

# **Cookbook for Certification High School**

**Created by HPS Menu Planner**

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# Turkey and Beef Macaroni



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		748590
PASTA ELBOW MACAR 51 WGRAIN	6 1/4 Pound		229941
TURKEY GROUND RAW	10 Pound		202060
ONION DCD 1/4IN	1 3/4 Pound		198307
TOMATO PASTE 26	2 1/2 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD	1 Gallon		580562
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		273945
SPICE PAPRIKA	1 Tablespoon		518331
SPICE ONION POWDER	1 Tablespoon		126993
SEASONING ANCHO CHILI	1/4 Cup		748570

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 Pound		100158

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.836
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.537
<b>OtherVeg</b>	0.017
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		246.25	
<b>Fat</b>		7.61g	
<b>SaturatedFat</b>		2.23g	
<b>Trans Fat*</b>		0.72g	
<b>Cholesterol</b>		49.03mg	
<b>Sodium</b>		327.74mg	
<b>Carbohydrates</b>		28.50g	
<b>Fiber</b>		4.15g	
<b>Sugar</b>		5.83g	
<b>Protein</b>		17.62g	
<b>Vitamin A</b>	122.40IU	<b>Vitamin C</b>	2.20mg
<b>Calcium</b>	36.83mg	<b>Iron</b>	2.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Orange Glazed Sweet Potatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11729
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 Pint		733061
GINGER CHPD IN OIL	1 Cup		464310
JUICE ORNG CONC 3+1	1 Quart		119997
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE NUTMEG GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224944
SALT IODIZED	1 1/4 Tablespoon		108286
FLAVORING VANILLA IMIT	1 Ounce		110736
POTATO SWT DCD 3/4IN	16 1/2 Pound		869351
STARCH CORN	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND	1 Quart		350882

## Preparation Instructions

#### Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

#### Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

#### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.125
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	146.70
<b>Fat</b>	3.76g
<b>SaturatedFat</b>	1.53g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	143.27mg
<b>Carbohydrates</b>	28.65g
<b>Fiber</b>	1.71g
<b>Sugar</b>	19.83g
<b>Protein</b>	0.82g
<b>Vitamin A</b>	7374.75IU
<b>Vitamin C</b>	10.40mg
<b>Calcium</b>	14.32mg
<b>Iron</b>	0.28mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11756
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4IN MED	4 1/2 Pound		654541
MARGARINE SLD	1 Pint		733061
CELERY JUMBO 16-24CT	1 1/2 Quart		198536
ONION YELLOW JUMBO	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart		330094
MILK WHT FF	1 Gallon		557862
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
PARSLEY CALIF CLND	1 Ounce		272396
TUNA CHNK WHT ALBA	16 Pound 10 Ounce (266 Ounce)	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100	1 1/4 Cup		311227
BROTH CHIX	1 Gallon		264865

# Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

Meat	16.369
Grain	1.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.000
OtherVeg	0.340
Legumes	0.000
Starch	0.050

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		645.32	
Fat		5.77g	
SaturatedFat		1.84g	
Trans Fat*		0.00g	
Cholesterol		207.69mg	
Sodium		709.30mg	
Carbohydrates		37.03g	
Fiber		2.42g	
Sugar		4.80g	
Protein		114.59g	
Vitamin A	378.23IU	Vitamin C	6.95mg
Calcium	103.76mg	Iron	1.66mg

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## Nutrition - Per 100g

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No 100g Conversion Available

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# Chicken Breast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11761

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		290.00	
<b>Fat</b>		9.50g	
<b>SaturatedFat</b>		2.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		65.00mg	
<b>Sodium</b>		590.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		24.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.72mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11762

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

## Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	18.60
<b>Fat</b>	0.24g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.14mg
<b>Carbohydrates</b>	3.94g
<b>Fiber</b>	1.56g
<b>Sugar</b>	1.97g
<b>Protein</b>	1.07g
<b>Vitamin A</b>	4431.29IU
<b>Vitamin C</b>	7.71mg
<b>Calcium</b>	23.40mg
<b>Iron</b>	0.63mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Brown Rice Pilaf



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12036

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2IN	2 Pound		426059
PEPPERS GREEN DCD 1/4IN	2 Pound		198331
GARLIC MINCED IN WTR	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		907713
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061
SPICE CELERY SALT	1 1/4 Tablespoon		231517
MUSHROOM SLCD 1/16IN	1 1/4 Quart		444823
THYME FRESH	1 1/4 Tablespoon		562726
BROTH CHIX NO MSG	1 1/2 Gallon		261564
TOMATO PASTE 26	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		100196
RICE BRN PARBL WGRAIN	6 1/2 Pound	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

Description	Measurement	Prep Instructions	DistPart #
SPINACH	3 Quart 1 Cup (13 Cup)		560712
CRANBERRY DRIED SWTND	1 Quart		350882
CHEESE PARM SHVD	1 Pint 1/2 Cup (2 1/2 Cup)		140560
PARSLEY CALIF CLND	1/2 Cup		272396

## Preparation Instructions

### Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.

Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

### Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	4.160
<b>Fruit</b>	0.080
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.092
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		440.04	
<b>Fat</b>		6.32g	
<b>SaturatedFat</b>		2.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		10.00mg	
<b>Sodium</b>		434.95mg	
<b>Carbohydrates</b>		84.07g	
<b>Fiber</b>		3.22g	
<b>Sugar</b>		6.22g	
<b>Protein</b>		12.50g	
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	128.99mg	<b>Iron</b>	2.40mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Barbecue Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12039

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD	1 Pound		438261
SPICE PAPRIKA	1/4 Cup		518331
SPICE CHILI POWDER MILD	1 Fluid Ounce		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER	2 Teaspoon		513857
SUGAR BROWN LT	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE	1 Cup		109843
SPICE PEPR BLK REST GRIND	1 1/4 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2IN WHT CKD	12 3/4 Pound		599697
SEASONING ANCHO CHILI	1/4 Cup		748570
ONION GREEN DCD 1/4IN	1 1/2 Pound		319228
ONION RED DCD 1/4IN	2 Pound		429201
CELERY DCD 1/2IN	3 Pound 4 Ounce (52 Ounce)		503924
LETTUCE ICEBERG PREM	2 Pound 8 Ounce (40 Ounce)		162170

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4IN	3 Pound 12 Ounce (60 Ounce)		786535

## Preparation Instructions

### Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.040
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.150
<b>OtherVeg</b>	0.393
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		137.70	
<b>Fat</b>		1.12g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		37.74mg	
<b>Sodium</b>		422.49mg	
<b>Carbohydrates</b>		13.86g	
<b>Fiber</b>		0.96g	
<b>Sugar</b>		10.02g	
<b>Protein</b>		18.21g	
<b>Vitamin A</b>	370.12IU	<b>Vitamin C</b>	5.91mg
<b>Calcium</b>	19.63mg	<b>Iron</b>	0.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Ranch Dressing



Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12040

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTERMILK 1 4-1QT RGNLBRND	1 5/8 Quart		245621
LEMON JUICE 100	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		311227
YOGURT PLN FF NAT	1 Pint 1/2 Cup (2 1/2 Cup)	READY_TO_EAT Ready to eat	705850
SOUR CREAM L/F	1 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT	1 Pint 1 1/4 Cup (3 1/4 Cup)		429406
SPICE ONION POWDER	1/4 Cup		126993
SPICE GARLIC GRANULATED	1/4 Cup		513881
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061
SPICE CHIVE DEHY CHPD	2 Teaspoon		513474
SPICE PARSLEY FLAKES	1 Fluid Ounce		259195
SALT IODIZED	1 1/4 Tablespoon		108286

## Preparation Instructions

#### Directions:

Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.

Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.

Add rest of ingredients to mixture in mixing bowl. Mix for 2-3 minutes on low speed until blended.

Chill at least 12 hours before serving to allow to thicken. Refrigerate until service.

#### Notes:

1: Special Tip:

2: Add an additional 8 oz of

3: reduced calorie salad

4: dressing or lowfat mayonnaise

5: per 50 servings for an

6: excellent vegetable dip.

7: Updated July 2014

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		27.23	
<b>Fat</b>		0.85g	
<b>SaturatedFat</b>		0.21g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		6.89mg	
<b>Sodium</b>		154.19mg	
<b>Carbohydrates</b>		4.90g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.95g	
<b>Protein</b>		1.04g	
<b>Vitamin A</b>	16.00IU	<b>Vitamin C</b>	0.10mg
<b>Calcium</b>	42.13mg	<b>Iron</b>	0.01mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti and Meat Sauce (Ground Beef and Ground Pork)



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2IN	6 Pound		426059
PEPPERS GREEN DCD 1/4IN	10 Ounce		198331
SPICE GARLIC POWDER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513857
SPICE PEPR BLK REST GRIND	1 Tablespoon		225061
TOMATO PUREE 1.045	1 1/2 Gallon		100242
SALT IODIZED	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		108286
BROTH BF NO MSG	2 Quart	Add 1 Quart of water base	504599
SPICE PARSLEY FLAKES	1/2 Cup		259195
SPICE BASIL GRND	1/4 Cup		513636
SPICE OREGANO LEAF	1/4 Cup		228443
SPICE MARJORAM LEAF	1 Fluid Ounce		513709
SPICE THYME GRND	1 Tablespoon		513822
CARROT SHRD MED	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR

Description		Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	6 1/4 Pound			221460
Beef, Fine 85/15	11 Pound			100158
PORK GRND 80/20	6 Pound			579042

## Preparation Instructions

### Directions:

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.136
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.880
<b>OtherVeg</b>	0.192
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	339.94
<b>Fat</b>	14.09g
<b>SaturatedFat</b>	4.74g
<b>Trans Fat*</b>	1.31g
<b>Cholesterol</b>	59.93mg
<b>Sodium</b>	350.70mg
<b>Carbohydrates</b>	33.19g
<b>Fiber</b>	4.62g
<b>Sugar</b>	7.90g
<b>Protein</b>	21.76g
<b>Vitamin A</b>	10630.79IU
<b>Vitamin C</b>	2.44mg
<b>Calcium</b>	36.76mg
<b>Iron</b>	2.79mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	12 Pound 8 Ounce (200 Ounce)		23579
Rolls, dinner, whole-wheat	100 roll (1 oz)		18348
Catsup	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		11935
Pickles, cucumber, dill or kosher dill	200 Slice	2 Slices of Pickle	11937

## Preparation Instructions

For the hamburger - 2 oz ground beef 23579; 2 oz roll 18348; 2 tsp catsup 11935; 2 slice pickles 11937

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		325.51	
<b>Fat</b>		12.03g	
<b>SaturatedFat</b>		4.04g	
<b>Trans Fat*</b>		0.60g**	
<b>Cholesterol</b>		47.60mg	
<b>Sodium</b>		762.70mg	
<b>Carbohydrates</b>		38.27g	
<b>Fiber</b>		4.44g	
<b>Sugar</b>		12.12g	
<b>Protein</b>		18.59g	
<b>Vitamin A</b>	202.35IU	<b>Vitamin C</b>	1.72mg
<b>Calcium</b>	90.57mg	<b>Iron</b>	2.93mg

