

# **Cookbook for School District of Beloit Turner**

**Created by HPS Menu Planner**

# **Cookbook for Garden Prairie**

**Created by HPS Menu Planner**

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# Ham,Bacon,Guacamole Stacker Sandwich



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51313
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
GUACAMOLE WESTERN STYL	48 Ounce		899040
HAM SLCD W/A 8-5 640CT COMM	150 Ounce		651470
BACON TKY CKD	100 Each		834770
ONION YELLOW COLOSS	6 Each		198706
APPLE GALA	9 Each		569392
SPRAY PAN MIST GARL ZESTY	1000 Milligram	as needed.	542344
SALT IODIZED	1 Teaspoon		125557
Black Ground Pepper	1/2 Teaspoon		2009817

# Preparation Instructions

## Instructions

- Allow the bread to completely thaw in the stock room.
- Allow the guacamole to thaw in the cooler at least 2 days prior to service.
- Slice the ham in ½ ounce slices for sandwiches.
- Crisp the bacon for 3 minutes at 350°F.
- Spread 2 tablespoons guacamole and 2 tablespoons roasted apples-onions on bottom pieces of bread.
- Top with 3 ounces slices ham and two slices of bacon.
- Cut the sandwich and cold hold for service.
- To Roast Apples and Onions
  - Using your slicer cut onions into 3/8" thick rings.
  - Core and slice the apples 3/8" thick, leaving the skin on.
  - Lightly spray cooking spray on a parchment lined baking sheet. Arrange the onions and apples in a single layer.
  - Lightly spray with cooking spray and sprinkle with salt and pepper.
  - Cover the pan tightly with foil.
  - Roast the covered pan in a 350°F oven for 50 minutes, stirring halfway through roasting.

## Recipe Notes

- Serving size = 1 sandwich
- Creating: 2 oz. grain equivalent, 2 oz. m/ma

## Nutrition Facts per Serving (1sandwich)

Calories: 380 kcal | Fat: 16 g | Saturated fat: 4 g | Cholesterol: 60 mg | Sodium: 1120 mg | Potassium: 233 mg | Carbohydrates: 42 g | Fiber: 7 g | Sugar: 12 g | Protein: 27 g | Calcium: 48 mg | Iron: 3 mg

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		288.77	
Fat		9.96g	
SaturatedFat		3.19g	
Trans Fat*		0.00g	
Cholesterol		56.79mg	
Sodium		996.08mg	
Carbohydrates		32.61g	
Fiber		4.68g	
Sugar		6.95g	
Protein		21.96g	
Vitamin A	12.51IU	Vitamin C	1.31mg
Calcium	82.28mg	Iron	2.17mg

\*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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# Mandarin Orange Chicken



<b>Servings:</b>	88.00	<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-49587
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	348 Ounce		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

## Preparation Instructions

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

CHICKEN: Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches an internal temperature of 165° for 15 seconds.

SAUCE: Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

CCP: Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.197
<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: 88.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		164.77	
<b>Fat</b>		3.30g	
<b>SaturatedFat</b>		0.55g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		43.94mg	
<b>Sodium</b>		307.58mg	
<b>Carbohydrates</b>		20.87g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		10.98g	
<b>Protein</b>		12.08g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.32mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.79mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Oven Baked Brown Rice



Servings:	250.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51347
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN LNG PARBL 25# COMM	40 Ounce		378351
Water	12 Cup	READY_TO_DRINK	Water

## Preparation Instructions

Place Rice and water in a full size steam table pan spray coat with oil. Bake at 400 degrees for 45 minutes. Remove from the oven and hot hold at 136 degrees or above until time of service.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	14.04		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.65mg		
<b>Carbohydrates</b>	2.86g		
<b>Fiber</b>	0.26g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.39g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

<b>Calories</b>	24.76		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.15mg		
<b>Carbohydrates</b>	5.04g		
<b>Fiber</b>	0.46g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.69g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Breakfast Bento Box



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	64 Ounce		166720
PEANUT BUTTER CRMY	64 Ounce		241851
APPLE SLCD FRSH	200 Ounce	Portion into 2 oz. of apples for each container providing a 1/2 cup each.	530831
CELERY STIX	220 Ounce	Potion 2.2oz each container or about 6 sticks= 1/2 cup.	781592
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Package	BAKE	680130
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370
CRACKER GRHM WGRAIN IW	100 Package		529974

## Preparation Instructions

### Instructions

#### Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth. Then add Peanut butter and blend until well combined. portion in a 2 oz. souffle cup.

#### To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 2 -ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

## Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/2 cup apple ( 2oz.wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

Whole Grain crackers (1 ounce)

\* Don't forget to order Bento Containers #384506

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.320
<b>Grain</b>	2.000
<b>Fruit</b>	0.630
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		426.67	
<b>Fat</b>		17.12g	
<b>SaturatedFat</b>		5.12g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		577.80mg	
<b>Carbohydrates</b>		57.45g	
<b>Fiber</b>		8.23g	
<b>Sugar</b>		23.97g	
<b>Protein</b>		13.47g	
<b>Vitamin A</b>	31.00IU	<b>Vitamin C</b>	2.60mg
<b>Calcium</b>	266.44mg	<b>Iron</b>	1.73mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51072

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
PEPPERONI TKY SLCD 15/Z	49 Ounce	7 slices of pepperoni = .5 oz meat/meat alt.	276662
SAUSAGE ITAL PIZZA TPNG	49 Ounce	.2 oz of sausage = .5 oz meat/ meat alt.	708763
CHEESE BLND CHED/MONTRY JK SHRD	25 Cup	1/4 cup = 1 oz meat/ meat alt.	712131
SAUCE PIZZA W/BASL	12 Cup 8 Tablespoon (12 1/2 Cup)	Place 1/8 cup per pizza crust.	256013

## Preparation Instructions

- 1 For dough Simply thaw overnight covered and under refrigeration, proof covered at room temperature and top any way you like. Ideal for consistently great pizza.
2. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add your choice of toppings. Brush the edges of the dough with water. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325 degrees F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165 degrees F. Hold at 145 degrees F until ready to serve.
3. For toppings You can either make sausage and cheese = 4 oz. of sausage and 1/4 cup of cheese = 2 oz. meat , or Pepperoni and cheese, 1/2 cup of cheese , 7 slices of pepperoni= 2 oz meat. or cheese= 1/2 cup of cheese= 2 oz. meat alt, or sausage and pepperoni and cheese, 2 oz of sausage+ 7 slices of pepperoni + 1/4 cup of cheese= 2 oz. meat.

## 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>	0.250
<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>		358.87	
<b>Fat</b>		15.80g	
<b>SaturatedFat</b>		8.12g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		47.62mg	
<b>Sodium</b>		683.13mg	
<b>Carbohydrates</b>		35.26g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		6.13g	
<b>Protein</b>		19.65g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	232.10mg	<b>Iron</b>	2.61mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	192 Ounce		897111
CRANBERRY DRIED 300-1.16Z COMM	32 Ounce		765981
APPLE SLCD FRSH	64 Ounce	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
VINEGAR APPLE CIDER 5	1 Cup		430795
MUSTARD DIJON JAR	4 Tablespoon		131121
HONEY	1 Cup		225614
SALT IODIZED	1 Teaspoon		125557
GARLIC PLD FRESH	2 Teaspoon		428353
VINEGAR BLSM	6 Ounce		383910

## Preparation Instructions

Instructions  
Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 1 cup cup

HACCP Process: #1 No Cook

Crediting: 1/2 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		47.50	
Fat		2.43g	
SaturatedFat		0.34g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		16.43mg	
Carbohydrates		6.69g	
Fiber		1.32g	
Sugar		5.48g	
Protein		0.46g	
Vitamin A	464.67IU	Vitamin C	3.62mg
Calcium	24.48mg	Iron	0.17mg

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Nutrition - Per 100g

No 100g Conversion Available	
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# Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	100 Ounce	Drained	118869
RASPBERRY WHL IQF	300 Ounce		244670
YOGURT VAN L/F	400 Ounce		881161
MILK WHT FF	6 Cup 4 Tablespoon (3 1/8 Pint)		557862

