675
CARROT SLCD C/C LRG	2 Quart 1 Cup (9 Cup)		285680
SOUP CRM OF MUSHRM	3 Quart	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
CHIX CVP THGH BNLS JMBO	9 Pound		138193

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		266.21	
Fat		6.63g	
SaturatedFat		1.17g	
Trans Fat*		0.00g	
Cholesterol		106.67mg	
Sodium		1343.21mg	
Carbohydrates		25.94g	
Fiber		4.05g	
Sugar		3.75g	
Protein		25.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.24mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH BAKED BREADSTICK



Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16956
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BREADSTICK FREN	1 Each		439576

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	66.40		
Fat	0.85g		
SaturatedFat	0.15g		
Trans Fat*	0.01g		
Cholesterol	1.50mg		
Sodium	126.05mg		
Carbohydrates	12.50g		
Fiber	0.45g		
Sugar	1.00g		
Protein	2.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.31mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHOCOLATY S'MORE BARS



Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16960
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHOC CHIPS SMISWT 1000/	1/3 Cup		242115
MARSHMALLOW	10 Ounce		112771
CEREAL GLDN GRAHAMS	12 Ounce		676519
BUTTER PRINT SLTD GRD AA	2 Fluid Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		259.13	
Fat		6.18g	
SaturatedFat		3.43g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		267.50mg	
Carbohydrates		49.07g	
Fiber		1.94g	
Sugar		26.69g	
Protein		2.77g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.91mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH PEAR



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16961
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR	6 Ounce		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		540.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		150.00g	
Fiber		30.00g	
Sugar		96.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	89.10mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON AND CHEESE SCRAMBLED EGGS with FRENCH TOAST STIX



Servings:	33.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17371
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	132 Each		652370
EGG SCRMBD LIQ MIX	8 Pound		533149
BACON TOPPING 3/8IN DCD	1 Quart 1 Cup (5 Cup)		104396
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Cup (5 Cup)		150250

Preparation Instructions

Spray aluminum pans. Add 4 cartons of eggs per pan. Steam on 10 at 350 for 20 minutes. Stir in bacon and cheese. Cover with wrap and place in pass-thru.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		695.15	
Fat		35.64g	
SaturatedFat		10.97g	
Trans Fat*		0.00g	
Cholesterol		383.03mg	
Sodium		1168.48mg	
Carbohydrates		63.52g	
Fiber		4.00g	
Sugar		13.94g	
Protein		31.33g	
Vitamin A	7.74IU	Vitamin C	0.00mg
Calcium	231.50mg	Iron	4.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Locally Sourced PORK PATTY MELT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17796
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND BRGR PTY	4 Ounce		109151
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
4" Whole Grain White Hamburger Bun	1 Each	READY_TO_EAT	1711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		430.00	
Fat		21.00g	
SaturatedFat		7.25g	
Trans Fat*		0.00g	
Cholesterol		82.50mg	
Sodium		555.00mg	
Carbohydrates		27.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		30.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORANGE SHERBET



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18101
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP ORNG	1 Each		519920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		110.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		26.00g	
Fiber		0.00g	
Sugar		21.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GARLIC CHEESE BISCUIT



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20149
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC GARL CHS	1 Each	BAKE Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		110.00	
Fat		5.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		380.00mg	
Carbohydrates		13.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

OVEN FRIED CHICKEN DRUMSTICK WITH GARLIC CHEESE BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20150
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	2 Piece	<p>BAKE</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>1. Preheat oven to 375°F.</p> <p>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.</p> <p>3. Heat for 35-40 minutes.</p> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>1. Preheat oven to 350°F.</p> <p>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.</p> <p>3. Heat for 25-30 minutes</p> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DOUGH BISC GARL CHS	1 Each	<p>BAKE</p> <p>Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.</p>	142210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		550.00	
Fat		31.00g	
SaturatedFat		8.50g	
Trans Fat*		0.00g	
Cholesterol		120.00mg	
Sodium		1440.00mg	
Carbohydrates		25.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		40.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

COCKTAIL SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20160
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE COCKTAIL SEAFOOD	1 Fluid Ounce		304395

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	295.00mg		
Carbohydrates	9.00g		
Fiber	0.50g		
Sugar	6.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

PHILLY STEAK SUB WITH CORN CHIPS AND COOKIE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20168
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce		720861
White Wheat Sub Bun	1 Each		31454
CHIP CORN FUN SZ	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
DOUGH CKY CHOC CHP	1 Each		223859

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.055
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		547.02	
Fat		24.13g	
SaturatedFat		8.18g	
Trans Fat*		0.53g	
Cholesterol		46.10mg	
Sodium		879.14mg	
Carbohydrates		60.08g	
Fiber		3.50g	
Sugar		16.05g	
Protein		21.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.27mg	Iron	3.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

ITALIAN MEATBALL SUB WITH CORN CHIPS AND COOKIE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20169
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI POUCH	1/4 Cup		315729
CHIP CORN FUN SZ	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763
DOUGH CKY CHOC CHP	1 Each		223859

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.565
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		589.00	
Fat		25.25g	
SaturatedFat		8.44g	
Trans Fat*		0.60g	
Cholesterol		41.00mg	
Sodium		956.00mg	
Carbohydrates		69.50g	
Fiber		6.00g	
Sugar		21.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.00mg	Iron	3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY, BACON ON A PRETZEL BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20281
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Gram		433608
BUN HAMB PRTZL SLCD 3.2Z	1		141670
TURKEY BRST DELI 40 COMM	3 1/2 Ounce		110550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		376.67	
Fat		9.21g	
SaturatedFat		2.31g	
Trans Fat*		0.00g	
Cholesterol		62.50mg	
Sodium		865.94mg	
Carbohydrates		47.19g	
Fiber		2.00g	
Sugar		4.00g	
Protein		26.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

STEAKBURGER ON A BUN with POTATO CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20547
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIP POT REG	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105110
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.	203260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		430.00	
Fat		21.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		475.00mg	
Carbohydrates		36.00g	
Fiber		10.00g	
Sugar		4.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

GRILLED CHICKEN SANDWICH with POTATO CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20548
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
CHIP POT REG	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		380.00	
Fat		15.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		755.00mg	
Carbohydrates		37.00g	
Fiber		10.00g	
Sugar		4.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

THREE CHEESE CALZONE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20703
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each		658591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		250.00	
Fat		5.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		430.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN WINGS WITH A BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21422
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Ounce		159883
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		450.00	
Fat		27.00g	
SaturatedFat		9.00g	
Trans Fat*		0.00g	
Cholesterol		105.00mg	
Sodium		890.00mg	
Carbohydrates		31.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21423
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY PKT	1 Each		270539

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PARMESAN CHICKEN BREAST



Servings:	104.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21431
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY	104 Each		268127
BUTTER PRINT SLTD GRD AA	3 1/4 Pound		191205
MUSTARD DIJON SQZ	1/2 Cup		142379
BREAD CRUMB FINE UNSEAS	3 Quart 1 Cup (13 Cup)	UNPREPARED See Package Instructions	175671
SAUCE WORCESTERSHIRE	1/4 Cup		109843
CHEESE PARM GRTD	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		445401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 104.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.12	
Fat		16.46g	
SaturatedFat		9.25g	
Trans Fat*		0.00g	
Cholesterol		104.44mg	
Sodium		466.56mg	
Carbohydrates		10.50g	
Fiber		0.35g	
Sugar		0.50g	
Protein		28.55g	
Vitamin A	0.00IU	Vitamin C	2.27mg
Calcium	74.25mg	Iron	2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21432
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Vanilla Ice Cream Cup	1 Each		442847

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		100.00	
Fat		2.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		45.00mg	
Carbohydrates		19.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21434
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	3 Ounce		202150
SAUCE CHS CHED MILD	1/4 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		169.63	
Fat		8.98g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		59.82mg	
Sodium		978.41mg	
Carbohydrates		5.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		14.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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

Nutrition - Per 100g

Calories		199.46	
Fat		10.56g	
SaturatedFat		2.93g	
Trans Fat*		0.00g	
Cholesterol		70.33mg	
Sodium		1150.41mg	
Carbohydrates		5.88g	
Fiber		0.00g	
Sugar		2.35g	
Protein		17.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.03mg	Iron	0.84mg

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

HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF



Servings:	485.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-22093
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX	1 1/3 Cup	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
PASTA NOODL KLUSKI 1/8IN	20 Pound		270385
School White Wheat Sandwich Bread	288 Slice	READY_TO_EAT	12385
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	40 Pound	CONVECTION	100125
SALT IODIZED	1 Tablespoon 1 Teaspoon (4 Teaspoon)	READY_TO_EAT used to salt food	350732
Cold Water	12 Gallon		0000
PEANUT BUTTER SMOOTH 6-5 COMM	1 Gallon 1 Pint 1/4 Tablespoon (288 Tablespoon)		110780

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.722
Grain	2.111
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 485.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		224.99	
Fat		8.84g	
SaturatedFat		1.92g	
Trans Fat*		0.00g	
Cholesterol		34.81mg	
Sodium		251.13mg	
Carbohydrates		23.42g	
Fiber		1.85g	
Sugar		1.68g	
Protein		13.58g	
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	18.36mg	Iron	1.02mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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RAMEN NOODLES WITH CHICKEN



Servings:	4.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22112
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE	1 Tablespoon		466425
GINGER ROOT FRSH	2 Teaspoon		225160
GARLIC MINCED IN WTR	1 1/2 Teaspoon		907713
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
BROTH CHIX NO MSG	1 Quart		261564
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Ounce	UNSPECIFIED Not currently available	570533
NOODLE RAMEN	1/8 Each	BOIL FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. From frozen, cook noodles in boiling water for 5 - 6 min. Loosen noodles to cook evenly. Remove from boiling water.(Product will be hot. Please handle with care.) place in a large ramen bowl, then cover with preferred broth and ingredients. FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Refrigerate frozen noodles overnight to thaw. Loosen thawed noodles and cook in boiling water for 1.5-2 minutes. Remove from boiling water. (Product will be hot. Please handle with care.) Place in a large ramen bowl, then cover with preferred broth and ingredients. Use thaw noodles within 24 hours of refrigerating.	470522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.083
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		131.93	
Fat		4.22g	
SaturatedFat		1.25g	
Trans Fat*		0.00g	
Cholesterol		45.83mg	
Sodium		853.40mg	
Carbohydrates		5.40g	
Fiber		0.11g	
Sugar		0.53g	
Protein		15.70g	
Vitamin A	0.11IU	Vitamin C	0.42mg
Calcium	2.29mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

RAMEN NOODLES WITH Beef



Servings:	4.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22116
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE	1 Tablespoon		466425
GINGER ROOT FRSH	2 Teaspoon		225160
GARLIC MINCED IN WTR	1 1/2 Teaspoon		907713
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
NOODLE RAMEN	1/8 Each	BOIL FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. From frozen, cook noodles in boiling water for 5 - 6 min. Loosen noodles to cook evenly. Remove from boiling water.(Product will be hot. Please handle with care.) place in a large ramen bowl, then cover with preferred broth and ingredients. FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Refrigerate frozen noodles overnight to thaw. Loosen thawed noodles and cook in boiling water for 1.5-2 minutes. Remove from boiling water. (Product will be hot. Please handle with care.) Place in a large ramen bowl, then cover with preferred broth and ingredients. Use thaw noodles within 24 hours of refrigerating.	470522
BROTH BF NO MSG	1 Quart		504599
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	4 Each		720861

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		181.70	
Fat		8.46g	
SaturatedFat		3.40g	
Trans Fat*		0.52g	
Cholesterol		40.00mg	
Sodium		1291.90mg	
Carbohydrates		7.57g	
Fiber		0.11g	
Sugar		3.53g	
Protein		16.60g	
Vitamin A	0.11IU	Vitamin C	0.42mg
Calcium	12.29mg	Iron	1.51mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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SQUIRE CHILI



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22721
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD	1 Cup		835910
CHILI W/O BEAN	1/2 Cup		438150
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.125
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		585.00	
Fat		28.50g	
SaturatedFat		12.50g	
Trans Fat*		0.50g	
Cholesterol		62.50mg	
Sodium		1020.00mg	
Carbohydrates		55.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		27.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.50mg	Iron	3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOT AND SPICY CHILI BEANS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22723
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI HOT	1/2 Cup		785024

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		120.00	
Fat		0.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		370.00mg	
Carbohydrates		23.00g	
Fiber		10.00g	
Sugar		2.00g	
Protein		6.00g	
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	40.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY HAM AND POTATO SOUP WITH TWISTED BREADSTICK



Servings:	240.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22725
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER SPRNG	3 1/2 Gallon		686860
POTATO DCD	5 #10 CAN		118583
CARROT DCD 1/4IN	3 Quart 1 Pint 1 Cup (15 Cup)		200972
CELERY DCD 1/4IN	3 Quart 1 Pint 1 Cup (15 Cup)		198196
SALT IODIZED	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		350732
FLOUR A/P PASTRY	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		260231
BUTTER PRINT SLTD GRD AA	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		191205
MILK WHT 2	3 3/4 Gallon		504602
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		225037
CHEESE AMER 160CT SLCD R/F	15 Pound		722360
TURKEY HAM DCD	15 Pound		202150
BREADSTICK GARL WGRAIN TWST 54-2.1Z	240 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.664
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.063
Legumes	0.000
Starch	0.251

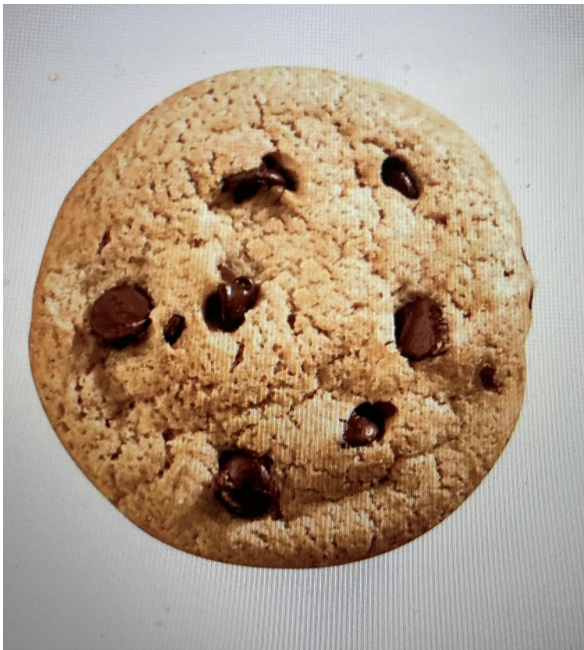
Nutrition Facts

Servings Per Recipe: 240.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		379.28	
Fat		15.40g	
SaturatedFat		8.24g	
Trans Fat*		0.00g	
Cholesterol		53.27mg	
Sodium		1111.04mg	
Carbohydrates		40.72g	
Fiber		1.31g	
Sugar		3.50g	
Protein		19.31g	
Vitamin A	1820.47IU	Vitamin C	1.20mg
Calcium	309.04mg	Iron	1.56mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Calories				167.23
Fat				6.79g
SaturatedFat				3.63g
Trans Fat*				0.00g
Cholesterol				23.49mg
Sodium				489.89mg
Carbohydrates				17.95g
Fiber				0.58g
Sugar				1.54g
Protein				8.51g
Vitamin A	802.69IU	Vitamin C	0.53mg	
Calcium	136.26mg	Iron	0.69mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

FRESH BAKED CHOCOLATE CHIP COOKIE



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22726
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHP	1 Each		223859

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		130.00	
Fat		6.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		100.00mg	
Carbohydrates		17.00g	
Fiber		0.00g	
Sugar		10.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEDDAR CHEX MIX



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22727
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK MIX CHEX CHED WGRAIN	1 Each	READY_TO_EAT Ready to serve and eat	599282

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOUTHWESTERN CHICKEN BARLEY SOUP WITH CORN MUFFIN AND TORTILLA CHIPS



Servings:	12.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22826
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BARLEY PEARL DRY	1/2 Cup		304603
ONION DEHY CHPD	1 Fluid Ounce		263036
GARLIC MINCED IN WTR	1 Teaspoon		907713
Cold Water	1 Pint 1 Cup (3 Cup)		0000
CORN CUT SUPER SWT	1 Pint 1/2 Cup (2 1/2 Cup)		851329
BEAN BLACK	1 1/2 Cup		557714
SAUCE TOMATO	1 Pint		306347
TOMATO DCD PETITE	1 3/4 Cup		498871
BROTH CHIX NO MSG	1 Cup 6 1/2 Fluid Ounce (14 1/2 Fluid Ounce)		261564
CHILIS GREEN 12-27Z DCD ROSARITA	4 Ounce		673990
SPICE CHILI POWDER MILD	1 Tablespoon		331473
SPICE CUMIN GRND	1/2 Teaspoon		273945
CHIX DCD 1/2IN 60WHT CKD	2 Pound		313262

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CORN 1.5Z 3-24CT	12 Each		273851
CHIP TORTL RND YEL	12 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.479
OtherVeg	0.000
Legumes	0.125
Starch	0.208

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		501.81	
Fat		16.24g	
SaturatedFat		2.72g	
Trans Fat*		0.00g	
Cholesterol		90.44mg	
Sodium		706.55mg	
Carbohydrates		61.58g	
Fiber		5.40g	
Sugar		13.37g	
Protein		30.55g	
Vitamin A	11.94IU	Vitamin C	0.08mg
Calcium	64.14mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available			
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WILLIAMSBURG INN TURKEY SOUP



Servings:	20.00	Category:	Entree
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22839
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY PULLED WHT CKD 2-5 GCHC	2 Pound		211729
CELERY DCD 1/4IN	1 1/2 Cup		198196
CARROT MATCHSTICK SHRED	1 1/2 Cup		198161
RICE BRN PERFECTED 25 UBEN	1/3 Cup	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404
BUTTER PRINT SLTD GRD AA	1 Cup		191205
CREAMER HLF HLF	1 Pint	READY_TO_EAT Whitening coffee, cooking applications	487961
BROTH CHIX NO MSG	3 Quart		261564
SEASONING POULTRY	1/2 Teaspoon		273996
FLOUR A/P PASTRY	1 1/2 Cup		260231