\*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

# Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12051
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 1/2 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	1 Fluid Ounce		777072
GARLIC WHL FRSH	7/8 Cup		907673
SEASONING ANCHO CHILI	1/4 Cup		748570
CILANTRO CLEANED	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound		198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330



Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	1 Pint		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240
CHEESE CHED SHRD	2 Pound		199720

## Preparation Instructions

### Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving	
Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.139
Legumes	0.256
Starch	0.007

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		134.05	
Fat		4.02g	
SaturatedFat		2.08g	
Trans Fat*		0.00g	
Cholesterol		9.60mg	
Sodium		205.66mg	
Carbohydrates		18.57g	
Fiber		4.93g	
Sugar		6.64g	
Protein		5.74g	
Vitamin A	240.12IU	Vitamin C	14.37mg
Calcium	9.50mg	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

# Black Bean Hummus



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	3 Gallon 1 Pint (50 Cup)		518551
BEAN GARBANZO LO SOD 6-10 P/L	3 Gallon 1 Pint (50 Cup)	Boil Beans First	597991
LEMON JUICE 100	2 1/4 Quart		311227
GARLIC WHL FRSH	1 1/4 Quart		907673
OIL BLND SOY/POM OLV 90/10	3/4 Cup		524948
SALT IODIZED	1 Tablespoon		108286
SPICE CUMIN GRND	1/4 Cup		777072
SPICE PEPR WHITE GRND	1 Fluid Ounce		513776
CILANTRO CLEANED	2 5/8 Quart		219550

## Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.106
<b>Legumes</b>	1.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		235.31	
<b>Fat</b>		2.68g	
<b>SaturatedFat</b>		0.24g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		352.16mg	
<b>Carbohydrates</b>		41.55g	
<b>Fiber</b>		12.17g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		12.51g	
<b>Vitamin A</b>	0.72IU	<b>Vitamin C</b>	7.68mg
<b>Calcium</b>	59.50mg	<b>Iron</b>	1.83mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kati-Kati Baked Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER	1/2 Cup		224839
SUGAR CANISTER	1/2 Cup		449237
SPICE CINNAMON GRND	1/4 Cup		224723
SPICE ALLSPICE GRND	1/4 Cup		513601
SPICE PAPRIKA	1/4 Cup		518331
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108286
SPICE PEPR RED CRUSHED	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND	1 1/4 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
SPICE TURMERIC GRND	1 Fluid Ounce		514187
SPICE CUMIN GRND	1/2 Cup		273945
OIL CANOLA	3/4 Cup		330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece		786520
PARSLEY CALIF CLND	2 Ounce		272396

# Preparation Instructions

Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

Notes:

- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Serving
- 4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.
- 5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

## 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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		153.80	
Fat		8.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		622.80mg	
Carbohydrates		1.96g	
Fiber		0.00g	
Sugar		0.96g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.84mg	Iron	1.14mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Jollof Rice



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12054

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA	1 Cup		330252
ONION DCD 1/2IN	2 1/4 Pound		426059
SPICE GINGER GRND	1 1/4 Tablespoon		513695
GARLIC MINCED IN WTR	1/4 Cup		907713
PEPPERS RED DCD 3/8IN	1 1/4 Quart		581992
TOMATO DCD IN JUICE	1 Pint 1 7/8 Cup (3 7/8 Cup)	READY_TO_EAT None	501031
SAUCE TOMATO	1 Pint 1 5/8 Cup (3 5/8 Cup)		306347
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND	1/2 Teaspoon		225088
SPICE PAPRIKA	1/2 Teaspoon		518331
SPICE CURRY POWDER	1/4 Cup		224804
BASE VEG LO SOD	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	7 1/2 Pound	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
PEAS & CARROT 12-2.5 GCHC	2 3/8 Quart		119458
CILANTRO CLEANED	1 3/4 Quart		219550

## Preparation Instructions

### Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

### Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.161
<b>OtherVeg</b>	0.211
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	359.66		
<b>Fat</b>	3.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.72mg		
<b>Carbohydrates</b>	76.58g		
<b>Fiber</b>	2.74g		
<b>Sugar</b>	1.91g		
<b>Protein</b>	8.59g		
<b>Vitamin A</b>	200.02IU	<b>Vitamin C</b>	11.75mg
<b>Calcium</b>	17.17mg	<b>Iron</b>	2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sauteed Spinach and Tomatoes



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12056
<b>School:</b>	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	3/4 Cup		733061
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
GARLIC MINCED IN WTR	1/2 Cup		907713
GINGER FRSH	1/2 Cup		552321
SPICE PEPR RED CRUSHED	1 1/4 Tablespoon		430196
SPINACH LEAF FLAT CLND	1 Gallon 2 1/2 Quart (6 1/2 Quart)		329401
TOMATO PASTE 26	1 Pint 1 1/2 Cup (3 1/2 Cup)		100196
SALT IODIZED	1 Fluid Ounce		108286
ONION DCD IQF	3 Quart		261521

## Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

- Notes:
- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
  - 2: Cooking Process #2: Same Day Service
  - 3: Serving
  - 4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other
  - 5: vegetable
  - 6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.260
RedVeg	0.200
OtherVeg	0.066
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		39.06	
Fat		1.34g	
SaturatedFat		0.54g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		195.45mg	
Carbohydrates		5.23g	
Fiber		1.62g	
Sugar		2.02g	
Protein		1.97g	
Vitamin A	5235.16IU	Vitamin C	14.21mg
Calcium	65.82mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Gingerbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD	1 3/4 Pound		683491
BAKING SODA	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513849
SPICE GINGER GRND	3/8 Cup		513695
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE CLOVES GRND	2 Teaspoon		224774
MARGARINE SLD	1 1/4 Cup		733061
SUGAR BROWN MED	1 Pint 1 Cup (3 Cup)	UNSPECIFIED	108626
MOLASSES	1 1/4 Quart		234303
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
EGG WHL LIQ	1 Pint 5/8 Cup (2 5/8 Cup)		284122

## Preparation Instructions

#### Directions:

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

#### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.249
<b>Grain</b>	1.013
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	163.06
<b>Fat</b>	3.31g
<b>SaturatedFat</b>	1.22g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	24.21mg
<b>Sodium</b>	205.47mg
<b>Carbohydrates</b>	30.58g
<b>Fiber</b>	1.16g
<b>Sugar</b>	18.61g
<b>Protein</b>	3.33g
<b>Vitamin A</b> 159.60IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.78mg	<b>Iron</b> 1.75mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Vegetable Chili



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12115

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT	1/2 Cup		107662
ONION DCD 1/2IN	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2IN	1 Pint 1 3/4 Cup (3 3/4 Cup)		283959
SPICE CHILI POWDER HOT	1 1/2 Cup		224707
SPICE CUMIN GRND	1/2 Cup		777072
SPICE GARLIC GRANULATED	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513881
SPICE ONION POWDER	1 1/4 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 1/4 Cup (23 1/4 Cup)		444588
TOMATO DCD IN JUICE	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT	1 Gallon 2 Quart 1 Pint 1 1/2 Cup (27 1/2 Cup)		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
YOGURT PLN FF NAT	2 Quart	READY_TO_EAT Ready to eat	705850



Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	3 Quart 1/4 Cup (12 1/4 Cup)		12291968KD

## Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: Serving Information:

4: ¾ cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		195.05	
<b>Fat</b>		5.50g	
<b>SaturatedFat</b>		3.06g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		418.69mg	
<b>Carbohydrates</b>		28.13g	
<b>Fiber</b>		7.53g	
<b>Sugar</b>		7.49g	
<b>Protein</b>		10.23g	
<b>Vitamin A</b>	21.11IU	<b>Vitamin C</b>	4.78mg
<b>Calcium</b>	169.02mg	<b>Iron</b>	2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cornbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12116

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 5/8 Quart	BAKE Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL	1 Pint		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED	1 Tablespoon		108286
EGG WHL LIQ	1 1/4 Cup		284122
MILK PWD INST FF	1 3/4 Quart		113336
OIL CANOLA	1 Cup		330252
PEPPERS RED DCD 3/8IN	1 Pint 1 Cup (3 Cup)		581992
CORN WHL KERNEL R/SOD 6-10 P/L	1 Pint 1/2 Cup (2 1/2 Cup)		222011

## Preparation Instructions

Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

Remove from oven. Cool for 10 minutes.

Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

Notes:

1: \*See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

### Meal Components (SLE)

Amount Per Serving

Meat	0.124
Grain	2.091
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Legumes	0.000
Starch	0.025

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		118.39	
Fat		0.98g	
SaturatedFat		0.16g	
Trans Fat*		0.00g	
Cholesterol		13.74mg	
Sodium		315.76mg	
Carbohydrates		22.21g	
Fiber		1.57g	
Sugar		8.85g	
Protein		5.35g	
Vitamin A	121.84IU	Vitamin C	7.55mg
Calcium	141.92mg	Iron	0.81mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	1 Gallon 2 Quart 1 Cup (25 Cup)		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

## Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)  
For the baby carrots - used 1/2 cup=73 grams

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		12.05	
<b>Fat</b>		0.07g	
<b>SaturatedFat</b>		0.02g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		24.84mg	
<b>Carbohydrates</b>		2.82g	
<b>Fiber</b>		0.86g	
<b>Sugar</b>		1.47g	
<b>Protein</b>		0.37g	
<b>Vitamin A</b>	2597.23IU	<b>Vitamin C</b>	1.59mg
<b>Calcium</b>	15.04mg	<b>Iron</b>	0.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Soup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12118

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
SPICE CHILI POWDER HOT	1 Cup		224707
SPICE CUMIN GRND	1 1/4 Cup		273945
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE ONION POWDER	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		126993
SPICE PEPR RED CRUSHED	1 1/4 Tablespoon		513768
SPICE PEPR BLK REST GRIND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		225061
ONION DCD 1/2IN	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH	1 Cup		192716
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 1/4 Cup (23 1/4 Cup)		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE	2 Quart 1 Pint (10 Cup)		244805
BEAN KIDNEY 6-10 COMM	1 Gallon 2 Quart 1 7/8 Cup (25 7/8 Cup)		173860

# Preparation Instructions

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## Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

## Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS



- 24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
- 25: Critical Control Point: Hold for hot service at 135 °F or higher.
- 26: OR
- 27: Chill for later use.
- 28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.
- 29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		196.75	
Fat		6.81g	
SaturatedFat		2.03g	
Trans Fat*		1.01g	
Cholesterol		26.39mg	
Sodium		583.74mg	
Carbohydrates		23.37g	
Fiber		4.83g	
Sugar		5.69g	
Protein		11.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.60mg	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	
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# Peanut Butter and Jelly Sandwich With Yogurt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12480
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		51540
Jellies	100 serving 1 tbsp		19300
Yogurt, High-Protein, Strawberry, Cups	3 Gallon 1 Pint (50 Cup)		51545