## Preparation Instructions

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Chill the drained beets for several overs or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover ( 1 CUP each) . Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		157.82	
<b>Fat</b>		2.13g	
<b>SaturatedFat</b>		0.75g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		7.78mg	
<b>Sodium</b>		94.84mg	
<b>Carbohydrates</b>		31.03g	
<b>Fiber</b>		5.75g	
<b>Sugar</b>		18.68g	
<b>Protein</b>		6.37g	
<b>Vitamin A</b>	31.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.06mg	<b>Iron</b>	0.68mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Chocolate Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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		<b>BAKE</b> <b>FULL BATCH HALF BATCH</b> 2 lb 8 oz (5 cups) 1 lb 4 oz (2 1 2 cups) Water (70-75F) Water (70-75F) 5lb (Full Box) Mix 2lb 8 oz (9 cups) <b>DIRECTIONS</b> Machine Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. BLEND on low speed for 30 seconds using a paddle. SCRAPE bowl and paddle. Continue mixing on low speed for 1 minute. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. Hand Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. MIX until well-blended. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. <b>BAKING DIRECTIONS</b> Standard Muffin Pan: Convection Oven: 375F for 10-14 minutes; Standard Oven: 400F for 14-18 minutes. Jumbo Muffin Pan: Convection Oven: 375F 15-20 minutes; Standard Oven: 400F 18-22 minutes Loaf Pan: Convection Oven: 300F 30-35 minutes; Standard Oven: 35-40 minutes. <b>TIPS</b> For full batch, add 2 to 3 cups of desired ingredients. If folding in canned fruit, drain well before adding. Let muffins and loaves cool in pan briefly; remove while still warm. <b>UNPREPARED</b> See Package Instructions	
MIX MUFF BASIC	80 Ounce		260843
MIX MUFF WGRAIN	80 Ounce	<b>BAKE</b> Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.	152191
Cocoa	33 Ounce	3.72 cups	269654
CHOC CHIPS SMISWT 1000/	33 Ounce	3.72 cups	874523
Water	8 Cup	2 quarts, and 2 cups	Water
MARSHMALLOW MINI	4 Ounce	2 each	191736

## Preparation Instructions

### Instructions

Combine both muffin mixes with baking cocoa. Mix well.

Stir cold water into muffin/cocoa mix. Mix just until fully incorporated.

Stir in chocolate chips if using.

Scoop batter using #16 scoop for muffins that are 1-ounce grain equivalent into lined muffin tins.

Bake according to instructions on box, but for special Hot Cocoa muffins, just before removing from the oven, top with 2 mini marshmallows and return to the oven for the marshmallows to brown. Recipe Notes

\*\*\*\* For a 2 ounce equivalent muffin, use a slightly rounded # 12 scoop and this recipe will make 54 muffins\*\*\*

Serving Size: 1 muffin

Crediting: 1 muffin is 1 oz grain equivalent

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		167.33	
Fat		4.26g	
SaturatedFat		2.09g	
Trans Fat*		0.00g	
Cholesterol		2.87mg	
Sodium		240.60mg	
Carbohydrates		28.23g	
Fiber		1.47g	
Sugar		12.71g	
Protein		2.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.77mg	Iron	5.88mg

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Nutrition - Per 100g

No 100g Conversion Available	
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# Hot Dog on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38647
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z	100 Each		656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	100 Each		266536

## Preparation Instructions

Heat on griddle or in convection or conventional oven for 10-14 minutes or until internal temperature is 155 or above. Hot hot at 135 degrees or above until time of service. Place frank inside of the bun and serve immediately.

## 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 Each

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		430.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli Cheese Pasta



Servings:	200.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51184
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE	168 Ounce		654571
CREAM WHIP 36 HVY ESL	80 Cup	can use Low fat milk	457341
MARGARINE BTR BLND EURO UNSLTD	48 Ounce		834071
FLOUR HR A/P	48 Ounce		765180
SALT IODIZED	2 Tablespoon 1 Teaspoon (8 Teaspoon)		125557
SPICE MUSTARD GRND	4 Tablespoon		224928
Black Ground Pepper	1 Tablespoon		2009817
SPICE PAPRIKA	4 Tablespoon		518331
SAUCE WORCESTERSHIRE	2 Tablespoon 1 Teaspoon (8 Teaspoon)		109843
CHEESE PARM GRTD	16 Ounce		445401
CHEESE CHED MLD SHRD 4-5 LOL	128 Ounce		150250
BROCCOLI FZ	16 Ounce		549292

# Preparation Instructions

## Instructions

Cook pasta until slightly undercooked. Drain and rinse with cold water.

Heat milk to a simmer (185°F). Set aside.

Melt butter in a saucepan or steam jacketed kettle. Combine the flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.

Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened.

Add Worcestershire sauce, parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts.

Combine the well-drained pasta, broccoli and sauce. Mix well.

Spray pans with food release and place 10 pounds 14 ounces into each steam table pan (12"x 20"x 2 1⁄2").

Remove from oven and top each pan with 9 ounces additional reduced-fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted.

Portion with 8 oz spoodle.

## Recipe Notes

For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes.

CCP: Cook until internal temp reaches 135°F or above.

CCP: Hold at 135°F or above before and during service.

Crediting: 1 oz equivalent meat/meat alternate; 3⁄4 oz equivalent grain/bread; and 1/2 c dark green vegetable

## Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		541.24	
Fat		44.38g	
SaturatedFat		28.76g	
Trans Fat*		0.00g	
Cholesterol		147.40mg	
Sodium		165.10mg	
Carbohydrates		29.08g	
Fiber		2.85g	
Sugar		0.89g	
Protein		5.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	144.26mg	Iron	1.14mg

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



## Nutrition - Per 100g

Calories		238.65	
Fat		19.57g	
SaturatedFat		12.68g	
Trans Fat*		0.00g	
Cholesterol		64.99mg	
Sodium		72.80mg	
Carbohydrates		12.82g	
Fiber		1.26g	
Sugar		0.39g	
Protein		2.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.61mg	Iron	0.50mg

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

# Bratwurst with a bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51348
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD SKNLS 5/	100 Each		113130
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	100 Each		266536

## Preparation Instructions

Basic Preparation

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Serve at CCP 135 degrees or higher. Assembly brat with one bun at time of service.

## 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 Each

Amount Per Serving			
<b>Calories</b>		380.00	
<b>Fat</b>		25.50g	
<b>SaturatedFat</b>		9.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		950.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.58mg	<b>Iron</b>	1.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich Melt



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-22199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	2 slices= 2 oz grain	266547
SAUSAGE PTY PORK CKD 2Z EXP	2 0	1 patty= .75 oz Meat	411041
Land O'Lakes Yellow American Cheese Slice	2 slices	2 slices= 1.5 oz Meat Alt	499786
EGG SCRMBD PTY RND GRLLD	2 Each	1 egg patty = 1 oz Meat	208990
PAN COAT/TPNG SPRY BTR	1 Each		758370

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with sausage patty and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Spray butter spray on the top slice of bread. Place a sheet pan on top and warm low and slow in the oven until the internal temperature reaches 155 degrees. Cut in half and serve at CCP 135 degrees or higher. For faster heating times slack the sausage and egg patty in the cooler the day before preparation.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	1.53mg		
<b>Sodium</b>	4.95mg		
<b>Carbohydrates</b>	0.34g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	0.65IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.01mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Taquitos (Roll-Ups)



Servings:	200.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51309
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	448 Ounce		821271
SPICE GARLIC POWDER	6 Tablespoon		224839
Black Ground Pepper	2 Tablespoon 1 Teaspoon (8 Teaspoon)		2009817
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	6 Tablespoon		273945
SPICE PAPRIKA	1 Tablespoon 2 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Tablespoon 2 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	104 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA XL	84 Ounce	chopped	108051
SOUR CREAM	198 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Description	Measurement	Prep Instructions	DistPart#
LETTUCE ROMAINE RIBBONS	156 Ounce		451730
TORTILLA FLOUR ULTRGR 6IN	400 Each		882690
SPRAY PAN MIST GARL ZESTY	500 Milligram	As needed.	542344

## Preparation Instructions

### Instructions

1. Add beef to a pan and cook for 25-30 minutes

Drain fat and water. Continue cooking in low heat.

Add seasonings. Blend well. Bring to boil.

Reduce heat and simmer for 20 minutes. Stir periodically.

Preheat oven 350° F.

Remove ground beef from heat.

Place in a sheet pan each soft tortilla and fill with 1 once cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Working on a sheet pan, fill each soft corn tortilla with 1 ounce of cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Spray rolled tortillas with vegetable oil and bake until crispy.

Pre-portion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.

Transfer Beef flautas to steam table pans. On each student tray serve 2 flautas with your prepared lettuce, tomato and cheese side cups and garnish with sour cream.