Description	Measurement	Prep Instructions	DistPart #
DOUGH CROISSANT 120-2.25Z GCHC	20 Each		290718

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.132
Fruit	0.000
GreenVeg	0.000
RedVeg	0.103
OtherVeg	0.075
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 cup

Amount Per Serving			
Calories		455.64	
Fat		25.70g	
SaturatedFat		15.22g	
Trans Fat*		0.05g	
Cholesterol		114.93mg	
Sodium		649.95mg	
Carbohydrates		33.43g	
Fiber		1.68g	
Sugar		5.40g	
Protein		19.38g	
Vitamin A	1646.77IU	Vitamin C	0.87mg
Calcium	63.30mg	Iron	1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

OVEN ROASTED CHICKEN WINGS AND BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22848
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.220
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		596.40	
Fat		37.37g	
SaturatedFat		11.44g	
Trans Fat*		0.00g	
Cholesterol		169.05mg	
Sodium		1073.00mg	
Carbohydrates		32.83g	
Fiber		1.00g	
Sugar		2.00g	
Protein		28.76g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORANGE CHICKEN WITH RICE and EGG ROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22856
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710
RICE BRN PARBL WGRAIN	1/2 Cup	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.	516371
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Use a # 8 scoop for the rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	5.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		693.87	
Fat		12.20g	
SaturatedFat		2.13g	
Trans Fat*		0.00g	
Cholesterol		46.15mg	
Sodium		662.44mg	
Carbohydrates		121.64g	
Fiber		7.45g	
Sugar		16.33g	
Protein		26.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.10mg	Iron	4.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

TERIYAKI CHICKEN WITH RICE and EGG ROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22857
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
RICE BRN PARBL WGRAIN	1/2 Cup	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.	516371
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.105
Grain	5.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		646.37	
Fat		13.36g	
SaturatedFat		2.15g	
Trans Fat*		0.00g	
Cholesterol		68.42mg	
Sodium		662.17mg	
Carbohydrates		103.37g	
Fiber		5.40g	
Sugar		10.37g	
Protein		30.39g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.63mg	Iron	4.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOY SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22859
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY ORIENTAL PKT	1 Each		602841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	297.40mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	1.42IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE PEPPERONI/SAUSAGE PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23468
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce		863913
SAUCE PIZZA	1/4 Cup	READY_TO_EAT None	502141
CHEESE MOZZ SHRD	1/4 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
PEPPERONI DCD 1/4IN	1/2 Ounce		101070
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1/2 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		519.90	
Fat		29.60g	
SaturatedFat		14.80g	
Trans Fat*		0.01g	
Cholesterol		70.00mg	
Sodium		909.30mg	
Carbohydrates		37.25g	
Fiber		4.20g	
Sugar		8.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	431.76mg	Iron	3.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

DILL CHICKEN FILLET ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23469
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIX BRST FLLT BRD DILL CKD	1 Each		627323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		369.90	
Fat		9.80g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		63.00mg	
Sodium		718.80mg	
Carbohydrates		43.00g	
Fiber		3.20g	
Sugar		6.00g	
Protein		27.30g	
Vitamin A	59.54IU	Vitamin C	0.01mg
Calcium	96.77mg	Iron	2.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

CRACKER JACKS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23472
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POPCORN CRML	1 Cup	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Contact PepsiCo Foodservice for display equipment options.	163371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		240.00	
Fat		4.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		140.00mg	
Carbohydrates		46.00g	
Fiber		2.00g	
Sugar		28.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

FOOT LONG HOT DOG ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23473
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT FOOTLONG 6/	1 Each		194263
BUN HOT DOG FOOTLONG SLCD	1 Each		586854

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		440.00	
Fat		25.50g	
SaturatedFat		7.50g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		1110.00mg	
Carbohydrates		39.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.48mg	Iron	3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

CORN ON THE COB



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23474
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB SUPER SWT	1 Each		851337
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		180.00	
Fat		12.00g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		90.00mg	
Carbohydrates		15.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CRAZY CHARLIE'S BLACK BEAN AND FIRE-ROASTED CORN SALSA



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23475
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Crazy Charlie's Black Bean and Fire-Roasted Corn Salsa	4 Ounce	PREPARED	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.120
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories		40.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		40.00mg	
Carbohydrates		8.00g	
Fiber		0.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	16.00IU	Vitamin C	8.00mg
Calcium	0.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

TACO SALAD - Single Serving



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-25839
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHIP NACHO REDC FAT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TOMATO GRAPE SWT	1/2 Cup		129631
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce		722330

Preparation Instructions

Place Romaine in salad container. May cup up cheese, tomatoes, and taco meat or add to salad as you wish. May add a legume if you wish. Adding a legume will change the nutritional value. Serve with your favorite dressing or use Homemade Taco Salad Dressing. Serve with Nacho Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	1.320
Grain	1.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		364.92	
Fat		19.35g	
SaturatedFat		9.82g	
Trans Fat*		0.00g	
Cholesterol		55.69mg	
Sodium		595.22mg	
Carbohydrates		31.19g	
Fiber		6.05g	
Sugar		6.45g	
Protein		18.78g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	367.34mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEF SALAD with RANCH DRESSING WITH CHEDDAR GOLDFISH - MIS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25950
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
TOMATO GRAPE 10 COMM	1/4 Cup		749041
CUCUMBER SELECT	1/4 Cup		418439

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	2 Package		661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD DRY PK	1 Each		853800
CARROT MATCHSTICK SHRED	1/4 Cup		198161
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1.22 os	UNSPECIFIED	100184
DRESSING RNCH ORIG PKT	2 Ounce		554693

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.820
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.468
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		726.73	
Fat		51.19g	
SaturatedFat		13.82g	
Trans Fat*		0.00g	
Cholesterol		224.75mg	
Sodium		1368.16mg	
Carbohydrates		45.64g	
Fiber		3.15g	
Sugar		7.82g	
Protein		24.50g	
Vitamin A	5377.35IU	Vitamin C	2.68mg
Calcium	306.66mg	Iron	3.87mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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LUCKY CHARMS CEREAL WITH DONUT STIX



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26277
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
DONUT DUNKIN STIX WGRAIN IW 100-1.9Z	1 Each		726932

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.00	
Fat		7.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		380.00mg	
Carbohydrates		52.00g	
Fiber		4.00g	
Sugar		22.00g	
Protein		5.00g	
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	84.00mg	Iron	3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Taco Salad Dressing



Servings:	60.00	Category:	Condiments or Other
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26281
School:	Manchester High School		

Ingredients

Description		Measurement	Prep Instructions	DistPart #
DRESSING 1000 ISL	1	Gallon		272051
SEASONING TACO	2	Fluid Ounce 1 Tablespoon (5 Tablespoon)		413429
SUGAR CANE GRANUL	1	Pint 1 1/3 Cup (3 1/3 Cup)		108642

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	255.60		
Fat	17.05g		
SaturatedFat	3.20g		
Trans Fat*	0.00g		
Cholesterol	21.31mg		
Sodium	550.20mg		
Carbohydrates	23.95g		
Fiber	0.13g		
Sugar	19.31g		
Protein	0.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.09mg

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

Nutrition - Per 100g

Calories	300.53		
Fat	20.05g		
SaturatedFat	3.76g		
Trans Fat*	0.00g		
Cholesterol	25.06mg		
Sodium	646.92mg		
Carbohydrates	28.16g		
Fiber	0.15g		
Sugar	22.70g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.11mg

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

Homemade Corn Chip Salad Dressing



Servings:	150.00	Category:	Condiments or Other
Serving Size:	4.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26283
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD	2 Quart 1 Pint 0 Cup (10 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 onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or use as a custom base to your own signature sauce.	107042
VINEGAR APPLE CIDER 5	1 Cup 2 Fluid Ounce (20 Tablespoon)		430795
SUGAR BEET GRANUL	1 Pint 1/2 Cup (2 1/2 Cup)		108588
SUGAR BROWN LT	1 Pint 1/2 Cup (2 1/2 Cup)		860311
MILK WHT 2	1 Pint 1/2 Cup (2 1/2 Cup)		504602

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 4.00 Tablespoon

Amount Per Serving			
Calories		85.22	
Fat		5.52g	
SaturatedFat		0.90g	
Trans Fat*		0.09g	
Cholesterol		8.88mg	
Sodium		137.52mg	
Carbohydrates		8.76g	
Fiber		0.00g	
Sugar		7.49g	
Protein		0.25g	
Vitamin A	19.35IU	Vitamin C	0.06mg
Calcium	6.71mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRIES AND YOGURT PARFAIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26291
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	READY_TO_EAT Ready to Eat	621420
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Can substitute strawberries with 1/2 cup blueberries or diced mango.

Meal Components (SLE)

Amount Per Serving	
Meat	1.001
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		365.06	
Fat		9.67g	
SaturatedFat		1.33g	
Trans Fat*		0.00g	
Cholesterol		3.34mg	
Sodium		243.36mg	
Carbohydrates		65.18g	
Fiber		3.50g	
Sugar		31.68g	
Protein		7.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.07mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Chipotle Chicken Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26334
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
SAUCE BBQ CHPTL 2-1GAL CATL	1 1/2 Tablespoon		595151
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce		150250
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		375.00	
Fat		14.50g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		70.00mg	
Sodium		575.00mg	
Carbohydrates		33.50g	
Fiber		1.00g	
Sugar		2.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	149.50mg	Iron	2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lite Mayonnaise



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26335
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1 Each	BAKE	188741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	10.00mg		
Sodium	70.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CAULIFLOWER AND RANCH DIP



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26336
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	1/2 Cup		732486
RANCH LT DIP CUP	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	82.50		
Fat	6.10g		
SaturatedFat	1.10g		
Trans Fat*	0.00g		
Cholesterol	5.00mg		
Sodium	140.00mg		
Carbohydrates	7.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	24.10mg
Calcium	31.00mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

BAKED SPAGHETTI WITH GARLIC, PARMESAN TWISTED BREAD STICK



Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26337
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	40 Pound		110520
ONION DEHY CHPD	1/2 Cup		263036
PASTA SPAGHETTI CKD	20 Pound		835910
SAUCE SPAGHETTI POUCH	66 Pound 4 Ounce (1060 Ounce)	10 bags - 106 oz ea	315729
SOUP TOMATO	4 #10 CAN 5/7 #5 CAN (8 #5 CAN)	8 - 50 oz cans	101427
CHEESE MOZZ SHRD	12 1/2 Pound		645170
BREADSTICK GARL WGRAIN TWST 54-2.1Z	225 Each		644051

Preparation Instructions

Cook hamburger and onion together. Drain CCP temperature should be 155. Add soup and spaghetti sauce; mix well. Add spaghetti and mix. Place in 10 hotel pans. Bake at 350 for 20 minutes. Top each pan with 1 1/4# shredded mozzarella cheese. Return to oven and bake approx. 10 minutes longer or until temp reaches 145. This may be made ahead and frozen.

*Use a 6 oz spoodle and round it. 1 serving needs to equal an 8 oz spoodle level full.

Meal Components (SLE)

Amount Per Serving

Meat	3.012
Grain	2.711
Fruit	0.000
GreenVeg	0.000
RedVeg	1.523
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		624.82	
Fat		24.97g	
SaturatedFat		9.30g	
Trans Fat*		2.12g	
Cholesterol		68.52mg	
Sodium		1220.49mg	
Carbohydrates		67.70g	
Fiber		4.76g	
Sugar		21.45g	
Protein		32.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	235.60mg	Iron	3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

CORN CHIP SALAD - Single Serving



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26340
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
BACON TOPPING 3/8IN DCD	1/4 Cup		104396
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040

Preparation Instructions

Place Romaine in salad container. Chop egg and place in cup and place in salad container. May cup cheese and bacon if you wish or add to romaine. Serve with Homemade Corn chip Salad Dressing. Serve with Corn chips that customer will lightly crush and add to salad right before eating.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
Fruit	0.000
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		490.00	
Fat		33.00g	
SaturatedFat		13.00g	
Trans Fat*		0.00g	
Cholesterol		265.00mg	
Sodium		1040.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		3.00g	
Protein		26.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	296.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN MOZZARELLA SALAD - Single serving



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26342
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Place Romaine in container. May cup up separately chicken, cheese, and olives or place on salad as you wish. Serve with Cool Ranch Doritos. Customer should lightly crush Doritos and add to salad right before eating so the Doritos do not get soggy. Include 1 pkg of dressing for the salad.

Meal Components (SLE)

Amount Per Serving

Meat	2.420
Grain	2.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

TACO SALAD WITH COOKIE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26343
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHIP NACHO REDC FAT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TOMATO GRAPE SWT	1/2 Cup		129631
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce		722330
Double Fudge Cookie	1 Each	THAW	3233WGR
Taco Salad Dressing	1 Serving		R-26281

Preparation Instructions

Place Romaine in salad container. May cup up cheese, tomatoes, and taco meat or add to salad as you wish. May add a legume if you wish. Adding a legume will change the nutritional value. Serve with your favorite dressing or use Homemade Taco Salad Dressing. Serve with Nacho Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	2.270
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.560
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	590.12		
Fat	29.53g		
SaturatedFat	11.89g		
Trans Fat*	0.00g		
Cholesterol	62.79mg		
Sodium	893.62mg		
Carbohydrates	63.17g		
Fiber	8.09g		
Sugar	24.88g		
Protein	20.82g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	367.34mg	Iron	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE SWEET CHERRY CRISP



Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27153
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR A/P PASTRY	1 Pint		260231
OATS QUICK HOT CEREAL	1 Pint		467251
SUGAR BROWN LT	1 Pint		860311
SALT IODIZED	0 Teaspoon		350732
BUTTER PRINT SLTD GRD AA	1 1/2 Cup		191205
Cherries, Sweet, Frozen	1 Gallon 2 Quart (24 Cup)	THAW and drain	110872
SUGAR BEET GRANUL	1 1/3 Cup		108588
STARCH CORN	1 Cup		108413
JUICE LEM	1/4 Cup		887320
EXTRACT ALMOND IMIT	1 Tablespoon		159727

Preparation Instructions

Preheat oven to 350. Combine cherries, granulated sugar, cornstarch, lemon juice, almond extract and 1/2 tsp salt in a large bowl. Toss gently. Pour mixture into a pan that has been sprayed with pan release. Sprinkle topping mixture over cherry mixture. Bake until filling is bubbly and topping is crisp.

To make Topping: Combine flour, oats, brown sugar and 1/2 tsp. salt in a bowl, stirring with a whisk. Cut in chilled butter until mixture resembles course meal.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.104
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		185.24	
Fat		5.75g	
SaturatedFat		3.55g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		69.95mg	
Carbohydrates		32.50g	
Fiber		2.46g	
Sugar		22.33g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.72mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Wrap Toppings



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27175
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
PICO DE GALLO FRSH	2 Ounce		705520
PEPPERS GREEN DCD 1/2IN	1/3 Cup		283959
CUCUMBER ENG SDLSS	1/3 Cup		532312

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.660
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	102.41		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1681.82mg		
Carbohydrates	20.97g		
Fiber	5.92g		
Sugar	10.65g		
Protein	5.53g		
Vitamin A	199.95IU	Vitamin C	40.02mg
Calcium	63.66mg	Iron	1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27176
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Ounce		680656
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	1/2 oz = 2 oz souffle cup	150250
TORTILLA FLOUR 8IN	1 Each		713330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		250.00	
Fat		9.75g	
SaturatedFat		5.25g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		925.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		19.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.50mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27177
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX TNDR WGRAIN FC	3 Piece	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.	283951
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	1/2 oz = 2 oz souffle cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.500
Grain	5.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		505.00	
Fat		24.50g	
SaturatedFat		8.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		845.00mg	
Carbohydrates		48.50g	
Fiber		4.00g	
Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	185.50mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

STEAK BURGER TOPPINGS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27188
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1 Each		416593
TOMATO SLCD 1/4IN	1 Piece		786535
PICKLE KOSH DILL CHIP C/C	4 Slice		242667

Preparation Instructions

Use this recipe when onion rings are on the same day.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		33.65	
Fat		0.40g	
SaturatedFat		0.10g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		273.58mg	
Carbohydrates		7.17g	
Fiber		2.37g	
Sugar		5.08g	
Protein		1.68g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	22.33mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheddar French Dip on Ciabatta Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27189
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce		720861
CHEESE CHED MLD SLCD .75Z	1 Slice		726524
ROLL CIAB PARBK SLCD 4X4	1 Each		745170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		447.02	
Fat		18.63g	
SaturatedFat		7.49g	
Trans Fat*		0.53g	
Cholesterol		61.10mg	
Sodium		964.14mg	
Carbohydrates		47.08g	
Fiber		0.00g	
Sugar		2.05g	
Protein		22.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.27mg	Iron	3.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

AU JUS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27190
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH BF NO MSG	2 Ounce		504599

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	5.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	182.50mg		
Carbohydrates	0.25g		
Fiber	0.00g		
Sugar	0.25g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	8.82		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	321.87mg		
Carbohydrates	0.44g		
Fiber	0.00g		
Sugar	0.44g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

CHEESE AND GARLIC CROUTONS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27191
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	2 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		120.00	
Fat		4.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydrates		18.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

STEAMED GREEN PEAS



Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27192
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN	4 Pound		610802
BUTTER PRINT SLTD GRD AA	2 Fluid Ounce		191205
SALT IODIZED	1 1/2 Teaspoon		108286