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	517.13
<b>Fat</b>	18.24g
<b>SaturatedFat</b>	3.46g
<b>Trans Fat*</b>	0.01g**
<b>Cholesterol</b>	5.99mg
<b>Sodium</b>	502.50mg
<b>Carbohydrates</b>	66.01g
<b>Fiber</b>	6.05g
<b>Sugar</b>	29.53g
<b>Protein</b>	23.99g
<b>Vitamin A</b>	2.97IU
<b>Vitamin C</b>	4.98mg
<b>Calcium</b>	204.50mg
<b>Iron</b>	2.34mg

\*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

# Peanut Butter and Jelly Sandwich W/Yogurt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12504
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	200 Each		710650
JELLY APPLE-GRAPE	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		100927
PEANUT BUTTER CRMY	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		279013
YOGURT DANIMAL STRAWB N/F	100 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		490.00	
<b>Fat</b>		17.00g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		400.00mg	
<b>Carbohydrates</b>		72.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		38.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	2.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pumpkin Muffin Squares



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17623
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	2 Quart		330094
FLOUR BRD BLCHD SEAL OF 50 ARDENT	1 5/8 Quart		284351
BAKING POWDER	1 Fluid Ounce		361032
BAKING SODA	1 1/4 Tablespoon		513849
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE NUTMEG GRND	2 Teaspoon		224944
SPICE GINGER GRND	2 Teaspoon		513695
SUGAR BROWN MED	1 5/8 Quart		580449
OIL CANOLA	1 Pint 1 Cup (3 Cup)		330252
EGG WHL LIQ W/CITRIC	5/8 Cup		874302

Description	Measurement	PrepInstructions	DistPart#
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 1/4 Cup		762841
EXTRACT VANILLA PURE	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513873
PUMPKIN FCY	2 1/4 Quart		186244
RAISINS DRD GOLDEN	10 Ounce		559970

## Preparation Instructions

### Directions:

Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine sugar and oil in a large bowl.

Add eggs and vanilla extract. Stir well.

Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.

Fold in pumpkin and raisins. Stir well.

Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until golden brown:

Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		130.29	
<b>Fat</b>		0.55g	
<b>SaturatedFat</b>		0.11g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		5.98mg	
<b>Sodium</b>		218.85mg	
<b>Carbohydrates</b>		29.51g	
<b>Fiber</b>		1.86g	
<b>Sugar</b>		15.55g	
<b>Protein</b>		3.21g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.09mg
<b>Calcium</b>	28.70mg	<b>Iron</b>	0.91mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Toasted Cheese Sandwich D-07



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18865
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 1/2 Cup		733061
BREAD WHL WHE PULLMAN SLCD	200 Each		710650
CHEESE AMER 160CT SLCD R/F	200 Slice		722360

## Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

Top each slice of bread with 2 slices (2 oz) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes  
DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

1: Comments:

2: \*See Marketing Guide.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		234.00	
<b>Fat</b>		8.64g	
<b>SaturatedFat</b>		3.58g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		15.00mg	
<b>Sodium</b>		646.40mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		13.00g	
<b>Vitamin A</b>	180.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	272.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan Toasted Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21370

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GFS	3/4 Cup		113271
BREAD WHT PULLMAN SLCD	100 Slice		197132
CHEESE AMER 160CT SLCD R/F R/SOD	200 Slice		189071

## Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.

Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.

Top each slice of bread with 2 oz (1 slice) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.

If desired, cut each sandwich diagonally in half. Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Portion is 1 sandwich.

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		304.00	
<b>Fat</b>		12.64g	
<b>SaturatedFat</b>		5.48g	
<b>Trans Fat*</b>		0.72g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		752.40mg	
<b>Carbohydrates</b>		30.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	120.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	406.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peach cup



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21371

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IRREGULAR XL/S	6 Gallon 1 Quart (100 Cup)	Open Can portions out peaches in container	535362

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	1.000
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 Serving			
Amount Per Serving			
Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	2.00g		
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

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No 100g Conversion Available

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# ARL Buttered Green Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22012
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	1 Cup	BAKE	100307
Milk, fluid, 1% fat, without added vitamin A and vitamin D	1 Cup	bake with beans	1175

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		152.48	
<b>Fat</b>		2.37g	
<b>SaturatedFat</b>		1.54g	
<b>Trans Fat*</b>		0.00g**	
<b>Cholesterol</b>		12.20mg	
<b>Sodium</b>		387.36mg	
<b>Carbohydrates</b>		20.18g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		16.69g	
<b>Protein</b>		10.22g	
<b>Vitamin A</b>	114.68IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	305.00mg	<b>Iron</b>	0.07mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Spartan Turkey Bagel



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER 160CT SLCD R/F	100 Slice		722360
LETTUCE LEAF GRN WASHED TRMD	1 Cup		702595

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		264.45	
<b>Fat</b>		4.63g	
<b>SaturatedFat</b>		1.25g	
<b>Trans Fat*</b>		0.06g	
<b>Cholesterol</b>		56.17mg	
<b>Sodium</b>		401.83mg	
<b>Carbohydrates</b>		29.01g	
<b>Fiber</b>		4.01g	
<b>Sugar</b>		5.50g	
<b>Protein</b>		25.97g	
<b>Vitamin A</b>	26.66IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	134.64mg	<b>Iron</b>	2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan Grilled Cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22453

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	400 Slice		722360
BREAD WHL WHE PULLMAN SLCD	200 Each		710650
BUTTER ALT LIQ ZT	1 Cup	READY_TO_EAT Ready to use.	488710