### Recipe Notes

Crediting: 2 oz meat/meat alternate, 1/2 cup vegetables and 1 oz grain equivalent

Nutrition Facts per Serving (2flautas)

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00 Each

Amount Per Serving			
<b>Calories</b>		297.49	
<b>Fat</b>		15.30g	
<b>SaturatedFat</b>		10.35g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		34.03mg	
<b>Sodium</b>		297.25mg	
<b>Carbohydrates</b>		33.44g	
<b>Fiber</b>		4.45g	
<b>Sugar</b>		4.34g	
<b>Protein</b>		8.53g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	205.43mg	<b>Iron</b>	2.16mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fajita Chicken Pasta



Servings:	200.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51353
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	400 Ounce	or you can use #860390	154900
SALT IODIZED	8 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	12 Tablespoon		331473
SPICE CUMIN GRND	12 Tablespoon		273945
GARLIC PLD FRESH	12 Tablespoon		428353
SPICE PAPRIKA	12 Tablespoon		518331
JUICE LIME	8 Tablespoon		199028
PEPPERS ASST RNBW	192 Ounce	cut into strips.	266985
ONION YELLOW COLOSS	192 Ounce	sliced	198706

Description	Measurement	Prep Instructions	DistPart#
CORN WHL KERNEL FCY GRADE	200 Ounce	Canned,drained.	118966
BEANS BLACK LO SOD	200 Ounce		231981
Water	20 Cup	READY_TO_DRINK	Water
Creamy White Cheese Sauce	28 Cup		310742
PASTA PENNE RIGATE 51 WGRAIN	200 Cup	Or 20# cooked penne should equal about 160 cups cooked pasta	221482
CILANTRO CLEANED	28 Ounce	chopped.	219550

## Preparation Instructions

nstructions

Using a large mixing bowl, combine the shredded chicken, salt, pepper, chili powder, cumin, granulated garlic, paprika and lime juice. Mix until seasonings are incorporated and coat the chicken.

Add in the red and green bell peppers, yellow onion, drained black beans, corn, and water. Stir to combine.

Divide between 4-inch-deep hotel pans and cover with lid or foil.

Bake at 350 degrees for 25 minutes. Remove from the oven and stir in the cheese sauce. Return the chicken mixture to the oven for an additional 15 minutes.

Remove the chicken from the oven and verify the internal temperature is 165°F for 15 seconds.

Gently toss the Penne Pasta with the chicken mixture.

Portion 1½ cups chicken fajita pasta into serving container and top with 1 tablespoon chopped, fresh cilantro.

Enjoy!

Recipe Notes

Crediting: 2 oz. eq. M/MA, 2 oz. eq. Whole Grain, 1/2 cup Vegetable

Nutrition Facts per Serving (1.5cups)

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.50 Cup

Amount Per Serving			
<b>Calories</b>		352.58	
<b>Fat</b>		3.80g	
<b>SaturatedFat</b>		1.39g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		44.46mg	
<b>Sodium</b>		457.75mg	
<b>Carbohydrates</b>		58.83g	
<b>Fiber</b>		7.73g	
<b>Sugar</b>		6.26g	
<b>Protein</b>		22.41g	
<b>Vitamin A</b>	0.55IU	<b>Vitamin C</b>	2.02mg
<b>Calcium</b>	64.99mg	<b>Iron</b>	3.35mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	160 Ounce	drained or rinsed.	518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	2 Tablespoon		777072
GARLIC WHL FRSH	4 Ounce		907673
SEASONING ANCHO CHILI	4 Tablespoon		748570
CILANTRO CLEANED	6 Ounce		219550
OIL BLND SOY/POM OLV 90/10	1 Cup		524948
HONEY SQZ BTL 16Z	2 Cup		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	112 Ounce	BAKE	285620
PEPPERS GREEN DCD 1/4IN	24 Ounce		198331
PEPPERS RED DCD 3/8IN	24 Ounce		581992
Salsa, Low-Sodium, Canned	10 PICNIC CAN		100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	2 Cup		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, 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.

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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.034
Legumes	0.500
Starch	0.043

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		98.45	
Fat		2.31g	
SaturatedFat		0.32g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		140.06mg	
Carbohydrates		17.05g	
Fiber		4.17g	
Sugar		7.33g	
Protein		2.77g	
Vitamin A	182.43IU	Vitamin C	10.73mg
Calcium	2.63mg	Iron	0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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# Green Pea Guacamole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	256 Ounce		110510
TOMATO ROMA DCD 3/8IN	128 Ounce		786543
ONION RED 25#	32 Ounce		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	2 Cup 8 Tablespoon (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	4 Tablespoon		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945
CILANTRO CLEANED	3 Ounce		219550

## Preparation Instructions

- 1. Defrost peas.
- 2. Dice tomatoes and onion.
- 3. Mince garlic.

PREPARATION

- 1. Puree peas, garlic, liquids, and seasonings with burr mixer.
- 2. Fold in tomatoes and onions.

SERVING

Serving = 1/2 cup (3.75oz) makes 100 servings

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		62.91	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		283.03mg	
Carbohydrates		11.32g	
Fiber		4.06g	
Sugar		4.50g	
Protein		4.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.98mg	Iron	0.20mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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# Unicorn Yogurt Parfait



<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51343
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT BLUEB L/F	256 Ounce		558311
BLUEBERRY IQF	128 Ounce		166720
APPLE GRANNY SMITH	64 Ounce	diced	582271
YOGURT VAN L/F	256 Ounce		881161
ORANGES MAND IN JCE	256 Ounce	canned, drained	612448
STRAWBERRY SMALL DCD FZ	64 Ounce		630480
YOGURT STRAWB L/F	256 Ounce		640171
Cones; Eat-It-All 204B Honey-Roll Sugar Cone	96 Each	You can also use item 523649, at GFS	119521
CEREAL LUCKY CHARMS	192 Ounce	3/4 serving each= .75 oz grain	427829

## Preparation Instructions

Instructions:

Assembly

Place #16 scoop of blueberry yogurt in the bottom of 16 oz parfait cups; layer on 1/8 cup each of blueberries and green apples.

Add #16 scoop of vanilla yogurt then layer on 1/8 cup each of mandarin oranges and strawberries.

Add #16 scoop of strawberry yogurt and top with 1 sugar cone.

Serve cold immediately with the Lucky Charms cup on the side for students to add as desired.

Option=Make it a meal by adding a garden salad and serving of milk if desired.

For crediting in USDA Child Nutrition Programs, 1 serving (1 parfait with cereal cup) = 2 Meat/Meat Alternative, 2 oz equivalent Grain and 1/2 cup Fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	6.622
<b>Grain</b>	0.094
<b>Fruit</b>	0.687
<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: 96.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	771.80
<b>Fat</b>	7.42g
<b>SaturatedFat</b>	3.66g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	34.98mg
<b>Sodium</b>	449.64mg
<b>Carbohydrates</b>	151.92g
<b>Fiber</b>	1.70g
<b>Sugar</b>	122.15g
<b>Protein</b>	25.46g
<b>Vitamin A</b> 8.03IU	<b>Vitamin C</b> 11.60mg
<b>Calcium</b> 2079.57mg	<b>Iron</b> 2.59mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger Stroganoff with noodles



<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51311
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	448 Ounce		821271
FLOUR HR A/P	2 Cup 8 Tablespoon (2 1/2 Cup)		765180
ONION YELLOW COLOSS	15 Cup	diced	198706
SPICE GARLIC POWDER	2 Tablespoon 1 Teaspoon (8 Teaspoon)		224839
Black Ground Pepper	3 Tablespoon		2009817
SOUP CRM OF MUSHRM COND NSA	497 Ounce		435837
CREAM WHIP 40 HVY ESL	40 Cup	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
SOUR CREAM	200 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SAUCE WORCESTERSHIRE	1 Cup 5 Tablespoon (1 1/3 Cup)		109843
PASTA ROTINI WGRAIN	400 Ounce		402118

# Preparation Instructions

## Instructions

- Brown hamburger in a large skillet
- Add onions, garlic powder and pepper and cook until tender.
- Sprinkle flour over ground beef and onion mixture and mix in. Cook for about 1 minute.
- Add mushroom soup, milk, and Worcestershire sauce; stir until well blended.
- Bring to a boil, reduce heat, cover and simmer 30-45 minutes.
- Stir occasionally to prevent scorching.
- Remove from heat; stir in sour cream.
- Pour into serving pans. Hold for 30 minutes at 180-190° F to thicken mixture.
- Portion using a 6-ounce ladle (¾ cup) over noodles.