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.73		
Fat	2.75g		
SaturatedFat	1.75g		
Trans Fat*	0.00g		
Cholesterol	7.50mg		
Sodium	243.75mg		
Carbohydrates	10.75g		
Fiber	3.58g		
Sugar	3.58g		
Protein	3.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

ROASTED RED PEPPER HUMMUS WITH CRACKERS



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27195
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS RSTD RED PEPR	2 Fluid Ounce		591582
CRACKER WHEAT	4 Package		311588

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		260.00	
Fat		12.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		600.00mg	
Carbohydrates		32.00g	
Fiber		8.00g	
Sugar		6.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Nutrition - Per 100g

Calories		229.28	
Fat		10.58g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		529.11mg	
Carbohydrates		28.22g	
Fiber		7.05g	
Sugar		5.29g	
Protein		7.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	1.27mg

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

DILL CHICKEN TOPPINGS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27196
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1 Each		416593
TOMATO SLCD 1/4IN	1 Piece		786535
PICKLE KOSH DILL CHIP C/C	4 Slice		242667
ONION RING 1/4IN	1 Ounce		542326

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		43.65	
Fat		0.40g	
SaturatedFat		0.10g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		273.58mg	
Carbohydrates		10.17g	
Fiber		2.37g	
Sugar		6.08g	
Protein		1.68g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	29.33mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

APPLE BACON CRANBERRY SPINACH SALAD

with POPPY SEED DRESSING



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27213
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1 Pint		329401
CHEESE FETA DRY PKG	2 Ounce	crumble cheese - can be place in a souffle cup	171832
CRANBERRY DRIED SWTND	1/4 Cup	can be put in 2 oz souffle cup	350882
BACON TOPPING CKD 1/4IN DCD	1/2 Ounce	can be placed in a souffle cup	365650
APPLE FRSH SLCD	1/4 Cup		792382
CRACKER CRSP CHOC CHP	1 Package	READY_TO_EAT Ready to eat	526960
CRACKER CRISPS CINN	1 Each	READY_TO_EAT Ready to eat snack.	450322
DRESSING POPPYSEED	2 Fluid Ounce	READY_TO_EAT Open, pour and enjoy!	850942

Preparation Instructions

This salad has 2 oz m/ma, 2 grains, 1 cup of vegetables, and 3/4 cup of fruit. The feta cheese is credited according to the USDA food buying guide.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.333
Fruit	0.750
GreenVeg	2.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		848.00	
Fat		34.17g	
SaturatedFat		10.33g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		1516.67mg	
Carbohydrates		113.00g	
Fiber		15.67g	
Sugar		69.50g	
Protein		31.00g	
Vitamin A	38181.60IU	Vitamin C	2.40mg
Calcium	703.60mg	Iron	14.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

BREADED POPCORN CHICKEN



Servings:	1.00	Category:	Entree
Serving Size:	20.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27260
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	20 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 20.00 Each

Amount Per Serving			
Calories		540.00	
Fat		26.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		140.00mg	
Sodium		960.00mg	
Carbohydrates		38.00g	
Fiber		6.00g	
Sugar		0.00g	
Protein		38.00g	
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

OVEN FRIED CHICKEN DRUMSTICK and BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27276
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>1. Preheat oven to 375°F.</p> <p>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.</p> <p>3. Heat for 35-40 minutes.</p> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>1. Preheat oven to 350°F.</p> <p>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.</p> <p>3. Heat for 25-30 minutes</p> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		430.00	
Fat		23.00g	
SaturatedFat		8.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		1120.00mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRENCH TOAST STICKS WITH SMOKEY LINKS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27471
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	4 Each	BAKE: PREHEAT OVEN TO 400? F. PLACE ON FLAT OR SHALLOW BAKING PAN AND BAKE 10-12 MINUTES, TURNING AFTER 5 MINUTES FOR MORE EVEN BROWNING.,CONVECTION OVEN: BAKE AT 375? F FOR 10 MINUTES.,TO FRY: DEEP FRY AT 350? F FOR 1-1/2 TO 2 MINUTES OR UNTIL GOLDEN BROWN.,	652370
SAUSAGE LNK SMOKEY CKD 16/	4 Each		720038

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		760.00	
Fat		46.00g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		80.00mg	
Sodium		1600.00mg	
Carbohydrates		62.00g	
Fiber		4.00g	
Sugar		14.00g	
Protein		24.00g	
Vitamin A	7.74IU	Vitamin C	0.00mg
Calcium	43.44mg	Iron	4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lettuce/Pico/Lime Wedge



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27716
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
PICO DE GALLO FRSH	1		508245
LIME	1/4 Each		197963

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		22.17	
Fat		0.03g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		3.18mg	
Carbohydrates		5.18g	
Fiber		1.76g	
Sugar		2.11g	
Protein		1.13g	
Vitamin A	8.38IU	Vitamin C	4.88mg
Calcium	25.24mg	Iron	0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

TERIYAKI CHICKEN WITH FRIED RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27958
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
RICE FRIED VEG WGRAIN	1 Cup		676463

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.105
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		417.37	
Fat		7.76g	
SaturatedFat		1.05g	
Trans Fat*		0.00g	
Cholesterol		68.42mg	
Sodium		829.48mg	
Carbohydrates		61.37g	
Fiber		4.00g	
Sugar		10.37g	
Protein		23.89g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.53mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

NACHOS WITH BEEF AND CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28279
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		384.20	
Fat		17.29g	
SaturatedFat		5.42g	
Trans Fat*		0.00g	
Cholesterol		41.81mg	
Sodium		478.20mg	
Carbohydrates		44.44g	
Fiber		5.58g	
Sugar		1.58g	
Protein		17.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	204.93mg	Iron	3.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

FISH FILLET WITH GARLIC CHEESE BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28305
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE Cook from frozen state.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 165°F MINIMUM.	519420
DOUGH BISC GARL CHS	1 Each	BAKE Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		280.00	
Fat		12.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		610.00mg	
Carbohydrates		29.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE COLE SLAW



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28353
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING COLE SLAW	1/2 Gallon		281476
COLE SLAW SHRED SEP 1/16IN	10 Pound		430347

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.520
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		230.41	
Fat		19.18g	
SaturatedFat		3.20g	
Trans Fat*		0.00g	
Cholesterol		19.18mg	
Sodium		455.43mg	
Carbohydrates		12.83g	
Fiber		2.06g	
Sugar		10.77g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.13mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

CLUB ON SOURDOUGH BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28354
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SRDGH KAISER 4.5IN	1 Each		227740
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
BACON CKD RND	1 Each		433608
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656
TURKEY BRST DELI SLCD CKD	1 Ounce		680613

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.625
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		450.00	
Fat		15.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		57.50mg	
Sodium		1420.01mg	
Carbohydrates		48.00g	
Fiber		1.50g	
Sugar		4.50g	
Protein		31.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	196.00mg	Iron	3.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

STRAWBERRY SALAD WITH COTTAGE CHEESE and CINNAMON GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28559
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
SPINACH LEAF FLAT CLND	1 Cup		329401
STRAWBERRY	1/2 Cup		212768
ALMOND SLIVERED BLNCHD	2/5 Ounce		134890
SUGAR BEET GRANUL	0.05 Cup		108588
EGG WHITES LIQ CHOLEST FR	1/10 Tablespoon		677922
BUTTER PRINT SLTD GRD AA	1/6 Tablespoon		191205
CHEESE COTTAGE SML 1	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
DRESSING POPPYSEED 60-1.5FLZ PMLL	2 Each		832190
CRACKER GLDFSH CINN	1 Package		194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.335
GreenVeg	1.250
RedVeg	0.062
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		732.82	
Fat		40.59g	
SaturatedFat		7.47g	
Trans Fat*		0.00g	
Cholesterol		14.80mg	
Sodium		1109.51mg	
Carbohydrates		82.40g	
Fiber		8.79g	
Sugar		55.97g	
Protein		18.86g	
Vitamin A	18876.07IU	Vitamin C	50.32mg
Calcium	511.29mg	Iron	9.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

KING CUPCAKES



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28580
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CHILI WITH CHEESE for baked potato



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28582
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	1 1/2 Pound		110520
ONION DCD IQF	1 Fluid Ounce		261521
SPICE GARLIC POWDER	1 Teaspoon		224839
SAUCE TOMATO	1 1/2 Cup	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	306347

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHILI	1/4 Cup	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	313025
SPICE OREGANO WHL	1 Teaspoon		518351
SPICE CHILI POWDER MILD	1 Teaspoon		331473
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732

Preparation Instructions

In a skillet brown ground beef, onion and garlic powder. Add remaining ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Serve over baked potatoes. 1/3 cup of sauce. Sprinkle the potatoes with cheddar cheese after topping with chili

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		209.17	
Fat		13.43g	
SaturatedFat		4.48g	
Trans Fat*		2.24g	
Cholesterol		58.21mg	
Sodium		666.09mg	
Carbohydrates		5.14g	
Fiber		0.77g	
Sugar		3.07g	
Protein		16.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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BEEF AND BACON CHILI WITH CORN BREAD MUFFIN



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28739
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 18-22CT CC FZ	50 Slice		247685
ONION DCD IQF	1 1/4 Cup		261521
SPICE GARLIC POWDER	2 1/2 Teaspoon		224839
BEEF GRND	10 Pound		110520
SPICE CHILI POWDER MILD	5 Fluid Ounce		331473
SPICE CUMIN GRND	2 Fluid Ounce 1/2 Teaspoon (12 1/2 Teaspoon)		273945
SPICE PAPRIKA SMOKED	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		860430
SPICE PEPR RED CAYENNE GRND	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		225088
TOMATO DCD PETITE	4 Pound 6 Ounce (70 Ounce)		498871
SAUCE TOMATO	3 Pound 12 Ounce (60 Ounce)		306347
SAUCE WORCESTERSHIRE	1 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (10 Teaspoon)		109843
BEAN CHILI MEX STYLE	6 Pound 9 Ounce (105 Ounce)		192015

Description	Measurement	PrepInstructions	DistPart#
JUICE TOMATO 100	3 Quart		732790
MUFFIN CORN BULK	50 Each		819521

Preparation Instructions

Cook bacon with onion until bacon is crispy; drain. Set aside. Cook ground beef until no longer pink; drain. Add bacon and onion along with the rest of the ingredients. Bring to a boil; reduce heat and simmer for up to 2 hours.

Meal Components (SLE)

Amount Per Serving	
Meat	2.960
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.467
OtherVeg	0.014
Legumes	0.263
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		530.77	
Fat		27.96g	
SaturatedFat		7.57g	
Trans Fat*		1.91g	
Cholesterol		102.17mg	
Sodium		971.14mg	
Carbohydrates		44.84g	
Fiber		3.60g	
Sugar		17.91g	
Protein		24.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.93mg	Iron	2.69mg

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

Nutrition - Per 100g

Calories		234.03	
Fat		12.33g	
SaturatedFat		3.34g	
Trans Fat*		0.84g	
Cholesterol		45.05mg	
Sodium		428.20mg	
Carbohydrates		19.77g	
Fiber		1.59g	
Sugar		7.90g	
Protein		11.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.22mg	Iron	1.19mg

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

MEATBALLS WITH MARINARA



Servings:	1.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28841
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		224.00	
Fat		10.50g	
SaturatedFat		4.00g	
Trans Fat*		0.60g	
Cholesterol		36.00mg	
Sodium		716.00mg	
Carbohydrates		19.00g	
Fiber		4.00g	
Sugar		12.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.00mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

FARMHOUSE CHOWDER WITH FRESH BAKED BISCUIT



Servings:	12.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28844
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY DCD 1/4IN	1/2 Cup		198196
ONION DCD IQF	1/8 Cup		261521
PEPPERS GREEN DCD SWT	1/4 Cup		508632
BUTTER PRINT SLTD GRD AA	1 Fluid Ounce		191205
FLOUR A/P PASTRY	1/4 Cup		260231
DRESSING MIX RNCH	1 Ounce		473308
MILK WHT 2	1 Quart 1/2 Cup (4 1/2 Cup)		504602
HASHBROWN SHRD FRSH	1 Pint		324124
CORN CUT SUPER SWT	1 Pint		851329
SAUSAGE WHL HOG BULK TUBE	1 Pound	Cook and drain	836753
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/2 Pound	UNSPECIFIED	100184
SPICE THYME LEAF	1 Teaspoon		513814
DOUGH BISC HMSTYL	12 Each		504076

Preparation Instructions

In the steam kettle, saute` onion, celery, green pepper and butter. Mix flour and dressing mix with part of the milk; mix until smooth add with to vegetables with remaining milk. Cook until thick, stirring constantly. Add cooked sausage and ham. Heat to 165 degrees. May need to add more milk if too thick.

Meal Components (SLE)

Amount Per Serving	
Meat	0.820
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.048
Legumes	0.000
Starch	0.333

Nutrition Facts

Servings Per Recipe: 12.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		477.96	
Fat		26.18g	
SaturatedFat		12.08g	
Trans Fat*		0.00g	
Cholesterol		47.25mg	
Sodium		1387.24mg	
Carbohydrates		44.27g	
Fiber		1.91g	
Sugar		4.50g	
Protein		19.07g	
Vitamin A	210.62IU	Vitamin C	1.08mg
Calcium	151.01mg	Iron	3.08mg

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

Nutrition - Per 100g

Calories		210.75	
Fat		11.54g	
SaturatedFat		5.33g	
Trans Fat*		0.00g	
Cholesterol		20.84mg	
Sodium		611.67mg	
Carbohydrates		19.52g	
Fiber		0.84g	
Sugar		1.98g	
Protein		8.41g	
Vitamin A	92.87IU	Vitamin C	0.48mg
Calcium	66.59mg	Iron	1.36mg

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

HOMEMADE GRANOLA BAR



Servings:	18.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29212
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX	1 Quart 1 Pint (6 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	768812
OATS QUICK HOT CEREAL	1 Quart		467251
CRUMB CRACKER GRAHAM	3/4 Cup		109568
MARSHMALLOW MINI	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		191736
BUTTER PRINT SLTD GRD AA	3/4 Cup		191205
HONEY	3/8 Cup		225614
CHOC CHIPS SMISWT 1000/	1 Cup		242115
Wheat Germ	3/8 Cup	UNSPECIFIED	145534
Peanut Butter, Smooth	4 Fluid Ounce 1 Tablespoon (9 Tablespoon)		100396

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	1.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		439.19	
Fat		16.95g	
SaturatedFat		7.86g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		243.99mg	
Carbohydrates		67.25g	
Fiber		4.23g	
Sugar		31.57g	
Protein		7.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.51mg	Iron	5.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

TURKEY, BACON ARTISAN SUB with SUN CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29296
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce		100121
CHEESE COLBY JK SLCD	1 Each		105988
BACON CKD RND	1 Gram	BAKE Fully cooked. Simply heat and serve.	433608
5" French RI Hinged Hearth Roll	1 bun	READY_TO_EAT	31087
Harvest Cheddar Sunchips	1 Serving		R-42688

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		519.83	
Fat		18.61g	
SaturatedFat		6.01g	
Trans Fat*		0.00g	
Cholesterol		74.08mg	
Sodium		1255.05mg	
Carbohydrates		56.89g	
Fiber		3.00g	
Sugar		2.00g	
Protein		32.31g	
Vitamin A	50.43IU	Vitamin C	0.00mg
Calcium	236.18mg	Iron	2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

LETTUCE/TOMATO/ONION for ARTISAN SUB



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30589
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1/2 Cup		416593
TOMATO SLCD 1/4IN	2 Piece		786535
ONION RING RED 1/4IN	1/8 Cup		429198
PICKLE KOSH DILL CHIP C/C	3 Slice		242667

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	29.52		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	217.83mg		
Carbohydrates	5.99g		
Fiber	2.18g		
Sugar	3.61g		
Protein	1.34g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	30.49mg	Iron	0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

CORN CHIP SALAD WITH BANANA MUFFIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30590
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Corn Chip Salad Dressing	2 1/2 Serving		R-26283
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD DRY PK	1 Each		853800
BACON TOPPING 3/8IN DCD	1/4 Cup	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040
MUFFIN BAN WGRAIN IW	1 Each		557981

Preparation Instructions

Place Romaine in salad container. Chop egg and place in cup and place in salad container. May cup cheese and bacon if you wish or add to romaine. Serve with Homemade Corn chip Salad Dressing. Serve with Corn chips that customer will lightly crush and add to salad right before eating.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		723.26	
Fat		42.45g	
SaturatedFat		15.56g	
Trans Fat*		0.05g	
Cholesterol		295.55mg	
Sodium		1250.95mg	
Carbohydrates		57.48g	
Fiber		5.00g	
Sugar		24.68g	
Protein		29.16g	
Vitamin A	12.09IU	Vitamin C	0.04mg
Calcium	318.20mg	Iron	1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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ORANGE CHICKEN WITH FRIED RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30723
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710
RICE FRIED VEG WGRAIN	4 Ounce		676463
COOKIE FORTUNE WGRAIN	1 Each		565142

Preparation Instructions

Use a # 8 scoop for the rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.035
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	389.59		
Fat	5.80g		
SaturatedFat	1.03g		
Trans Fat*	0.00g		
Cholesterol	46.15mg		
Sodium	688.05mg		
Carbohydrates	64.92g		
Fiber	4.76g		
Sugar	17.03g		
Protein	18.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.28mg	Iron	1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOFT TACO WITH BEEF AND CHEESE and GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30724
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TORTILLA FLOUR 8IN	1 Each		713330
CRACKER GLDFSH CINN	1 Package		194510

Preparation Instructions

Use # 20 scoop for taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		384.20	
Fat		15.29g	
SaturatedFat		6.92g	
Trans Fat*		0.00g	
Cholesterol		41.81mg	
Sodium		698.20mg	
Carbohydrates		44.44g	
Fiber		3.58g	
Sugar		9.58g	
Protein		17.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	270.93mg	Iron	4.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