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		299.20	
<b>Fat</b>		12.24g	
<b>SaturatedFat</b>		5.40g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		1048.80mg	
<b>Carbohydrates</b>		28.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	464.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan Nachos



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27113

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
"Taco in a bag" Nacho Cheese Tortilla Chips	12 Pound 8 Ounce (200 Ounce)	READY_TO_EAT	20360-0112
84-2.6Z SALSA CUP REDG REDSC2Z	100 Each		536690

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		266.67	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		2.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		400.00mg	
<b>Carbohydrates</b>		37.33g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		1.33g	
<b>Protein</b>		4.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.33mg	<b>Iron</b>	1.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan BBQ Bacon Chicken Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27114

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
SAUCE BBQ	1 Quart 1 Pint 1 Fluid Ounce 1 7/8 Tablespoon (100 Tablespoon)		734136
Cheese, Mozzarella, Part Skim, Shredded	6 Pound 4 Ounce (100 Ounce)		100021
BACON CKD FASTN EASY	100 Slice		594954
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

## Preparation Instructions

Heat chicken patties in oven to 135 degrees. Top with warm bacon slice, BBQ sauce and mozzarella cheese. Wrap in foil. Keep warm.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	518.44		
<b>Fat</b>	23.85g		
<b>SaturatedFat</b>	9.33g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	112.00mg		
<b>Sodium</b>	1279.59mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	37.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.33mg
<b>Calcium</b>	2.25mg	<b>Iron</b>	0.95mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Walking Taco



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27115

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Each	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.	696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	6 1/4 Pound		191043
SALSA 103Z	7 Pound	READY_TO_EAT None	452841

## Preparation Instructions

- Directions:
- WASH HANDS.
- WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.
1. In a tilt-skillet, cook beef and drain fat.
- CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.
2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.
  3. Crush individual bags of chips and open.
  3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.700
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.187
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		276.20	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		30.00mg	
<b>Sodium</b>		487.65mg	
<b>Carbohydrates</b>		24.74g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		1.75g	
<b>Protein</b>		12.00g	
<b>Vitamin A</b>	45.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	161.00mg	<b>Iron</b>	2.05mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Strawberries and Whipped Cream



Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27240
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	6 Gallon 1 Quart (100 Cup)		212768
CREAM WHIP 40 HVY ESL	1 Quart 1 Pint 1 Fluid Ounce 1 7/8 Tablespoon (100 Tablespoon)	Whipped Cream - Yield 2X volume after whipped	428801

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.600
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	168.60
<b>Fat</b>	12.48g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1.55mg
<b>Carbohydrates</b>	11.91g
<b>Fiber</b>	3.10g
<b>Sugar</b>	7.15g
<b>Protein</b>	1.07g
<b>Vitamin A</b>	18.24IU
<b>Vitamin C</b>	89.34mg
<b>Calcium</b>	24.31mg
<b>Iron</b>	0.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan Cheese Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29704
School:	Certification Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
16 Sliced WG Cheese Pizza	100 Slice		232441

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		290.00	
<b>Fat</b>		10.00g	
<b>SaturatedFat</b>		5.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		290.00mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	12.00mg
<b>Calcium</b>	300.00mg	<b>Iron</b>	3.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Celery Sticks w/ Peanut Butter



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30561
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	14 Pound		478318
USDA Commodity Smooth Peanut Butter	3 Quart 1/2 Cup (12 1/2 Cup)		100396

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).  
Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.512
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		208.91	
<b>Fat</b>		16.10g	
<b>SaturatedFat</b>		3.05g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		210.80mg	
<b>Carbohydrates</b>		10.05g	
<b>Fiber</b>		3.02g	
<b>Sugar</b>		4.02g	
<b>Protein</b>		7.46g	
<b>Vitamin A</b>	285.10IU	<b>Vitamin C</b>	1.97mg
<b>Calcium</b>	25.40mg	<b>Iron</b>	0.13mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Salisbury Steak - 29002



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31549
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	1 Pound 11 Ounce (27 Ounce)	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Cereals, oats, regular and quick, not fortified, dry	7 Ounce		8120
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 5/8 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	23570
Egg, white, raw, fresh	1/2 Cup		1124
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970

Description	Measurement	Prep Instructions	DistPart #
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomato products, canned, puree, without salt added	4 Ounce		11547

## Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 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: 25.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		194.33	
Fat		9.60g	
SaturatedFat		2.85g	
Trans Fat*		0.20g**	
Cholesterol		51.94mg	
Sodium		336.85mg	
Carbohydrates		10.36g	
Fiber		1.46g	
Sugar		1.65g	
Protein		16.87g	
Vitamin A	231.32IU	Vitamin C	1.22mg**
Calcium	53.04mg**	Iron	1.99mg**

\*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

<b>Calories</b>	157.99
<b>Fat</b>	7.81g
<b>SaturatedFat</b>	2.32g
<b>Trans Fat*</b>	0.16g**
<b>Cholesterol</b>	42.23mg
<b>Sodium</b>	273.86mg
<b>Carbohydrates</b>	8.42g
<b>Fiber</b>	1.18g
<b>Sugar</b>	1.34g
<b>Protein</b>	13.72g
<b>Vitamin A</b> 188.06IU	<b>Vitamin C</b> 0.99mg**
<b>Calcium</b> 43.12mg**	<b>Iron</b> 1.62mg**

\*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.