## Recipe Notes

- CCP: Heat to 155° F or higher for 15 seconds.
- CCP: Hot hold for service at 135° F or higher.
- Cook noodles according to directions.
- Crediting: One serving provides 2 oz meat/meat alternate and 2 oz grain equivalent
- Nutrition Facts per Serving (0.75cup sauce over 1 cup noodles)
- Calories: 543 kcal | Saturated fat: 9.77 g | Sodium: 537 mg

## Meal Components (SLE)

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

## Nutrition Facts

Servings Per Recipe: 200.00			
Serving Size: 6.00 Ounce			
Amount Per Serving			
Calories		267.64	
Fat		23.82g	
SaturatedFat		16.00g	
Trans Fat*		0.00g	
Cholesterol		98.29mg	
Sodium		72.11mg	
Carbohydrates		6.58g	
Fiber		0.47g	
Sugar		2.65g	
Protein		1.56g	
Vitamin A	0.41IU	Vitamin C	1.50mg
Calcium	50.68mg	Iron	0.18mg

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

## Nutrition - Per 100g

<b>Calories</b>		157.35
<b>Fat</b>		14.00g
<b>SaturatedFat</b>		9.41g
<b>Trans Fat*</b>		0.00g
<b>Cholesterol</b>		57.78mg
<b>Sodium</b>		42.39mg
<b>Carbohydrates</b>		3.87g
<b>Fiber</b>		0.28g
<b>Sugar</b>		1.56g
<b>Protein</b>		0.91g
<b>Vitamin A</b>	0.24IU	<b>Vitamin C</b> 0.88mg
<b>Calcium</b>	29.79mg	<b>Iron</b> 0.11mg

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

# Cheese Ravioli



Servings:	200.00	Category:	Entree
Serving Size:	10.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51317
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CRSHD A/P	117 PICNIC CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	248096
TOMATO PASTE FCY	15 PICNIC CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
OIL BLND CANOLA/XVRGN 75/25	2 Cup 12 Tablespoon (2 3/4 Cup)		743879
GARLIC PLD FRESH	8 Tablespoon		428353
SPICE PARSLEY FLAKES	11 Tablespoon		259195

Description	Measurement	Prep Instructions	DistPart #
SPICE THYME LEAF	5 Tablespoon		513814
SPICE BASIL LEAF	11 Tablespoon		513628
SPICE OREGANO LEAF	11 Tablespoon		513733
SALT IODIZED	14 Tablespoon		125557
Black Ground Pepper	5 Tablespoon		2009817
RAVIOLI CHS JMBO WGRAIN CN	880 Ounce		553982

## Preparation Instructions

### Pre-Preparation Instructions

1. Preheat oven to 350 degrees F.
2. Prepare the Homemade Red Sauce:

#### Ingredients:

TOMATOES DICED

TOMATO PASTE

OIL OLIVE CANOLA BLEND

GARLIC

SPICE PARSLEY

SPICE THYME

SPICE BASIL

SPICE OREGANO

SALT KOSHER

SPICE PEPPER BLCK

- a. Refrigerate all tomato products for at least 3 hours before making sauce.
- b. Combine all ingredients together in a large container, in batches if needed.
- c. Blend thoroughly with a burr mixer.

### Preparation Instructions

1. Per Pan: Put 4qt. of sauce in pan with 5lb. 5oz. of ravioli. Total pan weight should be 15lb.
2. Mix the ravioli and sauce together until well combined.
3. Cover with parchment & foil.
4. If preparing ahead or transporting out, cool and store until service or transport.
5. When ready for service, heat for 30 - 40 minutes at 350 degrees or in a steamer.

### Serving Instructions

Serving = 10oz.

Note: 1 pan = 19 (10oz weight) servings

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 10.00 Ounce

Amount Per Serving			
<b>Calories</b>		351.99	
<b>Fat</b>		7.25g	
<b>SaturatedFat</b>		2.23g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		65.54mg	
<b>Sodium</b>		805.39mg	
<b>Carbohydrates</b>		50.29g	
<b>Fiber</b>		4.05g	
<b>Sugar</b>		14.64g	
<b>Protein</b>		19.66g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	143.01mg	<b>Iron</b>	4.88mg

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

## Nutrition - Per 100g

<b>Calories</b>		124.16	
<b>Fat</b>		2.56g	
<b>SaturatedFat</b>		0.79g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		23.12mg	
<b>Sodium</b>		284.09mg	
<b>Carbohydrates</b>		17.74g	
<b>Fiber</b>		1.43g	
<b>Sugar</b>		5.16g	
<b>Protein</b>		6.93g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.44mg	<b>Iron</b>	1.72mg

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# Breakfast Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
EGG SCRMBD CKD FZ	100 Ounce		192330
CHEESE BLND CHED/MONTRY JK SHRD	66 Ounce		712131
GRAVY MIX CNTRYSK CRM	16 Ounce	1 package	181401
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	66 Ounce		125302

## Preparation Instructions

nstructions

Thaw eggs under refrigeration, 3-5 days prior. Thaw pizza crust 1 day prior (on sheet pans with parchment paper,covered). Prepare country gravy with water according to package directions,let thicken overnight under refrigeration.

Par-brown sausage in oven at 375 °, break up before and after with hands until desired consistency.

Spray crusts with pan spray and par bake for 7 minutes at 375°.

Remove crusts from oven and spread 1.5 cups chilled gravy per crust and layer evenly with 12 ounces eggs, 4 ounces cheddar cheese, 4 ounces mozzarella cheese, 5 ounces sausage (cooked weight).

Bake pizzas with toppings for 5-8 minutes, or until eggs have reached a temperature of 165 °, sausage is fully cooked, and crust is golden.

Crediting: 1 1/2 oz equivalent meat/ meat alternate., and 2 oz. grain equivalent.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		326.43	
<b>Fat</b>		15.86g	
<b>SaturatedFat</b>		6.08g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		113.01mg	
<b>Sodium</b>		475.69mg	
<b>Carbohydrates</b>		32.28g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		14.24g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.39mg	<b>Iron</b>	2.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chocolate, Peanut butter, Banana Smoothie



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	12 Cup 8 Tablespoon (12 1/2 Cup)	3 1/2 pounds	241851
Banana	616 Ounce	peeled	197769
MILK WHT FF	42 Cup	20.5 cups	557862
Cocoa	3 Cup		269654

## Preparation Instructions

### Instructions

Combine all ingredients in a container. Blend together in with an immersion blender until smooth.

Served chilled.

(if using frozen bananas, peel and smash before freezing. Partially thaw before pureeing with immersion blender)

For small batch, use food processor.

### Variations:

### Dessert

For a dessert option, reduce milk to 3 quarts for 50 servings, which will yield 1 cup portions. Partially freeze until it is thick and slushy. It will have a pudding texture. Same crediting will apply.

### Serving notes:

### Serving size

1 ¼ cup

Yield, volume  
62 ½ cups  
Crediting: 1/2 cup fruit

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		267.79	
Fat		16.08g	
SaturatedFat		3.54g	
Trans Fat*		0.00g	
Cholesterol		2.10mg	
Sodium		183.22mg	
Carbohydrates		23.44g	
Fiber		3.16g	
Sugar		13.43g	
Protein		10.90g	
Vitamin A	209.92IU	Vitamin C	0.00mg
Calcium	145.06mg	Iron	0.89mg

\*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	
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# Blueberry Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51081

## Ingredients

Description		Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	32 Ounce		36 3/8 ounces	431491
SUGAR CANE GRANUL	48 Ounce		63 5/8 ounces	425311
YOGURT GRK PLN N/F	9 Cup		2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon			110736
OIL SALAD CANOLA NT	3 Cup			393843
White Whole Wheat Flour	92 Ounce		5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			361032
SALT SEA	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			748590
BLUEBERRY IQF	40 Ounce			166720

Description	Measurement	Prep Instructions	DistPart #
BAKING SODA	2 Teaspoon		513849

## Preparation Instructions

nstructions

Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

\* Important\* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		151.51	
Fat		6.84g	
SaturatedFat		0.48g	
Trans Fat*		0.00g	
Cholesterol		0.75mg	
Sodium		428.38mg	
Carbohydrates		21.21g	
Fiber		1.16g	
Sugar		15.66g	
Protein		3.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.12mg	Iron	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes  
\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available

# Snappy Cheese Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51076

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
CHEESE MOZZ SHRD 30 COMM	100 Ounce		150620
MARGARINE SPRD GARL	1 Cup		453676
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	10 PICNIC CAN		592714

## Preparation Instructions

1. Pull and pan pizza crust the day before service under refrigeration.
2. Preheat the oven to 400 degrees.
3. Brush on garlic spread on crust.
4. Top each pizza with 2 oz. shredded mozzarella cheese.
5. Bake for 15-18 minutes until the crust is cooked and cheese is melted. Hold hot until service.
6. Cut into strips for easy dipping.
7. Heat marinara sauce and serve on the side to dunk in