TOASTED HAM AND CHEESE SANDWICH with POTATO CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31252
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656
School White Wheat Sandwich Bread	2 Slice	READY_TO_EAT	12385
CHIP POT REG	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105110
CHEESE COLBY JK SLCD	1 Each		105988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.00	
Fat		15.50g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		865.00mg	
Carbohydrates		36.00g	
Fiber		10.00g	
Sugar		1.00g	
Protein		21.00g	
Vitamin A	50.02IU	Vitamin C	0.00mg
Calcium	189.18mg	Iron	2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOT DOG ON A BUN with POTATO CHIPS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31253
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
White Wheat Hot Dog bun	1 Each		53071
CHIP POT REG 120-.5Z LAYS	1 Ounce	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	433698

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		475.21	
Fat		28.09g	
SaturatedFat		6.83g	
Trans Fat*		0.03g	
Cholesterol		45.00mg	
Sodium		1004.84mg	
Carbohydrates		42.35g	
Fiber		3.28g	
Sugar		5.59g	
Protein		13.17g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	100.60mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

PERSONAL SUPREME PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31319
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SUPRM IW	1 Each		420778

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		261.00	
Fat		11.80g	
SaturatedFat		5.60g	
Trans Fat*		0.00g	
Cholesterol		22.00mg	
Sodium		540.40mg	
Carbohydrates		30.00g	
Fiber		1.90g	
Sugar		5.00g	
Protein		8.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	105.60mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

LOCALLY GROWN SEASONED CORN



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31364
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CREAM STYLE	1/2 Cup		118958

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

LOCALLY GROWN GOLDEN BAKED CHICKEN



Servings:	3.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31813
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Thigh	1 Pound		
BUTTER PRINT SLTD GRD AA	1/2 Pound		191205
VINEGAR APPLE CIDER 5	1/2 Cup		430795
Tap Water for Recipes	1/2 Cup	UNPREPARED	000001WTR
SALT IODIZED	1 Fluid Ounce		350732
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
SAUCE WORCESTERSHIRE	1 Fluid Ounce		109843

Preparation Instructions

Bring to a boil all ingredients except chicken. Pour over the chicken and let marinate for at least 30 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	5.330
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	752.80		
Fat	72.00g		
SaturatedFat	41.33g		
Trans Fat*	0.00g		
Cholesterol	280.00mg		
Sodium	5639.52mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.33g		
Vitamin A	0.21IU	Vitamin C	0.21mg
Calcium	2.00mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

LOCALLY PRODUCED BRAT ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31825
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each		53071
Brat, Original	4 Ounce		

Preparation Instructions

Place Brats on a pan insert in a 2 1/2 inch hotel pan. Bake at 375 for 15 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		425.21	
Fat		24.09g	
SaturatedFat		8.33g	
Trans Fat*		0.03g	
Cholesterol		70.00mg	
Sodium		1094.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Sugar		3.59g	
Protein		24.17g	
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	50.49mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHILI CHEESE POTATO DIPPERS WITH CHEESY PULL APART BREAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32157
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/O BEAN	1/2 Cup		438150
Stealth Fries Dipper French Fries, Frozen	6 Ounce		240612
BREAD GARL CHS PULL APART IW	1 Package		809062
SAUCE CHS CHED MILD	1/4 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.625
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		760.00	
Fat		33.00g	
SaturatedFat		11.50g	
Trans Fat*		0.50g	
Cholesterol		52.50mg	
Sodium		2260.00mg	
Carbohydrates		87.50g	
Fiber		8.00g	
Sugar		9.50g	
Protein		29.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON AND CHEESE SCRAMBLED EGGS with DONUT



Servings:	33.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32179
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX	8 Pound		533149
BACON TOPPING 3/8IN DCD	1 Quart 1 Cup (5 Cup)		104396
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Cup (5 Cup)		150250
DONUT YST RNG WGRAIN	33 Each		556582

Preparation Instructions

Spray aluminum pans. Add 4 cartons of eggs per pan. Steam on 10 at 350 for 20 minutes. Stir in bacon and cheese. Cover with wrap and place in pass-thru.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		552.45	
Fat		35.24g	
SaturatedFat		16.27g	
Trans Fat*		0.12g	
Cholesterol		383.03mg	
Sodium		954.08mg	
Carbohydrates		33.52g	
Fiber		2.50g	
Sugar		7.94g	
Protein		25.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	208.18mg	Iron	3.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALISBURY STEAK WITH BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32529
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozenproduct for 2-4 minutes per side or until internal temperature reaches165 degrees f. Conventional oven: preheat oven to375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		390.00	
Fat		23.00g	
SaturatedFat		10.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		810.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

RED SKINNED MASHED POTATOES



Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32530
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED RDSKN	1 Cup		106283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		140.00	
Fat		4.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		310.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	20.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

APPLE BUTTER



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32531
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE BUTTER PKT	1 Each		330078

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WINTER FRUIT SALAD DRESSING



Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32532
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LEMON JUICE 100	1/3 Cup		311227
SUGAR BEET GRANUL	1/2 Cup		108588
ONION DEHY CHPD	1/4 Teaspoon		263036
SALT IODIZED	1/2 Teaspoon		350732
MUSTARD DIJON PLAS	1 Tablespoon		312267
SPICE POPPY SEED WHOLE	1 Tablespoon		225134
OIL SALAD VEG SOY CLR NT	2/3 Cup		292702

Preparation Instructions

In a blender, mix lemon juice, sugar, onion, salt and mustard. After all is well blended, while blender is still running, slowly add oil. When all is mixed and smooth, add poppy seeds.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	145.74		
Fat	12.32g		
SaturatedFat	1.76g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	127.11mg		
Carbohydrates	8.02g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.58mg
Calcium	0.03mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WINTER FRUIT SALAD WITH HOMEMADE DRESSING



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32535
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CRANBERRY DRIED SWTND	1 Fluid Ounce		350882
CASHEW IW	1 1/8 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	331572
CHEESE MOZZ SHRD	1/4 Cup		645170
APPLE FRSH SLCD	1/4 Cup		792382
BAR OATML CHOC CHIP SFT IW	2 Each		526283
Winter Fruit Salad Dressing	1/4 Serving	In a blender, mix lemon juice, sugar, onion, salt and mustard. After all is well blended, while blender is still running, slowly add oil. When all is mixed and smooth, add poppy seeds.	R-32532

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		2094.41	
Fat		25.36g	
SaturatedFat		7.34g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		456.98mg	
Carbohydrates		379.06g	
Fiber		156.10g	
Sugar		193.16g	
Protein		163.84g	
Vitamin A	50.00IU	Vitamin C	5.20mg
Calcium	2633.21mg	Iron	3.19mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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SOUTHWEST SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32539
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CORN WHL KERNEL FCY GRADE	1/4 Cup	BAKE	118966
BEAN BLACK	1/4 Cup		557714
SALSA CUP	1 Each	READY_TO_EAT None	677802
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
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
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551
DRESSING RNCH BTRMLK PKT	1 Each		266523

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		2254.68	
Fat		47.50g	
SaturatedFat		15.50g	
Trans Fat*		0.00g	
Cholesterol		70.00mg	
Sodium		1280.50mg	
Carbohydrates		353.08g	
Fiber		157.04g	
Sugar		157.04g	
Protein		171.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2864.60mg	Iron	2.50mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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HOMEMADE MACARONI SALAD



Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32552
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD	2 1/2 Pound		464350
EGG HARD CKD PLD DRY PK	12 Each		853800
ONION DEHY CHPD	1/4 Cup		263036
CARROT SHRD MED	1 Cup		313408
CELERY STALK 24 SZ	1 Pint		170895
DRESSING SALAD	1 Quart 1 Cup (5 Cup)		107042
SUGAR CANE GRANUL	1 Pint		108642
VINEGAR APPLE CIDER 5	1 Tablespoon		430795

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.600
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.118
OtherVeg	0.133
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		596.85	
Fat		34.73g	
SaturatedFat		5.98g	
Trans Fat*		0.43g	
Cholesterol		178.67mg	
Sodium		774.66mg	
Carbohydrates		63.32g	
Fiber		1.84g	
Sugar		33.78g	
Protein		9.78g	
Vitamin A	3253.18IU	Vitamin C	1.23mg
Calcium	43.65mg	Iron	2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Plate



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32553
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Macaroni Salad	1 Serving		R-32552
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.800
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.133
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		686.85	
Fat		41.73g	
SaturatedFat		9.98g	
Trans Fat*		0.43g	
Cholesterol		198.67mg	
Sodium		954.66mg	
Carbohydrates		64.32g	
Fiber		1.84g	
Sugar		33.78g	
Protein		16.78g	
Vitamin A	3253.18IU	Vitamin C	1.23mg
Calcium	237.65mg	Iron	2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ CORN CHIP SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32562
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
BACON TOPPING 3/8IN DCD	1/4 Cup		104396
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP CORN CHILI CHS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105050
BBQ Corn chip salad dressing	1/4 Serving	Blend well in a blender.	R-32563
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551
CRACKER PRESIDENTS SMART	1 Ounce		159381

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	2152.33
Fat	43.57g
SaturatedFat	16.87g
Trans Fat*	0.00g
Cholesterol	110.33mg
Sodium	1311.42mg
Carbohydrates	342.20g
Fiber	153.05g
Sugar	159.08g
Protein	177.06g
Vitamin A 0.47IU	Vitamin C 0.01mg
Calcium 2837.88mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ CORN CHIP SALAD DRESSING



Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32563
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL	1/4 Cup		108588
OIL SALAD VEG SOY CLR NT	1/4 Cup		292702
VINEGAR APPLE CIDER 5	1 1/2 Tablespoon		430795
Tap Water for Recipes	1 Tablespoon	UNPREPARED	000001WTR
SALT IODIZED	1/4 Teaspoon		350732
SPICE ONION POWDER	1/4 Teaspoon		126993
DRESSING SALAD	1 Tablespoon		107042
MUSTARD YELLOW PREP 6-40Z GCHC	2 Teaspoon		855010

Preparation Instructions

Blend well in a blender.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	127.81		
Fat	10.28g		
SaturatedFat	1.47g		
Trans Fat*	0.01g		
Cholesterol	1.33mg		
Sodium	145.68mg		
Carbohydrates	8.50g		
Fiber	0.03g		
Sugar	8.17g		
Protein	0.08g		
Vitamin A	1.89IU	Vitamin C	0.04mg
Calcium	1.11mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

SIX LAYER SALAD

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32568
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Six Layer Salad dressing	1/4 Serving	Mix ingredients until blended.	R-32569
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
EGG HARD CKD PLD DRY PK	1 Each		853800
PASTA PENNE CKD	1 Cup		835900
SALT IODIZED	1/4 Teaspoon		350732
SPICE PEPR BLK REST GRIND	1/8 Teaspoon		225061
Chicken, Diced, Cooked, Frozen	3 Ounce		100101
PEAS GREEN	1/2 Cup		610802
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
COOKIE SGR WGRAIN ICED PNK	1 Each		189791

Preparation Instructions

Rinse pasta to remove excess oil.

Thaw peas.

Layer ingredients in this order: lettuce, pasta, eggs, salt and pepper, chicken, peas. Spread dressing over top. Refrigerate covered for several hours or overnight.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
Grain	2.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1951.18
Fat	34.73g
SaturatedFat	11.24g
Trans Fat*	0.08g
Cholesterol	278.50mg
Sodium	1181.33mg
Carbohydrates	308.26g
Fiber	118.51g
Sugar	133.76g
Protein	155.74g
Vitamin A 10.28IU	Vitamin C 0.01mg
Calcium 2049.98mg	Iron 4.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

SIX LAYER SALAD DRESSING



Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32569
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD	1 Cup		107042
SOUR CREAM	1/4 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MUSTARD DIJON PLAS	2 Teaspoon		312267

Preparation Instructions

Mix ingredients until blended.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		252.50	
Fat		22.90g	
SaturatedFat		4.95g	
Trans Fat*		0.32g	
Cholesterol		42.00mg	
Sodium		589.30mg	
Carbohydrates		9.00g	
Fiber		0.00g	
Sugar		5.00g	
Protein		0.90g	
Vitamin A	41.12IU	Vitamin C	0.04mg
Calcium	30.12mg	Iron	0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN CAESAR SALAD WITH COOL RANCH DORITO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32612
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
FC Diced Chicken	1 1/2 Ounce		17744

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR RYL PKT	1 Package		554758
CHEESE MOZZ SHRD	1/3 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CHIP COOL RNCH REDC FAT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

We use USDA diced chicken. May place it in a 2 oz souffle cup. Mozzarella cheese will fit in a 3.25 souffle cup.

Meal Components (SLE)

Amount Per Serving	
Meat	2.423
Grain	2.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		621.19	
Fat		36.57g	
SaturatedFat		8.67g	
Trans Fat*		0.00g	
Cholesterol		59.58mg	
Sodium		1225.14mg	
Carbohydrates		45.87g	
Fiber		4.00g	
Sugar		6.32g	
Protein		27.06g	
Vitamin A	20.96IU	Vitamin C	0.55mg
Calcium	355.56mg	Iron	2.85mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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HOMEMADE MEAT LOAF



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32696
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	1 1/2 Pound	UNPREPARED	100158
ONION DEHY CHPD	1 Fluid Ounce		263036
BREAD CRUMB FINE UNSEAS	1/2 Cup	UNPREPARED See Package Instructions	175671
EGG SHL LRG A GRD	1 Each		206539
KETCHUP FCY JUG W/PUMP	1 Fluid Ounce	READY_TO_EAT None	695530
MILK WHT 2	1 Cup		504602
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
SPICE PAPRIKA SPANISH	1/8 Teaspoon		225002
DOUGH BISC HMSTYL	5 Each		504076

Preparation Instructions

Combine all ingredients in a bowl, mixing well. Shape into a pan. Bake at 350 degrees until internal temperature reaches at least 155 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	3.266
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		538.14	
Fat		29.34g	
SaturatedFat		11.65g	
Trans Fat*		2.87g	
Cholesterol		41.00mg	
Sodium		1327.95mg	
Carbohydrates		42.00g	
Fiber		1.43g	
Sugar		4.10g	
Protein		27.49g	
Vitamin A	139.96IU	Vitamin C	0.97mg
Calcium	102.39mg	Iron	2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CHEESEBURGER SOUP



Servings:	256.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32714
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	35 Pound		110520
SOUR CREAM	1 Quart 1 Pint (6 Cup)	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SALT IODIZED 24-26Z GFS	3 Fluid Ounce		108308
CHEESE AMER 160CT SLCD R/F	12 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
FLOUR A/P PASTRY	1 Quart 1 Pint (6 Cup)		260231
POTATO DCD	8 #10 CAN		118583
BROTH CHIX NO MSG	4 Gallon 2 Quart (72 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	3 Pound		191205
SPICE BASIL LEAF	4 Fluid Ounce		518341
CELERY DCD 1/4IN	1 Gallon 1 Pint (18 Cup)		198196
CARROT DCD 1/4IN	1 Gallon 1 Pint (18 Cup)		200972
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce		225037
MILK WHT 2	2 Gallon 1 Quart (36 Cup)		504602

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.382
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.070
Legumes	0.000
Starch	0.377

Nutrition Facts

Servings Per Recipe: 256.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		304.99	
Fat		18.57g	
SaturatedFat		8.84g	
Trans Fat*		1.63g	
Cholesterol		71.51mg	
Sodium		842.66mg	
Carbohydrates		16.03g	
Fiber		1.74g	
Sugar		1.69g	
Protein		18.81g	
Vitamin A	1977.74IU	Vitamin C	1.01mg
Calcium	228.91mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories		134.48
Fat		8.19g
SaturatedFat		3.90g
Trans Fat*		0.72g
Cholesterol		31.53mg
Sodium		371.55mg
Carbohydrates		7.07g
Fiber		0.77g
Sugar		0.74g
Protein		8.29g
Vitamin A	872.03IU	Vitamin C 0.45mg
Calcium	100.93mg	Iron 0.18mg

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

FLAME ROASTED APPLES WITH CINNAMON AND SUGAR



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32737
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI FLAME ROASTED	4 Ounce		136120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.541
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		64.86	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		183.78mg	
Carbohydrates		17.30g	
Fiber		1.08g	
Sugar		14.05g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.81mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE GROUND BEEF STROGANOFF OVER PASTA



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32751
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound		100158
BUTTER PRINT SLTD GRD AA	1 Cup 7 Fluid Ounce (30 Tablespoon)		191205
FLOUR A/P PASTRY	1 Pint 1 Tablespoon (33 Tablespoon)		260231
ONION DEHY CHPD	1/4 Cup		263036
SPICE GARLIC POWDER	1 1/4 Teaspoon		224839
BROTH BF NO MSG	3 Quart 1 Pint 1 Cup (15 Cup)		504599
SOUP CRM OF MUSHRM	6 Pound 11 1/2 Ounce (107 1/2 Ounce)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUR CREAM	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	3 Gallon 3 Quart (60 Cup)		835890

Preparation Instructions

Cook ground beef with onions and garlic until thoroughly cooked and the temp is at least 155 degrees: drain. Set, aside. Melt butter, then add flour and whisk, allowing the flour to absorb the butter. Add beef broth and whisk vigorously to remove any lumps. Turn the heat up to high, bringing it to a boil for 2-3 minutes, stirring, until it thickens slightly. Bring the temp down to medium and whisk in sour cream and mushroom soup. Stir until thoroughly mixed. If the mixture is too thick, you may add a little more broth. Add ground beef to the sauce mixture. Heat until the temperature is at least 145 degrees. Serve over pasta.