# Barbecue Chicken Salad



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31899
<b>School:</b>	Certification Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Barbecue Chicken or Turkey Salad USDA Recipe for Schools	3 Gallon 1 Pint (50 Cup)		51641
Bread, white wheat	200 Slice		18967

## Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	260.55
<b>Fat</b>	5.31g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat*</b>	0.02g
<b>Cholesterol</b>	39.04mg
<b>Sodium</b>	529.45mg
<b>Carbohydrates</b>	32.89g
<b>Fiber</b>	5.99g
<b>Sugar</b>	7.79g
<b>Protein</b>	19.46g
<b>Vitamin A</b>	388.47IU
<b>Vitamin C</b>	4.97mg
<b>Calcium</b>	419.38mg
<b>Iron</b>	3.76mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Bagel Turkey & Chs

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32062
<b>School:</b>	Certification Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER YEL 160CT SLCD	101 Slice		271411
LETTUCE LEAF GRN WASHED TRMD	1 Cup		702595
TOMATO RANDOM 2	1 Cup		508616

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		280.28	
<b>Fat</b>		7.18g	
<b>SaturatedFat</b>		2.53g	
<b>Trans Fat*</b>		0.06g	
<b>Cholesterol</b>		61.29mg	
<b>Sodium</b>		444.42mg	
<b>Carbohydrates</b>		29.09g	
<b>Fiber</b>		4.03g	
<b>Sugar</b>		5.56g	
<b>Protein</b>		25.01g	
<b>Vitamin A</b>	41.65IU	<b>Vitamin C</b>	0.28mg
<b>Calcium</b>	104.47mg	<b>Iron</b>	2.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# ARL unflavored skim milk



Servings:	100.00	Category:	Milk
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32115
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, fluid, 1% fat, without added vitamin A and vitamin D	6 Gallon 1 Quart (50 Pint)		1175
Cream, fluid, heavy whipping	2 cup, fluid (yields 2 cups whipped)		1053

## Preparation Instructions

100 cups of milk for service.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		106.59	
<b>Fat</b>		2.80g	
<b>SaturatedFat</b>		1.82g	
<b>Trans Fat*</b>		0.01g**	
<b>Cholesterol</b>		13.57mg	
<b>Sodium</b>		107.69mg	
<b>Carbohydrates</b>		12.21g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		12.72g	
<b>Protein</b>		8.26g	
<b>Vitamin A</b>	132.47IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	305.80mg	<b>Iron</b>	0.07mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salisbury Steak - arl



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32578
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	1 Pound 11 Ounce (27 Ounce)	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Oats, rolled, unenriched, quick cooking, dry, no salt added [100466]	7 Ounce		50456
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 5/8 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, fine ground, crumbles, pan-browned,15% fat [100158]	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	50512
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080

Description	Measurement	Prep Instructions	DistPart #
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomatoes, Diced, No Salt Added, Canned	4 Ounce		51504

## Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

### 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: 25.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		192.29	
Fat		9.51g	
SaturatedFat		2.83g	
Trans Fat*		0.08g**	
Cholesterol		51.78mg	
Sodium		335.88mg	
Carbohydrates		9.30g	
Fiber		1.36g	
Sugar		1.47g**	
Protein		16.93g	
Vitamin A	226.25IU	Vitamin C	1.22mg**
Calcium	52.64mg**	Iron	1.91mg**

\*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

# Apples + Cheese arl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32590
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Serving	READY_TO_EAT Rinse under cool water and let dry	310
Cheddar Cheese Stick	6 Pound 4 Ounce (100 Ounce)		
Bananas, raw	100 cup, mashed		9040
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	1		119235

## Preparation Instructions

Added 119235 to recipe on 07/28/22  
Changed the amount to 100 ounce and a conversion is showing 1.000 0 = 1.000 ounce. It has not change the nutrition for this recipe.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	408.25		
<b>Fat</b>	9.74g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	194.25mg		
<b>Carbohydrates</b>	75.92g		
<b>Fiber</b>	9.85g		
<b>Sugar</b>	45.36g		
<b>Protein</b>	8.88g		
<b>Vitamin A</b>	144.00IU	<b>Vitamin C</b>	19.58mg
<b>Calcium</b>	38.25mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# ARL - Tornado Bfast



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Tornado	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33904
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
A breakfast Tornado with a blend of scrambled eggs, crumbled turkey sausage, tomatoes, cheddar and Monterey Jack Cheeses, jalapeno and picante sauce wrapped in a freshly baked whole grain tortilla that is partially fried to a golden crisp.	1 Each		122530
PANCAKE & PORK SAUSAGE ON A STICK, FULLY COOKED, FROZEN, INDIVIDUAL OVEN-SAFE WRAPPERS, WHOLE GRAIN PANCAKE BATTER AROUND A MAPLE FLAVOR PORK SAUSAGE, PROVIDES 1.0 oz EQUIVALENT MEAT FOR CN + 1.25 oz EQUIVALENT GRAINS, CONTAINS WHEAT,SOY, EGG, MILK	1		120106

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Tornado

Amount Per Serving			
<b>Calories</b>	3.56		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.57mg		
<b>Sodium</b>	7.43mg		
<b>Carbohydrates</b>	0.44g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.06IU**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	0.17mg**	<b>Iron</b>	0.01mg**