## 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>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		287.70	
<b>Fat</b>		10.63g	
<b>SaturatedFat</b>		5.86g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		523.70mg	
<b>Carbohydrates</b>		35.16g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		7.50g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.22mg	<b>Iron</b>	2.21mg

\*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



# Sandwich Chicken Patty



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22032
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.126
<b>OtherVeg</b>	0.010
<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>	384.19		
<b>Fat</b>	14.55g		
<b>SaturatedFat</b>	2.51g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	641.19mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	6.29g		
<b>Sugar</b>	5.64g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	189.30IU	<b>Vitamin C</b>	3.11mg
<b>Calcium</b>	67.37mg	<b>Iron</b>	3.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Egg Rolls



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51192
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup 9 Tablespoon (25 Tablespoon)		292702
SAUSAGE LINK LO SOD CKD	125 Each	chopped	278201
PEPPERS ASST RNBW	3 Cup 2 Tablespoon (3 1/8 Cup)	chopped	266985
ONION GREEN	3 Cup 2 Tablespoon (3 1/8 Cup)	chop	596981
EGG WHL LIQ W/CITRIC	3 Cup		431491
MILK WHT FF	1 Cup		557862
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup 4 Tablespoon (6 1/4 Cup)		150250
EGG ROLL WRAPPER 7INX7IN	100 Each		328618

## Preparation Instructions

nstructions

Heat an oven to 425° F. Line a baking sheet with parchment paper.

In large skillet, heat 1 tablespoon vegetable oil over medium heat. Add turkey sausage links, bell pepper and green onions. sauté until meat is golden and hot. Transfer to a medium sized bowl and keep warm.

In medium bowl, lightly beat eggs and milk.

Using the same skillet, heat 1 teaspoon of oil over medium heat, and add egg mixture. Cook, stirring frequently, for 3 to 5 minutes. Remove the eggs from heat and add to bowl with the sausage. Add the cheese and mix well.

To assemble: Place egg roll skin on clean surface with one corner pointing away. Spoon heaping ¼ cup of sausage/egg mixture onto one corner of the egg roll skin. Fold the corner over, tucking in under filling. Fold in the side corners and roll to opposite corner. To seal, wet the edge of skin with water and press firmly. Repeat with remaining egg roll skins.

Place on lined baking sheet. Using the remaining oil, brush each roll lightly. Bake in oven for approximately 20 minutes, or until skins are golden and crispy.

Recipe Notes

NOTE: To serve later, place egg rolls on parchment-lined cookie sheet and freeze. Once fully frozen, place egg rolls in freezer-safe zipper bag for long-term storage. When ready to use, thaw completely and bake as directed above, adding an extra 5 minutes if necessary for filling to become hot.

Crediting: 2-oz-eq. meat/meat alternative

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 Each			
Amount Per Serving			
Calories		289.48	
Fat		20.75g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		32.66mg	
Sodium		313.91mg	
Carbohydrates		17.03g	
Fiber		0.44g	
Sugar		0.56g	
Protein		8.77g	
Vitamin A	5.00IU	Vitamin C	0.00mg
Calcium	57.24mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on a Whole Grain bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	10 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	100 slices		499789
BEEF PTY CKD DLX 70/30	100 Each	BAKE Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. CONVECTION Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes MICROWAVE Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate.	510556

## Preparation Instructions

Directions:  
WASH HANDS.

- 1. Cook beef patty as directed on package.
  - 2. Layer patty, on top of bottom bun roll. Cheese over bottom of roll. Top with remaining half of roll.
  - 3. Serve. or hot hold at 135 degrees or higher until time of service.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		195.00	
Fat		13.20g	
SaturatedFat		5.05g	
Trans Fat*		0.50g	
Cholesterol		35.00mg	
Sodium		344.00mg	
Carbohydrates		4.50g	
Fiber		0.30g	
Sugar		0.40g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

# All American Sub Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52468

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .5Z	300 Ounce	THAW Keep product frozen at 0 degrees F. or below until ready to use. Defrost product slowly and thoroughly in refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages to use sliced meat in various sandwich applications. Portion each sandwich in 3 oz. or about 6 slices.	839760
TOMATO SLCD 1/4IN	100 Serving	1 serving = 2 (1/8 in) sliced tomatoes	786535
LETTUCE ROMAINE	32 Ounce	1/4 cup per sandwich.	583371
Land O'Lakes White American Cheese, Sliced	50 slices		499787
Land O Lakes® 50% Reduced Fat American Cheese Slices	50 slices		499789
SPICE GARLIC GRANULATED	2 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITALIAN LO CAL	10 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	783150

# Preparation Instructions

Instructions

Chill all mise en place until assembly.

Prepare the seasoned tomatoes and seasoned shredded lettuce per the prep recipes.

Seasoned Tomatoes

Slice tomatoes 1/8"thick.

Evenly sprinkle the granulated garlic over the sliced tomatoes.

CCP: Hold at 40° F or below until assembly.

Seasoned Shredded Lettuce

Combine the shredded lettuce and dressing in a mixing bowl. Gently toss together until the ingredients are evenly dispersed.

CCP: Hold at 40° F or below until assembly.

To Assemble Sandwich

Cut yellow and white cheese in half diagonally.

To build the subs, arrange ½ a slice each of the yellow and white American cheese.

NOTE: Add the cheese so the point of the diagonal is pointing out of the bread.

Add tsix slices of Turkey.

Add two seasoned tomatoes and finish with ¼ cup seasoned shredded lettuce.

CCP: Hold at 40° F or below until assembly.

Recipe Notes

Crediting: 2 oz. m/ma, 2 oz. grain

Serving size is 1 sub sandwich.

For Seasoned Tomatoes: Serving size is 2 tomato slices.



## 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 Each

Amount Per Serving	
<b>Calories</b>	153.81
<b>Fat</b>	6.48g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	389.50mg
<b>Carbohydrates</b>	10.43g
<b>Fiber</b>	2.22g
<b>Sugar</b>	7.12g
<b>Protein</b>	14.62g
<b>Vitamin A</b>	1499.40IU
<b>Vitamin C</b>	24.66mg
<b>Calcium</b>	18.31mg
<b>Iron</b>	1.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese Sandwich



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
Land O'Lakes White American Cheese, Sliced	1 slices		499787
BREAD WHL WHE PULLMAN SLCD	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TOMATO ROMA LRG	1 Cup		462551

## Preparation Instructions

1. Preheat oven to 350.
  2. Place butter in microwave safe container and melt.
  3. Lightly brush melted butter on one side of each piece of bread.
  4. Place 1 slice of cheese and 2 slices of tomato and 2 slices of ham onto unbuttered sides of bread. Top with an addition slice of cheese and bread, butter side facing up.
  5. Place sandwiched on sheet pan. Bake in the oven for 10-12 minutes or until internal temperature is 140 or higher for at least 15 seconds. Remove from the oven.
  6. Cut sandwiches in half.
  8. Serve 2 halves. Serve immediatly or keep warm at 140 or above.
- Credit: 1/4 cup vegetable, 2meat/meat/alt., 2 oz. grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.036
<b>Grain</b>	0.015
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.020
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	5.98mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	29.99IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hash Brown Casserole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	272 Ounce		774227
SOUP CRM OF CHIX COND NSA	176 Ounce		435868
CHEESE CHED MLD SHRD 4-5 LOL	136 Ounce		150250
Ham Ckd Fz Cube	136 Ounce		655001
SOUR CREAM	136 Ounce		285218

## Preparation Instructions

Instructions

Preheat oven to 375°F. Lightly grease a baking pan.

If using tater tots for this recipe, pre-cook according to package instructions before using in this recipe.

If using hash browns, you will be able to use them frozen.

In a large bowl, mix potato, ham, soup, sour cream and cheddar cheese.

Spread evenly into prepared pan and sprinkle top with additional shredded cheddar.

Bake in the preheated oven until bubbly and lightly browned. Serve immediately.

Recipe Notes

Note: Ground beef may be used as a substitute for the ham, or meat can be omitted and used a side dish.