Meal Components (SLE)

Amount Per Serving	
Meat	1.692
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		846.55	
Fat		33.92g	
SaturatedFat		9.34g	
Trans Fat*		1.69g	
Cholesterol		73.43mg	
Sodium		600.39mg	
Carbohydrates		102.76g	
Fiber		4.58g	
Sugar		7.82g	
Protein		31.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	74.23mg	Iron	5.45mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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BROWN GRAVY



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.25 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32857
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY BROWN	1/4 Cup		673617

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 cup

Amount Per Serving			
Calories	25.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOUTHWEST BREAKFAST TORNADO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33203
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST EGGSAUS 2.79Z 18-8CT	1 Each		495932

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		180.00	
Fat		7.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		280.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

PHILLY CHEESE STEAK SUB

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33239
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	3 Fluid Ounce		516133
SAUCE CHS QUESO BLANCO FZ	2 Fluid Ounce	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.	722110
White Wheat Sub Bun	1 Each		31454

Preparation Instructions

PHILLY STEAK : PREPARE FROM THAWED OR FROZEN STATE. CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES NOT RECOMMENDED FOR FROZEN PRODUCT. CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. MICROWAVE: INDIVIDUAL PORTIONS THAWED PRODUCT HEAT ON HIGH FOR 2 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. STOVETOP: FROZEN PRODUCT HEAT FOR 30-40 MINUTES, THAWED PRODUCT HEAT FOR 15-20 MINUTES. STEAMER: FROZEN PRODUCT HEAT FOR 40-50 MINUTES, THAWED PRODUCT HEAT FOR 15-20 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.

QUESO: PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING

BAGS TO AVOID BEING BURNED.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		467.96	
Fat		24.19g	
SaturatedFat		11.20g	
Trans Fat*		0.56g	
Cholesterol		29.00mg	
Sodium		936.50mg	
Carbohydrates		33.36g	
Fiber		2.60g	
Sugar		6.18g	
Protein		26.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	292.83mg	Iron	2.66mg

*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 SHRIMP WITH CHEESY BREADSTICK BITES



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33477
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	3/4 Cup	BAKE COOKING INSTRUCTIONSFor food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze.CONVECTION OVEN INSTRUCTIONSPlace oven rack in the center of the oven. Preheat oven to 375°F.Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes.CONVENTIONAL OVEN INSTRUCTIONSPlace oven rack in the center of the oven. Preheat oven to 450°F.Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes.Note: Since appliances vary, these cooking instructions are only a guideline. Shrimp is fully cooked when it reaches an internal temperature of 165°F.	340922
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933

Preparation Instructions

21 shrimp and 2 bread sticks

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		310.00	
Fat		12.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		570.00mg	
Carbohydrates		33.00g	
Fiber		5.00g	
Sugar		1.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	266.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE CHICKEN QUESADILLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34253
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	2 Each		713330
SALSA 103Z	4 Ounce	READY_TO_EAT None	452841
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHEESE MOZZ SHRD	1/4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		566.67	
Fat		24.33g	
SaturatedFat		13.50g	
Trans Fat*		0.00g	
Cholesterol		81.67mg	
Sodium		1187.33mg	
Carbohydrates		52.67g	
Fiber		2.00g	
Sugar		5.67g	
Protein		31.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	468.00mg	Iron	5.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE GRANOLA BAR AND STRING CHEESE STICK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35450
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mozzarella String Cheese	1 Serving		R-7818
Homemade Granola Bar	1 Serving		R-29212

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		519.19	
Fat		22.95g	
SaturatedFat		11.86g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		443.99mg	
Carbohydrates		69.25g	
Fiber		4.23g	
Sugar		32.57g	
Protein		13.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	249.51mg	Iron	5.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

NASHVILLE HOT CHICKEN POPPERS



Servings:	1.00	Category:	Entree
Serving Size:	15.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35486
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT	15 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. Place frozen chunks on a parchment lined baking sheet and heat for 7-9 minutes.	176764

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.286
Grain	2.143
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 15.00 Each

Amount Per Serving			
Calories	364.29		
Fat	17.14g		
SaturatedFat	3.21g		
Trans Fat*	0.00g		
Cholesterol	85.71mg		
Sodium	900.00mg		
Carbohydrates	23.57g		
Fiber	2.14g		
Sugar	4.29g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN PARMESAN OVER SPAGHETTI



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35490
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	3 Each		533830
PASTA SPAGHETTI CKD	1 Cup		835910
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	1.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		660.00	
Fat		25.50g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		1135.00mg	
Carbohydrates		74.00g	
Fiber		8.00g	
Sugar		15.00g	
Protein		40.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	5.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY BBQ RIB SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35508
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
BEEF RIB BBQ HNY	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410

Preparation Instructions

Preparation & Cooking

FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 11 MINUTES OR CONVENTIONAL OVEN FOR 13 MINUTES, OR MICROWAVE ON HIGH FOR 2 MINUTES.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.00	
Fat		11.50g	
SaturatedFat		4.69g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		930.00mg	
Carbohydrates		41.00g	
Fiber		4.50g	
Sugar		14.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

SMOKEY LINKS



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35509
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/	4 Each		720038

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	340.00		
Fat	30.00g		
SaturatedFat	10.00g		
Trans Fat*	0.00g		
Cholesterol	80.00mg		
Sodium	1080.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.24mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

TARTAR SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35510
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TARTAR PKT	1 Each		449067

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	45.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	5.00mg		
Sodium	120.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

OVEN FRIED CHICKEN BREAST OR THIGH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35511
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I	3 1/4 Ounce		258610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		227.50	
Fat		15.17g	
SaturatedFat		3.79g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		476.67mg	
Carbohydrates		7.58g	
Fiber		1.08g	
Sugar		1.08g	
Protein		16.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.83mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASIAN FRIED RICE



Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35512
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1/2 Cup	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

Preparation & Cooking

Preheat the convection oven to 350 degrees F. Spray full-size steam table pan with vegetable spray. Open the bag and place vegetable fried rice in a pan, spread it evenly, and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Halfway through the cook cycle, open the foil carefully and stir vegetable fried rice; replace the foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	135.00		
Fat	1.25g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	1.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

SOY SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35513
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY ORIENTAL PKT	1 Each		602841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	297.40mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.10g		
Vitamin A	1.42IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BLT QUESADILLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35514
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHEESE MOZZ SHRD	1/3 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
BACON TOPPING CKD 1/4IN DCD	1 Fluid Ounce		365650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.640
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		524.00	
Fat		28.80g	
SaturatedFat		15.04g	
Trans Fat*		0.00g	
Cholesterol		69.40mg	
Sodium		1068.40mg	
Carbohydrates		36.64g	
Fiber		4.00g	
Sugar		2.32g	
Protein		29.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	534.28mg	Iron	50.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SHREDDED LETTUCE and TOMATO



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35515
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO ROMA DCD 3/8IN	1 Ounce		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.333
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		505.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		101.00g	
Fiber		50.33g	
Sugar		50.67g	
Protein		50.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	803.00mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

SLUSHY PEACH CUP



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35516
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each		232470

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

ROMAINE/TOMATO/CUCUMBER



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35517
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CUCUMBER ENG SDLSS	1/3 Cup		532312
TOMATO ROMA DCD 3/8IN	1/4 Cup		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.330
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		20.51	
Fat		0.03g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.33mg	
Carbohydrates		4.25g	
Fiber		1.63g	
Sugar		2.39g	
Protein		1.63g	
Vitamin A	18.02IU	Vitamin C	0.48mg
Calcium	23.51mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

BROOKWOOD FARMS BBQ PORK



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36904
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702

Preparation Instructions

Preparation & Cooking
OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	230.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	65.00mg		
Sodium	250.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	202.83		
Fat	7.05g		
SaturatedFat	2.20g		
Trans Fat*	0.00g		
Cholesterol	57.32mg		
Sodium	220.46mg		
Carbohydrates	14.11g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

WHOLE GRAIN MEXICAN RICE



Servings:	24.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37298
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	1 Pound 10 Ounce (26 Ounce)		576280

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.083
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		108.33	
Fat		1.08g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		162.50mg	
Carbohydrates		22.75g	
Fiber		1.08g	
Sugar		0.00g	
Protein		4.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.67mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

TORTILLA WITH FAJITA CHICKEN AND CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37299
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR 8IN	1 Each		713330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

APPLIANCES VARY - ADJUST ACCORDINGLY. CONVECTIONAL OVEN: 350°F, REHEAT 25 - 30 MINUTES FROM FROZEN. CONVECTION OVEN: SET AT 400°F, 15 - 20 MINUTES FROM FROZEN. MICROWAVE OVEN: REHEAT 3 1/2 MINUTES ON HIGH SETTING FROM FORZEN.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		315.00	
Fat		14.50g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		95.00mg	
Sodium		725.00mg	
Carbohydrates		23.50g	
Fiber		1.00g	
Sugar		1.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	145.50mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE TERIYAKI CHICKEN



Servings:	4.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37307
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	1 Pound		
SAUCE SOY LITE	1/4 Cup		466425
Tap Water for Recipes	1/4 Cup	UNPREPARED	000001WTR
HONEY	1 Fluid Ounce		225614
SUGAR BROWN LT	1 1/2 Tablespoon		860311
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
OIL SESAME PURE	1/4 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
SPICE GINGER GRND	1/8 Teaspoon		513695
SPICE GARLIC POWDER	1/4 Teaspoon		224839
STARCH CORN	1 Fluid Ounce		108413

Preparation Instructions

Mix together all ingredients except chicken. Pour over chicken and bake at 350 degrees until temp reaches 165.

Meal Components (SLE)

Amount Per Serving	
Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 4.00 Ounce			
Amount Per Serving			
Calories		220.48	
Fat		4.29g	
SaturatedFat		0.04g	
Trans Fat*		0.00g	
Cholesterol		84.00mg	
Sodium		704.90mg	
Carbohydrates		18.00g	
Fiber		0.00g	
Sugar		13.50g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Calories				194.43
Fat				3.78g
SaturatedFat				0.04g
Trans Fat*				0.00g
Cholesterol				74.08mg
Sodium				621.62mg
Carbohydrates				15.87g
Fiber				0.00g
Sugar				11.91g
Protein				22.05g
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.01mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

CHICKEN PARM SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37315
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 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.	281622
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		460.00	
Fat		21.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		850.00mg	
Carbohydrates		44.00g	
Fiber		5.00g	
Sugar		5.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	217.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BAKED BEANS



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37353
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK NAVY	2 #10 CAN		118826
ONION DEHY CHPD	1/3 Cup		263036
BACON L/O 18-22CT CC FZ	16 Slice		247685
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Quart		100129
SMOKE LIQUID	1 Tablespoon		242152
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 1/4 Tablespoon		860221
SUGAR BROWN LT	1 Quart		860311

Preparation Instructions

Mix all together. Put in 6" half pan. Bake 350 for 4 hours

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		185.38	
Fat		2.16g	
SaturatedFat		0.40g	
Trans Fat*		0.00g	
Cholesterol		2.40mg	
Sodium		636.63mg	
Carbohydrates		35.14g	
Fiber		5.21g	
Sugar		14.95g	
Protein		8.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.26mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

CORN CHIP SALAD

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37638
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
BACON TOPPING 3/8IN DCD	1/4 Cup	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	104396
CHIP CORN	1 Package	READY TO EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040
Homemade Corn Chip Salad Dressing	2 1/2 Serving		R-26283

Preparation Instructions

Place Romaine in salad container. Chop egg and place in cup and place in salad container. May cup cheese and bacon if you wish or add to romaine. Serve with Homemade Corn chip Salad Dressing. Serve with Corn chips that customer will lightly crush and add to salad right before eating.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		543.26	
Fat		36.45g	
SaturatedFat		13.56g	
Trans Fat*		0.05g	
Cholesterol		270.55mg	
Sodium		1125.95mg	
Carbohydrates		27.48g	
Fiber		3.00g	
Sugar		7.68g	
Protein		26.16g	
Vitamin A	12.09IU	Vitamin C	0.04mg
Calcium	300.20mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BEEF AND CHEESE DIP



Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37701
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		126993
SPICE PAPRIKA SPANISH	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		225002
SPICE CHILI POWDER MILD	1 Cup 1 Fluid Ounce 1 1/2 Tablespoon (19 1/2 Tablespoon)		331473
MILK WHT 2	2 3/4 Gallon		504602
CHEESE AMER 160CT SLCD R/F	37 1/2 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUTTER PRINT SLTD GRD AA	1 1/2 Pound		191205
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158

Preparation Instructions

Cook ground beef: drain. Heat cooked ground beef, milk, cheese, butter, seasonings until cheese is melted and temp is 145 degrees.

20 chips and #10 scoop of cheese per serving

Meal Components (SLE)

Amount Per Serving

Meat	4.136
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.40	
Fat		23.12g	
SaturatedFat		11.05g	
Trans Fat*		1.95g	
Cholesterol		41.16mg	
Sodium		1026.83mg	
Carbohydrates		6.48g	
Fiber		0.00g	
Sugar		2.18g	
Protein		30.31g	
Vitamin A	79.97IU	Vitamin C	0.39mg
Calcium	469.09mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Locally sourced PORK PATTY MELT ON SOURDOUGH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38036
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD SRDGH SLCD 5/8 8-32Z ALPHA	2 Slice		183657
Pork, ground, 96% lean / 4% fat, raw	4 Ounce		10973
CHEESE PROV NAT SLCD .75Z	1 Slice		726532

Preparation Instructions

Toast sourdough bread on a sheet pan in the oven. Cook pork patties to an internal temperature of 155 degrees. Place cheese slice and cooked pork patty on 1 slice of toasted bread, top with 1 slice of toasted bread.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		446.73	
Fat		14.52g	
SaturatedFat		5.10g	
Trans Fat*		0.04g	
Cholesterol		81.67mg	
Sodium		695.71mg	
Carbohydrates		42.24g	
Fiber		0.00g	
Sugar		2.00g	
Protein		34.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.95mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

SAUSAGE, EGG BREAKFAST WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38037
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST TKY SAUS/EGG/CHS	1 Each	PREPARED Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.	535094

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		236.20	
Fat		10.10g	
SaturatedFat		3.70g	
Trans Fat*		0.00g	
Cholesterol		64.00mg	
Sodium		318.50mg	
Carbohydrates		27.00g	
Fiber		4.00g	
Sugar		1.00g	
Protein		11.10g	
Vitamin A	230.77IU	Vitamin C	0.20mg
Calcium	123.60mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

ZESTY SWEET POTATO FRIES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38038
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIBCUT	4 Ounce		192381

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.592
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		224.85	
Fat		10.65g	
SaturatedFat		0.59g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		591.72mg	
Carbohydrates		29.59g	
Fiber		2.37g	
Sugar		7.10g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.87mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOLIDAY CUPCAKE



Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38039
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP W/CRM	3 Fluid Ounce		881450
MIX CAKE WHT PLUS	1 Cup	BAKE FULL BATCH HALF BATCH 4 lb 8 oz (full box) Mix 2 lb 4 oz (8 cups) Mix 40 oz (5 cups) Water 20 oz (2 1 2 cups) Water 16 oz (8) Eggs 8 oz (4) Eggs 8 fl oz (1 cup) Vegetable Oil 4 fl oz (1 2 cup) Vegetable Oil 1. Place water, eggs and oil in mixer bowl. Add mix. Using a paddle, mix on low speed 1 minute. 2. Scrape bowl and paddle. Change to medium speed; mix 2 minutes. 3. Scale batter into greased or paper-lined pans.	294985
GELATIN MIX STRAWB	1 Tablespoon		524581

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	220.18		
Fat	6.55g		
SaturatedFat	4.43g		
Trans Fat*	0.02g		
Cholesterol	1.00mg		
Sodium	290.39mg		
Carbohydrates	39.18g		
Fiber	1.01g		
Sugar	24.04g		
Protein	1.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.39mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRENCH ROLL



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38040
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PETIT PAIN FREN 2Z	1 Each	BAKE ALLOW TO THAW FOR 30 MINUTES. BAKE IN PREHEATED OVEN AT 400F FOR 5-10 MINUTES ORUNTIL GOLDEN BROWN. ALLOW TO COOL 30 MINUTES BEFORE SERVING.	695591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		130.00	
Fat		0.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SEASONED WAFFLE FRIES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38299
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		160.00	
Fat		10.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHILI BAKED POTATO



Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38306
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI CON CARNE W/BEAN	1/2 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	103047

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.125
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		135.00	
Fat		3.00g	
SaturatedFat		1.25g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		550.00mg	
Carbohydrates		18.50g	
Fiber		4.00g	
Sugar		1.50g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY PULL APART BREAD



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38308
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW	1 Each	HEAT_AND_SERVE HEAT & SERVE: Heat frozen Pillsbury® Cheesy Pull-Apart in ovenable pouch. For best quality, follow heating and hold time directions. Preheat Oven. Place 15 (3x5) frozen Pillsbury® Cheesy Pull-Aparts on baking sheet. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Product can be held in refrigerator for up to 24 hours before preparing. HOLD TIME: Pillsbury® Cheesy Pull-Aparts may be held in warming cabinet for a maximum of 3 hours at 150°F. Do not refreeze. Discard any unused portion of Pillsbury® Cheesy Pull-Aparts. MICROWAVE: Place one pouch in microwave and heat 50-60 seconds. LET STAND one minute before removing from microwave.	809062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		300.00	
Fat		13.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		520.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	340.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE HEARTY BACON AND POTATO SOUP WITH PIZZA RIPPER



Servings:	336.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38312
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 18-22CT CC FZ	22 Pound		247685
POTATO RDSKN DCD FRSH	38 Pound		541117
ONION DEHY CHPD	1 Pint 3/4 Cup (2 3/4 Cup)		263036
SOUR CREAM	22 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MILK WHT 2	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)		504602
SOUP CRM OF CHIX	29 Pound 9 Ounce (473 Ounce)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CORN CUT SUPER SWT	4 Gallon 1 Pint (66 Cup)		851329
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 2/3 Tablespoon (3 2/3 Tablespoon)		225037
SPICE THYME LEAF	1 Fluid Ounce 1 2/3 Tablespoon (3 2/3 Tablespoon)		513814