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti and Meat Sauce ARL



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36430
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, fine ground, crumbles, pan-browned,15% fat [100158]	6 Pound	6 lbs and 6 oz	50512
Onions, cooked, boiled, drained, without salt	3 7/8 Ounce		11283
Peppers, sweet, green, cooked, boiled, drained, without salt	3 5/8 Ounce		11334
Spices, garlic powder	1 Tablespoon		2020
Spices, pepper, black	1 1/2 tsp, ground		2030
Tomato products, canned, puree, without salt added	5 Pound		11547
Salt, table	1 Tablespoon	1 T + 1 tsp	2047
Soup, beef broth, less/reduced sodium, ready to serve	1 Quart		6188
Soup, chicken broth, low sodium, canned	1 Quart 2 Fluid Ounce (34 Fluid Ounce)		6970
Spices, parsley, dried	1/4 Cup		2029
Spices, basil, dried	2 tbsp, ground		2003
Spices, oregano, dried	1 Fluid Ounce		2027
Spices, marjoram, dried	1 Tablespoon		2023



Description	Measurement	Prep Instructions	DistPart#
Spices, thyme, dried	1 1/2 tsp, ground		2042
Carrots, cooked, boiled, drained, without salt	1 Pound	1 lb + 2.4 oz	11125
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	25 1/2 cup spaghetti not packed		20125

## 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: 1.00 Cup			
Amount Per Serving			
Calories		99.99	
Fat		1.22g	
SaturatedFat		0.20g	
Trans Fat*		0.00g**	
Cholesterol		0.19mg	
Sodium		30.47mg	
Carbohydrates		19.90g	
Fiber		2.69g	
Sugar		1.32g**	
Protein		4.35g	
Vitamin A	85.34IU	Vitamin C	3.13mg
Calcium	13.36mg	Iron	1.39mg

\*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

# ARL NUP Snack



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36451
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	6 Gallon 1 Quart (100 Cup)		1085
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	6 Pound 4 Ounce (100 Ounce)		119235
Angela test missing cheese	6 Pound 4 Ounce (100 Ounce)	PREPARED	901996
Cheese, Cheddar, White, Shredded	6 Pound 4 Ounce (100 Ounce)		51554
Bread, whole-wheat, commercially prepared	100 Slice		18075

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	426.94
<b>Fat</b>	15.32g
<b>SaturatedFat</b>	7.37g
<b>Trans Fat*</b>	0.01g**
<b>Cholesterol</b>	34.90mg**
<b>Sodium</b>	428.50mg**
<b>Carbohydrates</b>	30.82g
<b>Fiber</b>	1.92g
<b>Sugar</b>	13.86g
<b>Protein</b>	24.24g
<b>Vitamin A</b> 500.76IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 400.42mg	<b>Iron</b> 1.86mg

\*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

# Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12 Pound 8 Ounce (200 Ounce)		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		184.33	
<b>Fat</b>		3.55g	
<b>SaturatedFat</b>		0.87g	
<b>Trans Fat*</b>		0.01g**	
<b>Cholesterol</b>		58.93mg	
<b>Sodium</b>		222.90mg	
<b>Carbohydrates</b>		18.98g	
<b>Fiber</b>		2.78g	
<b>Sugar</b>		3.14g	
<b>Protein</b>		20.54g	
<b>Vitamin A</b>	18.13IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.19mg	<b>Iron</b>	1.16mg

\*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

# Peanut Butter and Jelly Sandwich with Black hummus on side



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Jellies	100 serving 1 tbsp		19300
Peanut butter, smooth style, without salt	1 Quart 1 Pint 1 Fluid Ounce 1 7/8 Tablespoon (100 Tablespoon)		16398
Black Bean Hummus USDA Recipe for Schools	1 Gallon 2 Quart 1 Cup (25 Cup)		51673

## Preparation Instructions

Black bean hummus is served on the side.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		375.60	
<b>Fat</b>		11.84g	
<b>SaturatedFat</b>		2.36g	
<b>Trans Fat*</b>		0.02g**	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		399.76mg	
<b>Carbohydrates</b>		55.15g	
<b>Fiber</b>		7.97g	
<b>Sugar</b>		16.21g	
<b>Protein</b>		14.54g	
<b>Vitamin A</b>	58.10IU	<b>Vitamin C</b>	5.62mg
<b>Calcium</b>	144.14mg	<b>Iron</b>	2.53mg

\*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

# Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40251
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Cheese, cheddar, sharp, sliced	100 slice (1 oz)		1270

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		214.14	
<b>Fat</b>		6.60g	
<b>SaturatedFat</b>		2.96g	
<b>Trans Fat*</b>		0.16g	
<b>Cholesterol</b>		12.76mg	
<b>Sodium</b>		374.23mg	
<b>Carbohydrates</b>		27.61g	
<b>Fiber</b>		3.84g	
<b>Sugar</b>		2.81g	
<b>Protein</b>		11.09g	
<b>Vitamin A</b>	130.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	194.71mg	<b>Iron</b>	1.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.125
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving			
<b>Calories</b>		292.98	
<b>Fat</b>		0.02g**	
<b>SaturatedFat</b>		3.56g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		15.24mg	
<b>Sodium</b>		539.98mg	
<b>Carbohydrates</b>		36.54g	
<b>Fiber</b>		4.23g	
<b>Sugar</b>		11.23g	
<b>Protein</b>		15.10g	
<b>Vitamin A</b>	11.31IU**	<b>Vitamin C</b>	2.13mg
<b>Calcium</b>	243.65mg	<b>Iron</b>	2.73mg

\*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

# Broccoli Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/8 Tablespoon (300 Tablespoon)		42158

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		42.00	
<b>Fat</b>		2.40g	
<b>SaturatedFat</b>		0.41g	
<b>Trans Fat*</b>		0.00g**	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		279.93mg	
<b>Carbohydrates</b>		4.87g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		0.33g	
<b>Vitamin A</b>	20.10IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	11.27mg	<b>Iron</b>	0.09mg

\*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