Crediting: One cup serving provides 2.5 oz m/ma; 1/2 cup starchy vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		338.34	
<b>Fat</b>		20.90g	
<b>SaturatedFat</b>		13.77g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		86.45mg	
<b>Sodium</b>		583.59mg	
<b>Carbohydrates</b>		21.57g	
<b>Fiber</b>		1.41g	
<b>Sugar</b>		3.61g	
<b>Protein</b>		16.52g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.37mg
<b>Calcium</b>	337.41mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turner Blue Loaded Beef or Pulled Pork Nachos



<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-22340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	117 Ounce		821271
BEAN PINTO	20 PICNIC CAN	Low-sodium, canned, drained, Rinsed.	261475
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	8 Tablespoon		273945
SPICE ONION POWDER	3 Tablespoon		126993
SPICE PAPRIKA	3 Tablespoon		518331
SALT KOSHER PRM	1 Teaspoon		311356
CHIP TORTL RND WGRAIN	216 Ounce	Please Use Blue Farm Tortilla Chips	739741
CHEESE MOZZ SHRD 30 COMM	56 Ounce		150620
SALSA 6-10 COMM	20 PICNIC CAN		150570
SOUR CREAM L/F	100 Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Description	Measurement	Prep Instructions	DistPart#
CARNITA PORK CHPD	2 Ounce	2.5 oz = 2 oz Meat per serving for 100 servings you will need 16 pounds	549412

# Preparation Instructions

- Directions:
1. Place beef crumbles and spices ( Chili powders, cumin,onion powder, paprika, salt) in 6in deep pans, heat in oven at 300 until heated through.
  2. Put beans and 1 cup of water into food processor, puree on medium, add additional 1 1/2 cup cup of water. and continue blending until smooth.
  3. Pour Purred beans in a steam table pan. ( 12 X 20 X 2 1/2) and heat to 140 degrees or higher for 15 seconds.
  4. To build each nacho:
    - a. Place 2 oz. by weight of chips into a food boat or like container.
    - b. use a #24 scoop, serving 2 oz. of beans on top of chips.
    - c. Place 2 oz by weight of the beef mixture or 2.5 oz of pork Carnitas mixture that has been heated to internal temperature of 140 or higher.
    - d. Sprinkle with 2 TBSP. of shredded cheese on top of meat/ bean mixture.
    - e. Using a #30 School (1/8) cup of sour cream on top of cheese
    - f. Using a #16 cup (1/4 cup) portion salsa on top of sour cream
- Serve Immediately!

## Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.333
Legumes	0.500
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		901.39	
Fat		17.02g	
SaturatedFat		5.02g	
Trans Fat*		0.00g	
Cholesterol		14.69mg	
Sodium		1086.16mg	
Carbohydrates		140.77g	
Fiber		26.84g	
Sugar		8.14g	
Protein		39.19g	
Vitamin A	6.25IU	Vitamin C	0.02mg
Calcium	250.97mg	Iron	10.27mg

\*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

# Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

## Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		235.00	
<b>Fat</b>		9.00g	
<b>SaturatedFat</b>		3.25g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		107.50mg	
<b>Sodium</b>		525.00mg	
<b>Carbohydrates</b>		25.50g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	190.50mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# The "pig" Kahuna Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Kikkoman Low Sodium Soy Sauce, 4 Gal, 1/Case	12 Tablespoon		514210
GINGER FRSH	4 Ounce	minced	552321
GARLIC PLD FRESH	4 Ounce		428353
SUGAR BROWN LT	1 Tablespoon	packed	860311
CHIX PULLED WHT DRK BLND	52 Ounce		467802
HAM SLCD W/A 8-5 640CT COMM	52 Ounce		651470
COLE SLAW SHRED SEP BAG 1/8IN	48 Ounce		361300
CILANTRO CLEANED	1 Cup	minced.	219550
ONION VIDALIA SWT	1 Cup	minced	558133
VINEGAR APPLE CIDER 5	8 Tablespoon		430795

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	4 Tablespoon		108642
SALT KOSHER PRM	1 Tablespoon		311356
MAYONNAISE LT	6 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	1 Cup		790835
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

## Preparation Instructions

1. Mix together marinade ingredients: soy sauce, ginger, garlic, and brown sugar until dissolved.
2. Place chicken in deep hotel pan and cover with marinade. Mix well, cover with food service wrap and set aside at least one hour to allow flavors to develop. This step can be done one day ahead of time, so the chicken can marinade overnight.
3. in a large mixing bowl, make coleslaw mixture by combining shredded cabbage, cilantro, onions, apple cider vinegar, sugar and salt.
4. In a separate bowl, mix together mayo and hot sauce to make spicy mayo.
5. Make sandwiches by spreading 1 oz. of spicy mayo on bun, adding 1 oz of chicken, 1.22 oz of ham slices and topping them with 1/3 cup prepares coleslaw.
6. These Sandwiches can be serve cold. So please hold in cooler until time of service.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		290.26	
Fat		7.36g	
SaturatedFat		1.87g	
Trans Fat*		0.00g	
Cholesterol		57.07mg	
Sodium		1057.72mg	
Carbohydrates		38.33g	
Fiber		3.57g	
Sugar		9.13g	
Protein		15.34g	
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	47.98mg	Iron	2.50mg

\*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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# Cinnamon Crunch Biscuit with roasted berry sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	100 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SUGAR CANE GRANUL	3 Cup	3 cups for the biscuits and 3 cups for the sauce .	425311
SPICE CINNAMON GRND	1 Tablespoon		224723
STRAWBERRY SMALL DCD FZ	16 Cup		630480
LEMON JUICE 100	2 Tablespoon		311227
CHEESE CREAM LOAF	6 Cup	READY_TO_EAT ready to eat	163562

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK PLN N/F	6 Cup		398331

# Preparation Instructions

Instructions

Mix the sugar and cinnamon in a bowl.

Lay frozen biscuits on parchment lined baking sheets. Spray with buttermist and cover tops with the cinnamon-sugar mixture. Return to the freezer until ready to bake.

Bake the biscuits at 325°F for 20-25 minutes until golden brown.

Split the biscuits open and allow them to slightly cool – this ensures the schmear does not melt and ooze out.

Add 1 ounce (approx. 2 tablespoons) of the mixed berry to each biscuit. Enjoy!

Mixed Berry Sauce:

Place mixed berries and sugar in a steam jacket kettle or medium-size pot set to med - high heat.

Bring the berries to a boil and cook for 12 minutes. Remove the berries from the heat and allow the mixture to cool.

Once the berries are at 41 degrees or below, use a blender to break up any large berries and add lemon zest. Store the berries, labeled, and dated, in the cooler at 41 degrees or lower until use.

Using a mixer with the paddle attachment, mix the cream cheese and Greek yogurt until well combined. Fold in the berry mixture.

NOTE from Chef Rachel: I prefer when this mixture is not completely mixed. It creates a bit of a swirl effect, but either way works!

Recipe Notes

Crediting: One sandwich provides 2 oz. eq. grain

Note: The mixed berry schmear can be made days in advance and held, at 41 degrees or lower, labeled and dated.

Nutrition Facts per Serving (1sandwich)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.112
<b>Grain</b>	1.500
<b>Fruit</b>	0.176
<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>	214.17		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	4.68g		
<b>Trans Fat*</b>	0.07g		
<b>Cholesterol</b>	3.35mg		
<b>Sodium</b>	389.02mg		
<b>Carbohydrates</b>	31.38g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.62g		
<b>Protein</b>	5.62g		
<b>Vitamin A</b>	2.39IU	<b>Vitamin C</b>	11.80mg
<b>Calcium</b>	50.44mg	<b>Iron</b>	1.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bbq Beef Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37181
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE HNY HOT 6-5# JTM	392 Ounce		323816
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

## Preparation Instructions

- 1.Pull beef a day before service from freezer to cooler.
  - 2.Heat beef until internal temperature if 155 or above.
  - 3.Hold for hot service at 135 ? for up to 2 hours.
- To serve place ½ cup (#8 scoop) of beef mixture on bottom half of each bun. Cover with top half of bun.