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC SALT NO MSG	1 Fluid Ounce 1 2/3 Tablespoon (3 2/3 Tablespoon)		224847
BREADSTICK PIZZA STFD PEPP	336 Each	CONVECTION Cook for 9-12 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	736652

Preparation Instructions

Cook bacon until almost crispy. Drain but don't drain dry. Add potatoes, onion. Cook until potatoes are done. Add remaining ingredients. Cook until heated through

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.478

Nutrition Facts

Servings Per Recipe: 336.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		447.25	
Fat		20.97g	
SaturatedFat		9.30g	
Trans Fat*		0.00g	
Cholesterol		53.85mg	
Sodium		975.66mg	
Carbohydrates		40.87g	
Fiber		3.83g	
Sugar		6.54g	
Protein		24.68g	
Vitamin A	257.78IU	Vitamin C	0.40mg
Calcium	309.63mg	Iron	2.07mg

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

Nutrition - Per 100g

Calories		197.21
Fat		9.25g
SaturatedFat		4.10g
Trans Fat*		0.00g
Cholesterol		23.74mg
Sodium		430.19mg
Carbohydrates		18.02g
Fiber		1.69g
Sugar		2.89g
Protein		10.88g
Vitamin A	113.66IU	Vitamin C 0.18mg
Calcium	136.52mg	Iron 0.91mg

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

BELGIAN WAFFLE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38728
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BELGIAN SQ	1 Each		113821

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat*	0.00g		
Cholesterol	30.00mg		
Sodium	370.00mg		
Carbohydrates	27.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

SQUIRE'S HOMEMADE CHICKEN DIPPING SAUCE



Servings:	28.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38733
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY	1 3/4 Cup		225614
MUSTARD YELLOW	7 Fluid Ounce		807671
LEMON JUICE 100	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		311227
MAYONNAISE	1 Pint 1 1/2 Cup (3 1/2 Cup)		106933

Preparation Instructions

Mix together and refrigerate for at least one hour.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	20.00g		
SaturatedFat	3.00g		
Trans Fat*	0.00g		
Cholesterol	10.00mg		
Sodium	180.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	17.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORIENTAL VEGETABLES



Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38735
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1/2 Tablespoon		191205
VEG BLND ORIENTAL	1 Cup		285720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		40.00	
Fat		2.75g	
SaturatedFat		1.75g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		27.50mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE LASAGNA



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38740
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	4 Pound		100158
Spaghetti Sauce	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		852759
SOUP TOMATO	1 Pound 5 1/2 Ounce (21 1/2 Ounce)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
Tap Water for Recipes	1 Pint 2/3 Cup (2 2/3 Cup)	UNPREPARED	
CHEESE MOZZ SHRD	3 Quart	READY_TO_EAT Preshredded. Use cold or melted.	645170
PASTA LASGN WAVY	24 Piece		772691

Preparation Instructions

Cook ground beef to an internal temp of 155 degrees. Add spaghetti sauce, tomato sauce, and water. In a 2 1/2" hotel pan, layer 4 cups meat sauce, 8 lasagna noodles, then 4 cups mozzarella cheese, 8 lasagna noodles, 4 cups meat sauce, 4 cups mozzarella cheese, then 4 cups sauce. Bake to an internal temp of 145 degrees. Top with 4 cups mozzarella and return to oven until cheese is golden brown.

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		495.22	
Fat		25.38g	
SaturatedFat		10.98g	
Trans Fat*		1.99g	
Cholesterol		81.74mg	
Sodium		957.88mg	
Carbohydrates		34.35g	
Fiber		1.72g	
Sugar		10.81g	
Protein		33.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	443.42mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

ITALIAN HERB AND GARLIC BREADSTICK



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38741
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK ITAL 8IN	1 Each	BAKE Bake for 5 minutes at 350 degrees F.	219630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		140.00	
Fat		1.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRIED CHICKEN BREAST FILLET



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39246
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD	1 Each		666531

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		230.00	
Fat		9.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		620.00mg	
Carbohydrates		20.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jr SQUIRE TOTCHOS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39553
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3/4 Cup	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. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	Blue scoop	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		198.80	
Fat		11.23g	
SaturatedFat		4.84g	
Trans Fat*		0.00g	
Cholesterol		41.81mg	
Sodium		479.40mg	
Carbohydrates		11.16g	
Fiber		2.00g	
Sugar		2.00g	
Protein		13.93g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.13mg	Iron	1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

TWISTED BREAD STICK



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39576
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		140.00	
Fat		3.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydrates		26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CINNAMON FILLED PRETZEL STICK



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39577
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL STIX CINN WGRAIN IW	1 Each		550840

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		150.00	
Fat		2.50g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		115.00mg	
Carbohydrates		30.00g	
Fiber		3.00g	
Sugar		8.00g	
Protein		4.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

TOTCHOS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39579
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	Blue scoop	722330
POTATO TATER TOTS	5 0.04 Ounce	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. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
SAUCE CHS CHED MILD	1/4 Cup	HEAT_AND_SERVE Ready to eat. Serve at a minimum temperature of 140 °F. READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		248.75	
Fat		12.84g	
SaturatedFat		3.41g	
Trans Fat*		0.00g	
Cholesterol		39.86mg	
Sodium		1004.76mg	
Carbohydrates		19.09g	
Fiber		2.61g	
Sugar		4.61g	
Protein		15.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.86mg	Iron	2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

NACHO CHICKEN DIP



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39719
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE BLND MEX SHRD FINE	1 1/2 Pound		731374
SALSA 103Z	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
BEAN REFRD VEGTAR	2 Quart 1/4 Cup (8 1/4 Cup)	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Pound	UNSPECIFIED Not currently available	570533

Preparation Instructions

Spread one bag of beans evenly in n bottom of a 2 1/2-inch hotel pan. Prepare according to package directions—layer chicken over the beans. Spread one can of salsa over the chicken. Bake at 350 degrees for approximately 25 minutes or until temp reaches 165. Dip into bowls with a #5 scoop. Top with cheese before putting into pass-thru. Serve with chips.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		309.94	
Fat		12.35g	
SaturatedFat		6.61g	
Trans Fat*		0.44g	
Cholesterol		54.44mg	
Sodium		906.08mg	
Carbohydrates		25.84g	
Fiber		6.19g	
Sugar		2.86g	
Protein		21.09g	
Vitamin A	282.93IU	Vitamin C	0.00mg
Calcium	233.68mg	Iron	4.77mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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NACHO CHIPS



Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39720
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		240.00	
Fat		9.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		150.00mg	
Carbohydrates		40.00g	
Fiber		4.00g	
Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.00mg

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

Nutrition - Per 100g

Calories		423.29	
Fat		15.87g	
SaturatedFat		1.76g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		264.55mg	
Carbohydrates		70.55g	
Fiber		7.05g	
Sugar		0.00g	
Protein		7.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.40mg	Iron	3.53mg

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

DIRI AK PWA (RICE AND BEANS)



Servings:	50.00	Category:	Grain
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39787
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO PREWSHD	1 0		788770
RICE JASMINE	6 1/4 Pound		230782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

Calories	35.27		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.94g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.08mg

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

BURMESE CHICKEN CURRY



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39788
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CVP THGH BNLS JMBO	12 Pound 8 Ounce (200 Ounce)		138193
SALT IODIZED	1 Fluid Ounce	READY_TO_EAT used to salt food	108286
SPICE TURMERIC GRND	1/4 Cup		514187
SPICE GINGER GRND	1/2 Cup		513695
GARLIC CHPD IN WTR	1/4 Cup		321565
ONION DCD 1/4IN	8 Ounce		198307
OIL SALAD CANOLA NT	1/2 Cup		393843
SPICE CHILI POWDER MILD	1 Fluid Ounce		331473
TOMATO CRSHD A/P	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	248096
SAUCE SOY LITE	1 Fluid Ounce		466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5	1 Tablespoon		629640
LEMONGRASS PUREE	1 Fluid Ounce		665736

Preparation Instructions

TUMERIC STAINS EVERYTHING YELLOW. DON'T GET ON CLOTHES.

1. Day before service, mix together salt, turmeric, and ginger.
2. Add Chicken to a large Cambro and sprinkle with the seasoning mixture. Use gloved hands- it will stain ungloved hands yellow.
3. Day of service, add oil to tilt skillet on medium to low heat.
4. Add onion, and cook until soft and translucent, approx. 3-5 minutes.
5. Add garlic and chili powder. Cook until fragrant. Approx. 1 minute.
6. Ad chicken to tilt skillet, cook on each side 3-4 minutes.
7. Mix tomatoes, soy sauce, vinegar, and lemongrass. Pour over chicken, bring to a simmer stir.
8. Close lid and simmer on low for approx. 30 minutes. Chicken should be tender and internal temp 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		182.36	
Fat		6.74g	
SaturatedFat		1.16g	
Trans Fat*		0.00g	
Cholesterol		105.00mg	
Sodium		506.05mg	
Carbohydrates		6.73g	
Fiber		0.00g	
Sugar		3.26g	
Protein		23.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.12mg	Iron	1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

APPLE NACHOS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39790
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1/2 Cup		792382
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
CHOC CHIPS SMISWT MINI	1 Fluid Ounce		874525
SAUCE CARAMEL SEA SLT	1/2 Ounce	READY_TO_EAT Ready to use	523262

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

- Approximately 6 apple slices - 22 servings per bag.
#8 scoop for yogurt
#30 scoop for chocolate chips
1 bottle of caramel sauce does 50 apple nachos

Meal Components (SLE)

Amount Per Serving	
Meat	1.001
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		586.27	
Fat		18.27g	
SaturatedFat		5.73g	
Trans Fat*		0.00g	
Cholesterol		5.34mg	
Sodium		306.27mg	
Carbohydrates		105.18g	
Fiber		8.00g	
Sugar		63.68g	
Protein		9.69g	
Vitamin A	100.00IU	Vitamin C	4.80mg
Calcium	170.29mg	Iron	3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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"UNCRUSTABLE" BREAKFAST SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40380
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN	1 Each		261748

Preparation Instructions

Basic Preparation:
Place frozen individually wrapped sandwiches on an oven-safe tray and heat in the oven-safe wrapper. No need to thaw or vent.

Thawing Instructions:
None. Heat from frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	230.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORIENTAL GRILLED CHICKEN SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40412
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FC LRG	2 Ounce		219011
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CARROT MATCHSTICK SHRED	1/4 Cup		198161
CABBAGE RED SHRED 1/8IN	1/2 Cup		212679
ALMOND SLIVERED BLNCHD	1/2 Ounce		134890
ORANGES MAND WHL L/S	1/2 Cup		117897
Oriental Grilled Chicken Salad Dressing	1 Serving		R-40413
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
CRACKER ENG SPANSH SMART	1 Ounce		159361

Preparation Instructions

Chicken - FULLY COOKED, HEAT, AND SERVE.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		646.31	
Fat		25.48g	
SaturatedFat		3.88g	
Trans Fat*		0.11g	
Cholesterol		60.67mg	
Sodium		715.02mg	
Carbohydrates		85.78g	
Fiber		9.30g	
Sugar		40.43g	
Protein		25.76g	
Vitamin A	5388.51IU	Vitamin C	27.76mg
Calcium	120.58mg	Iron	4.87mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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ORIENTAL GRILLED CHICKEN SALAD DRESSING



Servings:	12.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40413
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD	1 Pint	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or use as a custom base to your own signature sauce.	107042
VINEGAR RICE WINE SEAS	1/2 Cup	READY_TO_EAT Use directly from the bottle.	661651
HONEY	3/4 Cup		225614
MUSTARD DIJON PLAS	1 Fluid Ounce		312267
OIL SESAME PURE	1 1/2 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00			
Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories		220.83	
Fat		14.18g	
SaturatedFat		2.22g	
Trans Fat*		0.21g	
Cholesterol		21.33mg	
Sodium		402.03mg	
Carbohydrates		23.67g	
Fiber		0.00g	
Sugar		21.00g	
Protein		0.27g	
Vitamin A	27.41IU	Vitamin C	0.03mg
Calcium	3.41mg	Iron	0.11mg

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

Nutrition - Per 100g

Calories				389.48
Fat				25.02g
SaturatedFat				3.91g
Trans Fat*				0.38g
Cholesterol				37.63mg
Sodium				709.07mg
Carbohydrates				41.74g
Fiber				0.00g
Sugar				37.04g
Protein				0.47g
Vitamin A	48.35IU	Vitamin C		0.05mg
Calcium	6.02mg	Iron		0.19mg

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

FRUIT BY THE FOOT



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40419
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK FRT BY THE FOOT R/S	1 Each	READY_TO_EAT READY TO EAT	213941

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	1.00g		
SaturatedFat	0.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

LIME SHERBET



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40925
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHERBET CUP LIME	1 Each		528720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		110.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		26.00g	
Fiber		0.00g	
Sugar		21.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PURPLE STICKY RICE



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40939
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE*PURPLE STICKY 10# BX	1/2 Cup		04583

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		356.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		75.60g	
Fiber		2.20g	
Sugar		0.00g	
Protein		8.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.40mg

*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

HOMEMADE YUM YUM SAUCE



Servings:	16.00	Category:	Condiments or Other
Serving Size:	2.50 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40971
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 Pint		659932
KETCHUP FCY JUG W/PUMP	1 Fluid Ounce	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	695530
BUTTER PRINT SLTD GRD AA	1 Fluid Ounce		191205
SPICE GARLIC POWDER	1 Tablespoon		224839
SPICE ONION POWDER	2 Teaspoon		126993
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
Tap Water for Recipes	1/4 Cup	UNPREPARED	000001WTR

Preparation Instructions

Combine mayonnaise, tomato paste, melted butter, garlic powder, onion powder, smoked paprika, water, sugar, and hot sauce (optional) in a small food processor. Blend well.

For best results, allow the sauce to chill and the flavors to marry for at least 1 hour.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 2.50 Tablespoon			
Amount Per Serving			
Calories		95.00	
Fat		8.38g	
SaturatedFat		1.88g	
Trans Fat*		0.00g	
Cholesterol		13.75mg	
Sodium		241.25mg	
Carbohydrates		1.13g	
Fiber		0.00g	
Sugar		0.50g	
Protein		0.00g	
Vitamin A	12.50IU	Vitamin C	0.15mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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BUSH'S BLACK BEANS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40973
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1/4 Cup		231981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		65.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		67.50mg	
Carbohydrates		11.50g	
Fiber		3.00g	
Sugar		0.50g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

SHREDDED RED CABBAGE



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40974
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE RED	1/4 Cup		596965

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	10.90		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	10.50mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.55g		
Vitamin A	12.38IU	Vitamin C	12.90mg
Calcium	15.75mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

SHREDDED CARROTS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40975
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK SHRED	1/4 Cup		198161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		12.50	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		22.50mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		1.50g	
Protein		0.25g	
Vitamin A	5350.05IU	Vitamin C	1.95mg
Calcium	10.50mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

SEASONED BEEF STEAK



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40976
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD	3 Ounce		710831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		120.00	
Fat		7.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		645.00mg	
Carbohydrates		1.50g	
Fiber		0.00g	
Sugar		1.50g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.08mg

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

Nutrition - Per 100g

Calories		141.10	
Fat		8.82g	
SaturatedFat		3.53g	
Trans Fat*		0.00g	
Cholesterol		35.27mg	
Sodium		758.39mg	
Carbohydrates		1.76g	
Fiber		0.00g	
Sugar		1.76g	
Protein		12.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	1.27mg

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

DICED COOKED CHICKEN



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40977
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce		100101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	72.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	42.00mg		
Sodium	56.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	126.99		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	74.08mg		
Sodium	98.77mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

SWEET BABY RAY'S TERIYAKI SAUCE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	3.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40983
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TERIYAKI	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	417622

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Tablespoon

Amount Per Serving			
Calories		120.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		960.00mg	
Carbohydrates		27.00g	
Fiber		0.00g	
Sugar		24.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

DICED, HARD-BOILED EGGS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40985
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF	1 Fluid Ounce		192198

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories		53.33	
Fat		3.33g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		123.33mg	
Sodium		40.00mg	
Carbohydrates		0.67g	
Fiber		0.00g	
Sugar		0.67g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.67mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

4 FRENCH TOAST STICKS



Servings:	1.00	Category:	Grain
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41005
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories		265.70	
Fat		9.70g	
SaturatedFat		1.60g	
Trans Fat*		0.14g	
Cholesterol		0.00mg	
Sodium		305.40mg	
Carbohydrates		38.00g	
Fiber		3.30g	
Sugar		9.00g	
Protein		6.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.71mg	Iron	1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

SMOKED SAUSAGE ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41701
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each		53071
SAUSAGE SMKD 4/	1 Each		307661

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		475.21	
Fat		31.09g	
SaturatedFat		11.33g	
Trans Fat*		1.03g	
Cholesterol		75.00mg	
Sodium		1314.84mg	
Carbohydrates		28.35g	
Fiber		2.28g	
Sugar		4.59g	
Protein		20.17g	
Vitamin A	35.24IU	Vitamin C	0.01mg
Calcium	56.33mg	Iron	2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEF'S CHOICE SALADS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43404
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BREAKFAST PIZZA BAGEL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43449
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST BGL WGRAIN TKY	1 Each		274456

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		180.00	
Fat		6.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		380.00mg	
Carbohydrates		23.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SLICED BLACK OLIVES



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43865
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OLIVE RIPE SLCD	1 Fluid Ounce		328391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	25.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

MATCHSTICK SHREDDED CARROTS



Servings:	1.00	Category:	Vegetable
Serving Size:	2.50 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43866
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK SHRED	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		198161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50 Tablespoon

Amount Per Serving			
Calories		13.89	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		25.00mg	
Carbohydrates		3.33g	
Fiber		1.11g	
Sugar		1.67g	
Protein		0.28g	
Vitamin A	5944.44IU	Vitamin C	2.17mg
Calcium	11.67mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