## 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 Each

Amount Per Serving			
<b>Calories</b>		116.46	
<b>Fat</b>		1.75g	
<b>SaturatedFat</b>		0.09g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		1.94mg	
<b>Sodium</b>		191.64mg	
<b>Carbohydrates</b>		19.56g	
<b>Fiber</b>		2.04g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.49g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.78mg	<b>Iron</b>	1.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt and Granola Parfait



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22190

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	50 Cup		621420
PEACH DCD 3/8IN IQF	50 Cup		192151
BLUEBERRY IQF	50 Cup		166720
YOGURT GRK PLN N/F	200 Ounce		398331
YOGURT VAN L/F	200 Ounce		881161
Granola	200 Serving	<p>Directions: Gather all ingredients, one large mixing bowl, one small bowl, rimmed baking pan, measuring utensils and rubber spatula. Adjust oven racks to use middle rack and preheat oven to 300oF. Combine dry ingredients; oats, brown sugar, cinnamon and salt in a large bowl. Stir to combine and set aside. Combine wet ingredients: honey, oil and vanilla in a small bowl. Stir to combine. Slowly add wet ingredients to the dry while stirring until oats are thoroughly coated. Spread mixture in a thin even layer in a rimmed baking sheet. Place baking sheet on the middle rack in the preheated oven. Bake for 15 minutes. Stir and continue baking until golden brown (check every 5 minutes). Place baking sheet on a cooling rack until cooled to room temperature. Stirring occasionally (about 20 minutes). Granola will harden as it cools. SERVING Serving= 1/4 Cup (2oz.) = 1 oz grain</p>	R-48675

# Preparation Instructions

## Instructions

### Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

### Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

## Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries( OR other fruit listed above), 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

## Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		1300.39	
Fat		13.85g	
SaturatedFat		2.07g	
Trans Fat*		0.00g	
Cholesterol		37.31mg	
Sodium		526.86mg	
Carbohydrates		180.52g	
Fiber		13.44g	
Sugar		121.56g	
Protein		115.77g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1414.18mg	Iron	4.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tuscan Grilled Cheese

user-image or type unknown

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	3 Ounce	READY_TO_EAT Ready to use.	834071
SPICE GARLIC POWDER	1 Teaspoon		224839
SPICE BASIL LEAF	1 Teaspoon		513628
SPICE OREGANO LEAF	1/2 1tsp (.8g)		513733
BREAD WHL WHE PULLMAN SLCD	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620
SPINACH BABY CLND	16 Ounce		560545
TOMATO ROMA LRG	25 Each		462551

## Preparation Instructions

### Instructions

- Melt margarine in a large stock pot.
- Add garlic, basil, and oregano. Stir well. Set aside for step 8.
- Place bread slices on a sheet pan (18?? x 26?? x 1??) heavily coated with butter flavored pan release spray.
- For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan).
- For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).
- Place 1 cheese slice (about 1?2 oz) on top of each slice of bread.
- Place 2?3 cup spinach (about 3?5 oz) on top of cheese.
- Place 1 tomato slice (about 1 oz) on top of spinach.
- Place 1 slice of bread on top of each sandwich.
- Brush the top of each sandwich with margarine mixture.
- Bake until lightly browned:

Conventional oven: 400 °F for 15–20 minutes.  
Convection oven: 350 °F for 10–15 minutes.  
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  
Critical Control Point: Hold for hot service at 140 °F or higher.  
Serve 1 sandwich.  
1 sandwich provides .5 oz equivalent meat alternate, 1/4 cup vegetable, and 2 oz. equivalent grains.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories		293.91	
Fat		17.03g	
SaturatedFat		7.24g	
Trans Fat*		0.00g	
Cholesterol		12.00mg	
Sodium		297.77mg	
Carbohydrates		27.62g	
Fiber		5.34g	
Sugar		4.35g	
Protein		9.99g	
Vitamin A	562.27IU	Vitamin C	9.25mg
Calcium	105.13mg	Iron	2.70mg

\*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

# Creamy Tomato Basil Soup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49570
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	16 Ounce		110858
Cream, fluid, heavy whipping	16 Cup		1053
Carrots Shredded 5#	48 Ounce		2767
CELERY DCD 1/4IN	48 Ounce		198196
ONIONS YEL CHL DICE 5 LB BG	48 Ounce		02541
TOMATO PASTE FCY	16 Ounce	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	48 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BASE VEG CONC PLNTBSD	8 Ounce		671694
SPICE BASIL LEAF	1 Cup		518341
Black Pepper	2 Tablespoon	BAKE	24108
Water	12 Cup		Water

## Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
  - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
  - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

### PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

### SERVING

Serving = 1 Cup (8oz) ( 96 servings all together)

## 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>	1.000
<b>OtherVeg</b>	0.125
<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>	12254.81
<b>Fat</b>	1115.70g
<b>SaturatedFat</b>	393.96g
<b>Trans Fat*</b>	0.05g
<b>Cholesterol</b>	4.27mg
<b>Sodium</b>	9644.60mg
<b>Carbohydrates</b>	596.73g
<b>Fiber</b>	124.67g
<b>Sugar</b>	135.68g
<b>Protein</b>	60.58g
<b>Vitamin A</b> 6152.07IU	<b>Vitamin C</b> 42.07mg
<b>Calcium</b> 772.42mg	<b>Iron</b> 2.74mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Walking Beef or Chicken Taco



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30219
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	272 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHIP TORTL RND R/F	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751
SALSA 6-10 COMM	12 Cup		150570
LETTUCE BLND ROMAINE MXD	64 Ounce		755826
CHEESE MOZZ SHRD 30 COMM	32 Ounce		150620
CHEESE AMER SHRD R/F	32 Ounce	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

### DIRECTIONS

7. Transfer the meat mixture to steamtable pans. CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If

manufacturer instructions on package or case have a higher temperature, follow those recommendations. the pans and hold in warmer until ready for assembly.

CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check the temperature every 30 minutes.

8. For toppings:

Rinse the tomatoes under cool, running water, then drain them thoroughly.

Core and dice tomatoes in ½ inch pieces.

Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.

Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.

Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion containers.

Cover and refrigerate for service.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

9. Open the bags of walking taco chips on the side. Place the bags in serving pans.

10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.

11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

#### NUTRIENTS PER SERVING

Calories 413

Carbohydrates 36.27 g

Dietary Fiber 4.47 g

Protein 17.83 g

Sodium 735.51 mg

Total Fat 21.51 g

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		277.04	
<b>Fat</b>		12.30g	
<b>SaturatedFat</b>		4.44g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		41.97mg	
<b>Sodium</b>		592.39mg	
<b>Carbohydrates</b>		25.25g	
<b>Fiber</b>		4.01g	
<b>Sugar</b>		3.85g	
<b>Protein</b>		17.44g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.52mg	<b>Iron</b>	1.70mg

\*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

# Spicy Chicken Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51125
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
CHIX STRP FAJT DK MT FC	152 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE HOT	3 Cup		790835
DRESSING RNCH	3 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
CHEESE PEPR JK SHRD FTHR	30 Ounce		114422

# Preparation Instructions

## Instructions

Remove 10 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature for 2-3 hours until it is light and fluffy.

Thaw 1 ½ lbs. chicken fajita strips and dice, then toss with buffalo wing hot sauce.

Spread 1 tablespoon of ranch dressing over the dough.

Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.

\* Optional if you want to make pizza into Calzone Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.

Place in a 325°F convection oven. Bake until center reaches 165 °F, cheese is melted and crust is golden brown, typically about 12-15 min.

### Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		435.85	
Fat		21.37g	
SaturatedFat		6.57g	
Trans Fat*		0.01g	
Cholesterol		103.47mg	
Sodium		1322.85mg	
Carbohydrates		32.51g	
Fiber		3.20g	
Sugar		4.48g	
Protein		28.48g	
Vitamin A	36.48IU	Vitamin C	0.00mg
Calcium	155.63mg	Iron	2.84mg

\*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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# Spaghetti with Meatsauce



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33968
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	4 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND	6 Tablespoon		225037
SPICE GARLIC POWDER	6 Tablespoon		224839
BEEF CRMBL CKD W/SPP 4-10#	408 Ounce		821271
ONION RED JUMBO	32 Ounce	chopped.	596973
TOMATO PUREE 1.06	20 Cup		270091

Description	Measurement	Prep Instructions	DistPart #
Water	32 Cup		Water
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE BASIL GRND	8 Tablespoon		513636
SPICE OREGANO GRND	8 Tablespoon		513725
SPICE MARJORAM LEAF	4 Tablespoon		513709
SPICE THYME LEAF	1 Tablespoon 2 Teaspoon (6 Teaspoon)		513814
PASTA SPAG 51 WGRAIN	304 Ounce	break into thirds.	221460

## Preparation Instructions

Instructions:

1. Thaw ground beef overnight.
2. In a large pan dice and cook onions and garlic down. Add pepper, tomato puree, water (8 quarts) salt, parsley, basil, oregano, marjoram, and thyme, Simmer for about an hour,
3. Heat water ( 24 gallons) to a rolling boil. add salt 8 tablespoons.
4. Slowly add spaghetti. Stir constantly. Cook 10-12 minutes or until tender; Do NOT OVERCOOK. Drain well.
5. Stir in meat into sauce.
6. Divide mixture equally until medium half-steam table pans ( 10X 12X 4 ) which have been slightly coated with pan release spray. for 50 serving use 3 pans, for 200 servings use 12 pans.
7. Portion with 8 oz. ladle ( 1 cup) per serving.

Recipe Notes:

CCP: Heat to 155 degrees or higher for at least 15 seconds.