DICED FRESH CUCUMBERS



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43868
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER ENG SDLSS	1 Fluid Ounce		532312

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	0.98		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.13mg		
Carbohydrates	0.25g		
Fiber	0.04g		
Sugar	0.13g		
Protein	0.04g		
Vitamin A	6.83IU	Vitamin C	0.18mg
Calcium	1.04mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

GRAPE AND CHERRY TOMATOES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43869
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE/CHERRY MEDLEY	1/4 Cup		870169

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	1.75g		
Fiber	0.50g		
Sugar	1.25g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH BABY SPINACH



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43872
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	1 Cup		560545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		5.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		25.00mg	
Carbohydrates		1.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH CUT ROMAINE



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43876
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND	1 Cup		702609

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		10.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		2.00mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

SLICED BANANA PEPPERS



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43879
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	1 Fluid Ounce		466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories		10.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		560.00mg	
Carbohydrates		2.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

GRILLED CHICKEN BREAST STRIPS FOR SALAD



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43881
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP GRLLD	2 Ounce	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the strips on a lined (non-stick) sheet pan. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 14-17 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 portions on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting 1 1 2 - 2 1 2 minutes. Stir product half way through heating time.	411181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	80.00		
Fat	1.67g		
SaturatedFat	0.33g		
Trans Fat*	0.00g		
Cholesterol	40.00mg		
Sodium	213.33mg		
Carbohydrates	0.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.67mg	Iron	0.53mg

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

Nutrition - Per 100g

Calories	141.10		
Fat	2.94g		
SaturatedFat	0.59g		
Trans Fat*	0.00g		
Cholesterol	70.55mg		
Sodium	376.26mg		
Carbohydrates	1.18g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.94mg

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

HARD BOILED EGG



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43883
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK	1 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		70.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		170.00mg	
Sodium		55.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SHREDDED PARMESAN CHEESE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43884
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHRD FCY	1/2 Ounce		460095

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Ounce

Amount Per Serving			
Calories		55.00	
Fat		4.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		12.50mg	
Sodium		140.00mg	
Carbohydrates		0.50g	
Fiber		0.50g	
Sugar		0.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	133.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories		388.01	
Fat		28.22g	
SaturatedFat		17.64g	
Trans Fat*		0.00g	
Cholesterol		88.18mg	
Sodium		987.67mg	
Carbohydrates		3.53g	
Fiber		3.53g	
Sugar		0.00g	
Protein		31.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	938.29mg	Iron	0.00mg

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

GOLDEN ITALIAN DRESSING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43885
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL GLDN	2 Ounce	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.38mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY FRENCH DRESSING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43886
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN HNY PKT	1 Each		266515

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	190.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BALSAMIC VINAIGRETTE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43887
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING BALSM VINAG	2 Ounce	READY_TO_EAT Ready to use.	281801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SUPER SWEET CORN FOR SALAD



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43888
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	1/4 Cup		358991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	37.31		
Fat	0.37g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.84g		
Fiber	0.37g		
Sugar	1.87g		
Protein	1.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE BEEF TACO MEAT for TACO SALAD



Servings:	64.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43889
School:	Manchester High School		

Ingredients

Description		Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound			100158
Tap Water for Recipes	1 Pint 2/3 Cup (2 2/3 Cup)		UNPREPARED	000001WTR
ONION DEHY CHPD	2 Fluid Ounce 1 1/3 Tablespoon (5 1/3 Tablespoon)			263036
SEASONING TACO	10 2/3 Ounce			413429

Preparation Instructions

Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	167.46		
Fat	11.20g		
SaturatedFat	3.73g		
Trans Fat*	1.87g		
Cholesterol	48.51mg		
Sodium	370.79mg		
Carbohydrates	2.95g		
Fiber	0.71g		
Sugar	0.70g		
Protein	13.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.39mg	Iron	0.49mg

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

Nutrition - Per 100g

Calories	295.35		
Fat	19.75g		
SaturatedFat	6.58g		
Trans Fat*	3.29g		
Cholesterol	85.55mg		
Sodium	653.96mg		
Carbohydrates	5.20g		
Fiber	1.24g		
Sugar	1.23g		
Protein	24.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.69mg	Iron	0.87mg

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

NACHO DORITO for TACO SALAD



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43890
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		190.00	
Fat		7.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		280.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

TWISTED BREAD STICK



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43901
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		140.00	
Fat		3.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydrates		26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SLICED BAGEL WITH PEANUT BUTTER



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43903
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each		217911
PEANUT BUTTER CUP	1 Each		573880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		260.00	
Fat		11.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		33.00g	
Fiber		6.00g	
Sugar		7.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

COOKED, DICED HAM FOR SALADS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43925
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/4 Ounce	UNSPECIFIED	100184

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	37.91		
Fat	2.05g		
SaturatedFat	1.02g		
Trans Fat*	0.00g		
Cholesterol	18.44mg		
Sodium	237.70mg		
Carbohydrates	2.05g		
Fiber	0.00g		
Sugar	1.02g		
Protein	5.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	133.72		
Fat	7.23g		
SaturatedFat	3.61g		
Trans Fat*	0.00g		
Cholesterol	65.05mg		
Sodium	838.48mg		
Carbohydrates	7.23g		
Fiber	0.00g		
Sugar	3.61g		
Protein	18.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

PECAN PIECES FOR SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43938
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PECAN PCS MED	1 Ounce		134830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories		190.91	
Fat		20.00g	
SaturatedFat		1.82g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		3.64g	
Fiber		2.73g	
Sugar		0.91g	
Protein		2.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.09mg	Iron	0.69mg

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

Nutrition - Per 100g

Calories		673.41	
Fat		70.55g	
SaturatedFat		6.41g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		12.83g	
Fiber		9.62g	
Sugar		3.21g	
Protein		9.62g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.34mg	Iron	2.44mg

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

CHILI CHEESE CORN CHIPS FOR SALAD



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43939
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fritos Chili Cheese Corn Chips	1 Bag		123193

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	160.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	40.00mg	Iron	0.30mg

*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

CORN CHIPS FOR SALAD



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43940
School:	Manchester High School		

Ingredients

Description Measurement		Prep Instructions	DistPart #
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		160.00	
Fat		10.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		150.00mg	
Carbohydrates		16.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

OCEAN SPRAY CRAISINS



Servings:	1.00	Category:	Fruit
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43941
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED SWTND	1/4 Cup		350882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	29.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

DICED BELL PEPPERS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43942
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DCD 3/8IN	1/4 Cup		581992

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	9.50		
Fat	0.05g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.70mg		
Carbohydrates	2.50g		
Fiber	0.40g		
Sugar	1.50g		
Protein	0.30g		
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	3.06mg	Iron	0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY ROASTED SESAME STICKS



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44015
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Roasted Sesame Sticks	1 Ounce	READY_TO_EAT	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	150.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	529.11		
Fat	31.75g		
SaturatedFat	5.29g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1269.86mg		
Carbohydrates	52.91g		
Fiber	3.53g		
Sugar	10.58g		
Protein	10.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

SUN CHIPS for SALAD



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44043
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP GARDEN SALSA	1 Package	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.	712270

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		210.00	
Fat		9.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		210.00mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD BAR



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44867
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

6 FRENCH TOAST STICKS



Servings:	1.00	Category:	Grain
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44871
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	6 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories		398.55	
Fat		14.55g	
SaturatedFat		2.40g	
Trans Fat*		0.21g	
Cholesterol		0.00mg	
Sodium		458.10mg	
Carbohydrates		57.00g	
Fiber		4.95g	
Sugar		13.50g	
Protein		9.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.57mg	Iron	2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE GLAZED HAM LOAF MADE WITH LOCAL PORK



Servings:	12.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44924
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND 75 LEAN	2 Pound		259373
HAM GROUND	2 Pound	BAKE Fully cooked and ready to use	158850
BREAD CRUMB PANKO	1 Quart	UNPREPARED See Package Instructions	198011
EGG SHL LRG A GRD	4 Each		206539
MILK WHT 2	1 Cup		504602
SUGAR BROWN LT	1 1/2 Cup		860311
Tap Water for Recipes	3/4 Cup	UNPREPARED	
VINEGAR APPLE CIDER 5	1/2 Cup		430795
SPICE MUSTARD GRND	1 Teaspoon		224928

Preparation Instructions

In a bowl, combine pork, ham, bread crumbs, eggs, and milk. Shape into 24 balls, each one is 1/2 cup. Place in an ungreased baking pan. Combine brown sugar, water, vinegar, and mustard; pour over the balls. Bake uncovered at 350 degrees until temp reaches 165 degrees. Baste every 15-20 minutes during baking.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		491.68	
Fat		29.06g	
SaturatedFat		9.81g	
Trans Fat*		0.00g	
Cholesterol		176.00mg	
Sodium		878.48mg	
Carbohydrates		22.33g	
Fiber		1.33g	
Sugar		6.00g	
Protein		36.44g	
Vitamin A	41.70IU	Vitamin C	0.26mg
Calcium	51.70mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRENCH DIP ON CIABATTA ROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45172
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CIABATTA SLCD 4.25IN	1 Each	THAW Keep frozen until ready to use. Thaw & serve. For extra crispiness, bake at 400°F for 2 - 4 minutes.	454220
BEEF STK PHLL CKD	3 Ounce		710831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		440.00	
Fat		16.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		1385.00mg	
Carbohydrates		46.50g	
Fiber		2.00g	
Sugar		1.50g	
Protein		23.50g	
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	205.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN DIP



Servings:	10.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45176
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF	8 Ounce	READY_TO_EAT ready to eat	163562
MAYONNAISE LT	1 Cup		659932
SALSA 103Z	3/4 Cup	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	452841
Diced Chicken	1 Pint		
SPICE GARLIC SALT NO MSG	3/4 Teaspoon		224847
ONION DEHY CHPD	1 Tablespoon		263036
SOUP CRM OF CHIX	10 3/4 Ounce	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101125
CHEESE AMER SHRD EXTRA MELT	1 Pound		643872

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.200
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		348.86	
Fat		29.12g	
SaturatedFat		15.40g	
Trans Fat*		0.00g	
Cholesterol		77.52mg	
Sodium		1250.01mg	
Carbohydrates		7.33g	
Fiber		0.30g	
Sugar		2.16g	
Protein		12.70g	
Vitamin A	26.33IU	Vitamin C	0.00mg
Calcium	286.87mg	Iron	0.41mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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MJSH CHEESY HAM AND POTATO SOUP



Servings:	16.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45179
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Quart		000001WTR
POTATO DCD	1/3 #10 CAN		118583
CARROT DCD 1/4IN	1 Cup	Carrots purchased fresh already diced. May purchase local carrots and dice them yourself.	200972
CELERY DCD 1/4IN	1 Cup	Celery purchased fresh already diced. May purchase in bulk and dice it yourself.	198196
SALT IODIZED	1 1/2 Teaspoon	READY_TO_EAT used to salt food	108286
FLOUR A/P PASTRY	1/2 Cup		260231
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
MILK WHT 2	1 Quart		504602
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/2 Pound		100184
CHEESE AMER SHRD R/F	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

COOK VEGETABLES UNTIL TENDER. DON'T DRAIN. ADD HAM. MAKE WHITE SAUCE WITH BUTTER, FLOUR, AND MILK. ADD CHEESE TO THE SAUCE. STIR UNTIL MELTED. ADD SAUCE TO VEGETABLES. DON'T BOIL AFTER PUTTING TOGETHER. (IT WILL CURDLE).

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		237.98	
Fat		13.69g	
SaturatedFat		7.97g	
Trans Fat*		0.00g	
Cholesterol		57.13mg	
Sodium		1121.01mg	
Carbohydrates		17.12g	
Fiber		1.31g	
Sugar		2.73g	
Protein		15.80g	
Vitamin A	1820.47IU	Vitamin C	1.20mg
Calcium	294.88mg	Iron	0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMADE GROUND BEEF STROGANOFF for BAKED POTATO



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45469
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound		100158
BUTTER PRINT SLTD GRD AA	1 Cup 7 Fluid Ounce (30 Tablespoon)		191205
FLOUR A/P PASTRY	1 Pint 1 Tablespoon (33 Tablespoon)		260231
ONION DEHY CHPD	1/4 Cup		263036
SPICE GARLIC POWDER	1 1/4 Teaspoon		224839
BROTH BF NO MSG	3 Quart 1 Pint 1 Cup (15 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	504599

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM	6 Pound 11 1/2 Ounce (107 1/2 Ounce)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUR CREAM	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Cook ground beef with onions and garlic until thoroughly cooked and the temp is at least 155 degrees: drain. Set, aside. Melt butter, then add flour and whisk, allowing the flour to absorb the butter. Add beef broth and whisk vigorously to remove any lumps. Turn the heat up to high, bringing it to a boil for 2-3 minutes, stirring, until it thickens slightly. Bring the temp down to medium and whisk in sour cream and mushroom soup. Stir until thoroughly mixed. If the mixture is too thick, you may add a little more broth. Add ground beef to the sauce mixture. Heat until the temperature is at least 145 degrees. Serve over baked potato

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	349.23
Fat	26.05g
SaturatedFat	11.92g
Trans Fat*	2.39g
Cholesterol	97.43mg
Sodium	585.43mg
Carbohydrates	8.11g
Fiber	0.70g
Sugar	2.19g
Protein	18.98g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.08mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

MINI ICE CREAM SANDWICH



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45475
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ SAND ICE CRM MINI	1 Each		588725

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		90.00	
Fat		1.50g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		50.00mg	
Carbohydrates		17.00g	
Fiber		0.00g	
Sugar		9.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

KOREAN BBQ DICED CHICKEN



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45609
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
SAUCE BBQ KOREAN	1 1/2 Teaspoon	READY_TO_EAT This flavor-rich, ready-to-use glaze adds a sweet Asian touch to whatever on-trend entree it is applied to, especially pork, chicken and seafood dishes to give your operation a competitive edge.	632971

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	87.00		
Fat	2.13g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	42.00mg		
Sodium	126.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.50g		
Protein	12.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	153.44		
Fat	3.75g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	74.08mg		
Sodium	222.23mg		
Carbohydrates	5.29g		
Fiber	0.00g		
Sugar	4.41g		
Protein	21.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

SHRIMP POPPERS



Servings:	1.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45864
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	1 1/2 Cup	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM	340922

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.50 Cup

Amount Per Serving			
Calories		340.00	
Fat		14.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		90.00mg	
Sodium		680.00mg	
Carbohydrates		38.00g	
Fiber		6.00g	
Sugar		2.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

HONEY SRIRACHA CHICKEN SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45884
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
CHIX BRST CHNK BRD SRIRACHA	4 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: Preheat oven to 375°F. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes.	750892
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Preparation & Cooking

Convection Oven from Frozen: Preheat oven to 350 degrees. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.300
Grain	2.660
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		430.00	
Fat		16.50g	
SaturatedFat		5.69g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		690.00mg	
Carbohydrates		43.00g	
Fiber		3.50g	
Sugar		7.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	278.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BACON, CHEESE EGG BITE WITH DONUT HOLES



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45885
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	4 Each		839520
Abbotsford Farms® American Humane Certified Cage Free Fully Cooked Cheese and Bacon Egg Bite, 120/1.75oz	1 Each		455682

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		296.67	
Fat		18.67g	
SaturatedFat		8.17g	
Trans Fat*		0.00g	
Cholesterol		115.00mg	
Sodium		523.33mg	
Carbohydrates		22.00g	
Fiber		1.33g	
Sugar		5.00g	
Protein		10.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.33mg	Iron	1.57mg

*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

2 TACOS WITH HOMEMAADE TACO MEAT and CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46548
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	2 Each		713330
Homemade Taco meat	2 Serving	Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.	R-43889
CHEESE AMER SHRD R/F	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		443.86	
Fat		19.54g	
SaturatedFat		8.03g	
Trans Fat*		1.87g	
Cholesterol		56.31mg	
Sodium		1075.19mg	
Carbohydrates		45.99g	
Fiber		2.71g	
Sugar		3.22g	
Protein		23.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	165.27mg	Iron	2.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

2 TORTILLA WITH FAJITA CHICKEN AND CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46684
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	5 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR 8IN	2 Each		713330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

APPLIANCES VARY - ADJUST ACCORDINGLY. CONVECTIONAL OVEN: 350°F, REHEAT 25 - 30 MINUTES FROM FROZEN. CONVECTION OVEN: SET AT 400°F, 15 - 20 MINUTES FROM FROZEN. MICROWAVE OVEN: REHEAT 3 1/2 MINUTES ON HIGH SETTING FROM FORZEN.

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		528.33	
Fat		22.17g	
SaturatedFat		9.33g	
Trans Fat*		0.00g	
Cholesterol		148.33mg	
Sodium		1221.67mg	
Carbohydrates		45.83g	
Fiber		2.00g	
Sugar		2.00g	
Protein		37.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	186.83mg	Iron	3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

COUNTRY GRAVY



Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46686
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CENTRY	1 1/2 Pound	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	455555
Tap Water for Recipes	1 Gallon	UNPREPARED	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	0.40		
Fat	0.01g		
SaturatedFat	0.01g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	2.03mg		
Carbohydrates	0.06g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	0.70		
Fat	0.02g		
SaturatedFat	0.02g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	3.57mg		
Carbohydrates	0.11g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.00mg

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

ROLLED CRUST PEPPERONI PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47389
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pepperoni Pizza	1	CONVECTION Convection Oven 350 degrees F, for 13-17 minutes Cook to an internal temperature of 160 degrees F Prepare from frozen state	503962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		260.00	
Fat		11.00g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		360.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	173.60mg	Iron	1.80mg

*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

BUTTERMILK PANCAKES



Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47822
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK	2 Each		285577

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		153.33	
Fat		2.00g	
SaturatedFat		0.33g	
Trans Fat*		0.00g	
Cholesterol		3.33mg	
Sodium		340.00mg	
Carbohydrates		28.67g	
Fiber		0.67g	
Sugar		6.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

SAUSAGE and PANCAKE WRAP ON A STICK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47823
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WRAP TKY MAPL	1 Each		696160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		200.00	
Fat		10.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		25.00mg	
Sodium		310.00mg	
Carbohydrates		17.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sausage Link



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47824
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK CKD SKNLS 1Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	734969

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat*	0.00g		
Cholesterol	25.00mg		
Sodium	200.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM, EGG, CHEESE ENGLISH MUFFIN SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47825
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 300 - 1.25Z	1 Each		427073
HAM SLCD .5Z	1 Slice		294187
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648
Bongards Yellow Process American Loaf - 5#	14 Gram		123646

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.375
Grain	2.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		257.52	
Fat		9.87g	
SaturatedFat		3.63g	
Trans Fat*		0.00g	
Cholesterol		112.46mg	
Sodium		595.00mg	
Carbohydrates		26.75g	
Fiber		1.00g	
Sugar		1.75g	
Protein		12.25g	
Vitamin A	0.00IU**	Vitamin C	0.00mg
Calcium	184.98mg	Iron	2.00mg

*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

EGG, CHEESE ENGLISH MUFFIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47826
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 300 - 1.25Z	1 Each		427073
Bongards Yellow Process American Loaf - 5#	14 Gram		123646
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		245.02	
Fat		9.49g	
SaturatedFat		3.51g	
Trans Fat*		0.00g	
Cholesterol		107.46mg	
Sodium		495.00mg	
Carbohydrates		26.50g	
Fiber		1.00g	
Sugar		1.50g	
Protein		10.00g	
Vitamin A	0.00IU**	Vitamin C	0.00mg
Calcium	184.98mg	Iron	1.90mg

*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

NACHOS WITH BBQ PULLED PORK AND QUESO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48349
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	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.	722110
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702
CHIP TORTL RND BITE LSSV	1 Package	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.	538263

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		536.60	
Fat		27.60g	
SaturatedFat		8.85g	
Trans Fat*		0.01g	
Cholesterol		61.50mg	
Sodium		791.50mg	
Carbohydrates		45.00g	
Fiber		2.10g	
Sugar		0.00g	
Protein		21.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

ROASTED RATATOUILLE MADE WITH LOCAL VEGETABLES



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48366
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Squash, summer, zucchini, includes skin, raw	13 1/2 cup, sliced		11477
SQUASH MED YEL S/N	3 1/2 Pound		198935
ONION RED JUMBO	2 Each		198722
PEPPERS GREEN LRG	3 Each		592315
PEPPERS RED	3 Each		597082
TOMATO GRAPE/CHERRY MEDLEY	1 1/2 Pound		870169
SALT KOSHER	1 1/2 Teaspoon		176447
SPICE PEPR BLK 30 MESH REG GRIND	1 1/2 Teaspoon		225045
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SEASONING ITAL HRB	2 Fluid Ounce		428574
OIL OLIVE PURE	1/2 Cup		432061

Preparation Instructions

Bake in a 375-degree oven. Clean and slice veggies (Cut Squash in half moons, thinly slice onions and peppers). Line cookie sheets with parchment paper. Place veggies in a single layer. Mix oil and spices and pour evenly over the veggies. Toss to coat. Roast in oven until tomatoes pop and other veggies start to caramelize, approximately 15 minutes. Place in a 2-inch full-size pan and hold until time of service.

This recipe was developed by Chef Wesley Penland - Monroe County School District, Bloomington, IN

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		53.54	
Fat		2.75g	
SaturatedFat		0.42g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		30.59mg	
Carbohydrates		7.61g	
Fiber		2.01g	
Sugar		4.27g	
Protein		1.48g	
Vitamin A	980.51IU	Vitamin C	71.93mg
Calcium	25.53mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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PINEAPPLE TIDBIT CUP



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48582
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP	1/2 Cup	READY_TO_EAT Ready to Eat	216300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories	61.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.11g		
Fiber	0.88g		
Sugar	13.23g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

2 oz Tortilla Chips



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49960
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND BITE LSSV	1 Package	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.	538263

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories		300.00	
Fat		14.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		230.00mg	
Carbohydrates		36.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

NEW ORLEANS CHICKEN



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49964
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT NEW ORLEANS CHIX	4 Ounce		791701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		224.56	
Fat		6.32g	
SaturatedFat		1.40g	
Trans Fat*		0.00g	
Cholesterol		84.21mg	
Sodium		603.51mg	
Carbohydrates		19.65g	
Fiber		0.00g	
Sugar		19.65g	
Protein		22.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.07mg	Iron	1.12mg

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

Nutrition - Per 100g

Calories		198.03	
Fat		5.57g	
SaturatedFat		1.24g	
Trans Fat*		0.00g	
Cholesterol		74.26mg	
Sodium		532.20mg	
Carbohydrates		17.33g	
Fiber		0.00g	
Sugar		17.33g	
Protein		19.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.75mg	Iron	0.99mg

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

HOMEMADE BAKED ZITI



Servings:	24.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50332
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	1 Pound	UNPREPARED	100158
SAUSAGE ITAL BULK RAW 90/10	3/4 Pound	BAKE May be prepared in an oven or on a griddle. Cook to a minimum internal temperature consistent with current USDA recommendations.	499501
TOMATO DCD PETITE	1 Quart 1 Pint (6 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)	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	306347
SEASONING ITAL HRB	1 Tablespoon 1 Teaspoon (4 Teaspoon)		428574
SPICE PEPR RED CRUSHED	1 Teaspoon		430196
PASTA PENNE CKD	2 Quart		835900
CHEESE MOZZ SHRD	2 Quart 1 Pint 1 Cup (11 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
CHEESE COTTAGE SML 1	1 Pint 1 Cup (3 Cup)	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
Premium Parmesan Cheese, Fancy Shredded	1 Cup		432413
EGG SHL LRG A GRD	2 Each		206539

Preparation Instructions

Cook sausage and ground beef until browned and temp reaches 155 degrees. Drain. Add diced tomatoes with juice, tomato sauce, Italian seasoning, and crushed red pepper. Stir and simmer 25 - 30 minutes. Stir in Penne.

In another bowl, combine 3 cups of mozzarella cheese, cottage cheese, and eggs. Stir together just a couple of times, but do not mix completely.

Layer the meat mixture, cheese mixture, and meat mixture. Bake at 350 degrees or until the temperature reaches 145 degrees. Top with 8 cups mozzarella Cheese; return to the oven to melt the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		387.80	
Fat		18.99g	
SaturatedFat		9.25g	
Trans Fat*		0.50g	
Cholesterol		58.58mg	
Sodium		1045.94mg	
Carbohydrates		25.35g	
Fiber		2.42g	
Sugar		7.37g	
Protein		36.83g	
Vitamin A	20.00IU	Vitamin C	0.00mg
Calcium	448.50mg	Iron	1.42mg

*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

Calories		227.99	
Fat		11.16g	
SaturatedFat		5.44g	
Trans Fat*		0.29g	
Cholesterol		34.44mg	
Sodium		614.91mg	
Carbohydrates		14.90g	
Fiber		1.42g	
Sugar		4.33g	
Protein		21.65g	
Vitamin A	11.76IU	Vitamin C	0.00mg
Calcium	263.67mg	Iron	0.84mg

*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.

HOMEMADE UPSIDE DOWN TURKEY POT PIE OVER BISCUIT



Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50344
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO DCD	1 Pint		118583
CARROT DCD	1 3/4 Cup		285640
ONION DCD 1/4IN	1/4 Cup		198307
FLOUR A/P PASTRY	1 Cup		260231
SPICE THYME LEAF	1 Teaspoon		513814
Black Pepper	3/4 Teaspoon	BAKE	24108
BROTH CHIX NO MSG	1 Pint 1 Cup (3 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	5 Pound	CONVECTION	100125

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	1 Cup		851329
PEAS GREEN	1 Cup	<p>MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 4 to 5 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.</p>	610802
DOUGH BISC HMSTYL	16 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		379.23	
Fat		16.08g	
SaturatedFat		6.99g	
Trans Fat*		0.00g	
Cholesterol		45.39mg	
Sodium		732.36mg	
Carbohydrates		40.40g	
Fiber		2.62g	
Sugar		3.68g	
Protein		19.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.71mg	Iron	2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

ORIGINAL HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF



Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50438
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX	1/3 Cup	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
PASTA NOODL KLUSKI 1/8IN	5 Pound		270385
School White Wheat Sandwich Bread	75 Slice	READY_TO_EAT	12385
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	10 Pound	CONVECTION	100125
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
Cold Water	4 Gallon		0000
PEANUT BUTTER SMOOTH 6-5 COMM	1 Quart 1 Pint 1 Cup (7 Cup)		110780

Preparation Instructions

Cook and cut up turkey; saving the broth. Use broth from Turkey and add water to make 4 gallons. Bring water/broth, chicken base, and cooked turkey to a boil. Add Noodles. Cook until al dente. Yields 1 - 6 inch deep steam table pan full.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		387.84	
Fat		16.91g	
SaturatedFat		3.35g	
Trans Fat*		0.00g	
Cholesterol		43.37mg	
Sodium		452.37mg	
Carbohydrates		40.52g	
Fiber		3.56g	
Sugar		3.52g	
Protein		19.44g	
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	30.47mg	Iron	1.68mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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MJSH COLORIFIC SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50642
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
PEPPERS RED	1/4 Cup		597082
CRANBERRY DRIED SWTND	1/4 Cup		350882
PECAN PCS MED	1 Ounce		134830
Colorific Salad Dressing	1 Serving	Combine all ingredients and mix well in a blender.	R-30595

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.500
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		587.21	
Fat		36.35g	
SaturatedFat		10.38g	
Trans Fat*		0.01g	
Cholesterol		40.67mg	
Sodium		426.27mg	
Carbohydrates		57.73g	
Fiber		8.15g	
Sugar		46.36g	
Protein		12.98g	
Vitamin A	1001.34IU	Vitamin C	58.17mg
Calcium	317.58mg	Iron	0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

MJSH APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50643
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1 Pint		329401
CHEESE FETA DRY PKG	2 Ounce	crumble cheese - can be place in a souffle cup	171832
CRANBERRY DRIED SWTND	1/4 Cup	can be put in 2 oz souffle cup	350882
BACON TOPPING CKD 1/4IN DCD	1/2 Ounce	can be placed in a souffle cup	365650
APPLE FRSH SLCD	1/2 Cup		792382
DRESSING POPPYSEED 60-1.5FLZ PMLL	1 Each		832190

Preparation Instructions

According to the USDA food buying guide, feta cheese is credited.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	621.00
Fat	23.50g
SaturatedFat	8.50g
Trans Fat*	0.00g
Cholesterol	35.00mg
Sodium	1260.00mg
Carbohydrates	83.00g
Fiber	15.00g
Sugar	59.00g
Protein	27.00g
Vitamin A 38231.60IU	Vitamin C 4.80mg
Calcium 700.60mg	Iron 13.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

ARTISAN DINNER ROLL



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50916
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PETIT PAIN FREN 2Z	1 Each	BAKE ALLOW TO THAW FOR 30 MINUTES. BAKE IN PREHEATED OVEN AT 400F FOR 5-10 MINUTES ORUNTIL GOLDEN BROWN. ALLOW TO COOL 30 MINUTES BEFORE SERVING.	695591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		130.00	
Fat		0.50g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOT COCOA



Servings:	6.00	Category:	Condiments or Other
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51236
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COCOA HOT MIX NDAR BULK	1 Cup		412155
Tap Water for Recipes	1 Quart 6 2/5 Fluid Ounce (38 2/5 Fluid Ounce)	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories		120.00	
Fat		1.67g	
SaturatedFat		1.33g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		186.67mg	
Carbohydrates		27.33g	
Fiber		0.67g	
Sugar		25.33g	
Protein		1.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

EGGO HOMESTYLE WAFFLES



Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51356
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE HMSTYL 4IN	2 Each		103452

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		180.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		350.00mg	
Carbohydrates		30.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

WHIPPED TOPPING



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51357
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING DESSERT WHPD AERO	1 Serving	READY_TO_EAT Topping for desserts, beverages, pancakes, etc.	292141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	10.00		
Fat	0.75g		
SaturatedFat	0.75g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WARM CINNAMON APPLES



Servings:	10.75	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51358
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI FLAME ROASTED	2 Pound 8 Ounce (40 Ounce)	BAKE Food Safety Statement: KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE. THAW AND SERVE Unopened package six days at =40°F. CONVECTION OVEN (optional) Bake apples at 350°F for 14-20 minutes in a single layer on a greased sheet pan.	136120
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Fluid Ounce	UNPREPARED	191205

Preparation Instructions

SAUTE PAN: 8-10 MIN. LIGHTLY BUTTER PAN, ADD APPLES IN A THIN LAYER TO HOT BUTTER. TURN AS NEEDED. CONVECTION-350*-375*, 14 MIN. COAT 1/2 SIZE HOTEL PAN WITH NONSTICK SPRAY. ARRANGE 40Z OF APPLES IN A SINGLE LAYER. DRIZZLE 2Z MELTED BUTTER OVER APPLES. BAKE UNCOVERED. MICROWAVE (1100 WATTS): HIGHER, 12 MINUTES. PLACE 40Z OR APPLES IN LARGE MICROWAVE DISH WITH 1Z BUTTER. COVER. COOK ADDITIONAL 6 MIN. STIR &; SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.75

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		97.55	
Fat		4.09g	
SaturatedFat		2.60g	
Trans Fat*		0.00g	
Cholesterol		11.16mg	
Sodium		204.45mg	
Carbohydrates		16.09g	
Fiber		1.01g	
Sugar		13.07g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.06mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

LOCALLY RAISED BBQ TURKEY CUTLET SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51408
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST FREN CUT	4 Ounce		494832
SEASONING POULTRY	1/4 Teaspoon		273996
SEASONING SALT NO MSG	1/16 Teaspoon		266566
SPICE PEPR BLK REST GRIND	0.03 Teaspoon		242179
White Wheat Hamburger Buns	1 Each		51022
Homemade BBQ Sauce	1 Fluid Ounce	In the 12-gallon steam kettle, cook the chicken base, water, and dehydrated onion until the chicken base is dissolved. Add ketchup, garlic powder, and packed brown sugar. Bring to a boil. Reduce the heat and simmer for 20 minutes. Pour into shallow pans and cool in refrigerator to 70 degrees within 2 hours. Cool to less than 41 degrees within 6 hours. Store in refrigerator. Yield: 1 Gallon	R-34642

Preparation Instructions

Place turkey cutlets on foil pan. Mix seasonings together and sprinkle over cutlets. Bake for approximately 10 minutes at 350 or until internal temperature is 165 degrees. Serve with Gravy.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		329.47	
Fat		7.97g	
SaturatedFat		1.82g	
Trans Fat*		0.01g	
Cholesterol		65.00mg	
Sodium		844.56mg	
Carbohydrates		37.61g	
Fiber		2.68g	
Sugar		12.83g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.41mg	Iron	2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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BASMATI RICE



Servings:	4.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51673
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BASMATI	1 Cup		352033
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Tablespoon	UNPREPARED	191205
SALT IODIZED	1/4 Teaspoon	READY TO EAT used to salt food	108286

Preparation Instructions

Rinse thoroughly:

Always rinse basmati rice under cold water in a strainer to remove excess starch, which can make it sticky if not removed

Basic Preparation

STOVE TOP: USING A 2:1 WATER TO RICE RATIO, BRING WATER TO A BOIL, ADD BUTTER/OIL/SALT
OPTIONALLY, ADD RICE. COVER &; REDUCE HEAT TO LOW AND SIMMER ABOUT 15 MINUTES OR UNTIL ALL WATER IS ABSORBED.

OVEN: USING A 2:1 WATER TO RICE RATIO, ADD BOILING WATER TO THE BAKING PAN WITH RICE AND, OPTIONALLY, BUTTER/OIL/SALT. COVER TIGHTLY AND BAKE AT 350 DEGREES FOR 15-20 MINUTES, OR UNTIL ALL WATER IS ABSORBED

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		172.50	
Fat		1.38g	
SaturatedFat		0.88g	
Trans Fat*		0.00g	
Cholesterol		3.75mg	
Sodium		158.75mg	
Carbohydrates		36.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

HOMEMAADE TACO MEAT and CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51678
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Taco meat	2 Ounce	Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.	R-43889
CHEESE AMER SHRD R/F	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.270
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		203.86	
Fat		13.54g	
SaturatedFat		5.03g	
Trans Fat*		1.87g	
Cholesterol		56.31mg	
Sodium		615.19mg	
Carbohydrates		3.99g	
Fiber		0.71g	
Sugar		1.22g	
Protein		17.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	101.27mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

DICED HAM & CHEESE FOR BAKED POTATO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51679
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce		100187
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		147.91	
Fat		11.05g	
SaturatedFat		7.02g	
Trans Fat*		0.00g	
Cholesterol		48.44mg	
Sodium		427.70mg	
Carbohydrates		3.05g	
Fiber		0.00g	
Sugar		1.02g	
Protein		11.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	199.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

FRESH BELL PEPPER STRIPS WITH RANCH DIP



Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51834
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	1 Cup		597082
PEPPERS GREEN LRG	1 Cup		592315
DRESSING RNCH CUP	4 Ounce		537705

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	146.95
Fat	14.13g
SaturatedFat	2.53g
Trans Fat*	0.00g
Cholesterol	5.00mg
Sodium	221.83mg
Carbohydrates	5.25g
Fiber	1.03g
Sugar	2.50g
Protein	0.63g
Vitamin A	1137.77IU
Vitamin C	88.09mg
Calcium	6.79mg
Iron	0.28mg

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

Nutrition - Per 100g

No 100g Conversion Available