Credits 1 cup ( 8 oz ladle) provides 2 oz. meat equivalent 3/8 cup red/orange vegetable and 1 oz grain.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		158.21	
<b>Fat</b>		0.76g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		149.78mg	
<b>Carbohydrates</b>		34.44g	
<b>Fiber</b>		3.52g	
<b>Sugar</b>		3.64g	
<b>Protein</b>		5.77g	
<b>Vitamin A</b>	0.09IU	<b>Vitamin C</b>	0.34mg
<b>Calcium</b>	14.64mg	<b>Iron</b>	2.17mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Confetti Soup



Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51159
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1 Cup 3 Tablespoon 2 Teaspoon (1 1/4 Cup)		524948
ONION YELLOW JUMBO	32 Ounce		109620
CELERY STIX	32 Ounce		781592
CARROT DCD	32 Ounce		285640
SALT IODIZED	5 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE FENNEL SEED WHOLE	2 Tablespoon 1 Teaspoon (8 Teaspoon)		224812
SPICE PEPR RED CRUSHED	1 Tablespoon		430196
BEAN PINTO PREWSHD	360 Ounce		788770
Water	7 Serving	READY_TO_DRINK	Water
Ham Ckd Fz Cube	192 Ounce		655001
KALE CHPD	16 Ounce		897111
PARSLEY CALIF CLND	2 Cup 8 Tablespoon (2 1/2 Cup)		272396

# Preparation Instructions

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## Instructions

Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

Add peas and water. Cook uncovered over medium heat for 20-25 minutes.

Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.

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

Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

Portion with 8 fl oz ladle (1 cup).

## Recipe Notes

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history of 96 years of intellectual enlightenment. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom. This does not stop inside the school, but reaches outside to the community, and was evident in the collaboration to create Confetti Soup!

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—students will surely be asking for more!

Crediting: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-½ oz equivalent meat/meat alternate and ¼ cup other vegetable. Or Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

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

Nutrition Facts per Serving (1cup)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		53.52	
<b>Fat</b>		3.10g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		14.16mg	
<b>Sodium</b>		197.27mg	
<b>Carbohydrates</b>		3.54g	
<b>Fiber</b>		0.91g	
<b>Sugar</b>		1.49g	
<b>Protein</b>		4.55g	
<b>Vitamin A</b>	303.25IU	<b>Vitamin C</b>	2.19mg
<b>Calcium</b>	31.07mg	<b>Iron</b>	0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Burrito Bowl- Beef or Pulled Pork



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49607
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	640 Ounce		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	272 Ounce		231981
CORN CUT SUPER SWT	144 Ounce		851329
RICE BRN LNG PARBL 25# COMM	224 Ounce		378351
Lime juice, raw	2 Cup		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	64 Ounce	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	16 Ounce		15N63
PEPPERS RED	16 Ounce		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772
TORTILLA SHELL SAL ULTRGR 10IN BK	100 Each		720526

# Preparation Instructions

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## PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.
3. Preheat oven to 300 degrees F.

## PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. add cooked Philly steak meat to hotel pan.
- b. cook on low until meat is heated. drain excess liquid.
- c. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

Bake tortilla shells ahead of service time. Take a 10 oz hot disposable bowl and lay tortilla over top of bowl on sheet pan and bake for 5-10 minutes or until golden brown and shaped.

## SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa. Place all ingredients inside of the baked tortilla shell.

## 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>	0.010
<b>Legumes</b>	1.500
<b>Starch</b>	0.200

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		685.63	
<b>Fat</b>		19.32g	
<b>SaturatedFat</b>		3.86g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		16.00mg	
<b>Sodium</b>		518.32mg	
<b>Carbohydrates</b>		100.59g	
<b>Fiber</b>		14.44g	
<b>Sugar</b>		4.05g	
<b>Protein</b>		25.17g	
<b>Vitamin A</b>	0.59IU	<b>Vitamin C</b>	0.36mg
<b>Calcium</b>	119.29mg	<b>Iron</b>	3.59mg

\*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

# Mediterranean Pizza



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51183
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
SAUCE PESTO BASIL	1 Cup 8 Tablespoon (1 1/2 Cup)		844761
HUMMUS TRADITIONAL	25 Cup		108171
TOMATO ROMA XL	32 Ounce		108051
BASIL FRESH	8 Tablespoon		165601
CHEESE MOZZ SHRD 30 COMM	12 Cup 8 Tablespoon (12 1/2 Cup)	2 oz. each per pizza.	150620

## Preparation Instructions

Day before Service: Pull dough the day before service and place on a oiled sheet pan and cover until the following day of service.

Day of service: Remove dough from cooler and allow to rise about 45 minutes at room temperature. and brush each dough round with a thin coating of pesto.

Scoop 1 - #8 scoop (½ cup) of hummus on each flatbread and spread evenly.

Bake at 375° F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.

Brush each baked flatbread with another thin coating of the remaining pesto, top with the shredded mozzarella cheese, sliced tomatoes, and fresh basil. Heat until internally temperature is at 140 degrees and hold until service. Do not overbake.

Recipe Notes

Yield 50 servings

Serving size: 1 flatbread

HACCP—Standard Operating Procedure —Use hand washing procedures before starting recipe.

HACCP—Standard Operating Procedure—Wash all produce before starting this recipe.

HACCP Critical Control Point: Heat to a temperature of 140° F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135° F or above.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		657.28	
Fat		37.32g	
SaturatedFat		11.02g	
Trans Fat*		0.01g	
Cholesterol		50.60mg	
Sodium		1061.90mg	
Carbohydrates		52.64g	
Fiber		7.28g	
Sugar		10.20g	
Protein		27.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.40mg	Iron	5.85mg

\*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 Lasagna



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Square	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51152
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE RICOTTA WHP PART SKM	320 Ounce		512265
CHEESE PARM GRTD	120 Ounce		445401
SEASONING ITAL HRB	24 Ounce		428574
SALT IODIZED	6 Tablespoon 1 Teaspoon (20 Teaspoon)		125557
EGG WHL LIQ W/CITRIC	10 Cup		431491
SAUCE MARINARA	100 Cup		502181
PASTA LASGN RIDG CURLY 2 1/8IN	1 Ounce	Please order #481606	108197
CHEESE MOZZ SHRD	240 Ounce		645170

## Preparation Instructions

Cheese Lasagna

Servings: 200 people Calories: 380.7462 kcal

This lasagna features a rich blend of ricotta, mozzarella, and Parmesan cheeses

Instructions

Day Prior to Service:

- a. In a large bowl combine the ricotta cheese, grated parmesan, Italian seasoning, granulated garlic, salt, and eggs.
- b. Stir until all ingredients are equally distributed.

c. Cover with film, place in cooler.

Preparation Instructions for One 2" Hotel Pan:

Layer #1 in Following Order:

- a. Spray pan with pan spray.
- b. 3 cups of marinara onto the bottom of the pan.
- c. 8 lasagna sheets (length of noodle fits width of pan)
- d. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- e. 2 cups of mozzarella cheese .

Layer #2 in Following Order:

- a. 9 sheets of lasagna sheets (one more sheet than layer #1)
- b. 3 cups of marinara sauce.
- c. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- d. 2 cups of mozzarella cheese.

Layer #3 in Following Order:

- a. 8 lasagna sheets.
- b. 3 cups of marinara sauce.
- c. Cover with film, then foil.

Oven Instructions: Preheat Oven to 350°

- a. Bake in 350 ° oven for 40 minutes.
- b. Remove from oven, remove film and foil.
- c. Top with 2 cups shredded mozzarella cheese
- d. Return to oven, uncovered, to melt and brown cheese.
- e. Place in holding cabinet, uncovered.

Serving Instructions:

- a. Cut pan 4 x 5.
- b. Use spatula to serve piece.

Control Measures: Cook to 165 °, Hot Hold at 135° or greater.

Recipe Notes

Crediting: 1 square piece provides 2 oz M/MA, 1.2 oz Grains, 0.375 cups Red/Orange Vegetable

Nutrition Facts per Serving (1piece)

Calories: 380.7462 kcal | Saturated fat: 8.6681 g | Sodium: 1199.1333 mg | Carbohydrates: 38.5784 g

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.800
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Square

Amount Per Serving			
<b>Calories</b>		246.56	
<b>Fat</b>		13.73g	
<b>SaturatedFat</b>		7.28g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		38.80mg	
<b>Sodium</b>		447.80mg	
<b>Carbohydrates</b>		14.60g	
<b>Fiber</b>		2.01g	
<b>Sugar</b>		9.68g	
<b>Protein</b>		14.10g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	395.83mg	<b>Iron</b>	1.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub



<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49611
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	17 Ounce	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

## Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs  
1/2 Oz shredded cheese  
place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)  
this will help warm bun as well as melt cheese.  
Serve 1 sub, with 1 cup marinara on side

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		566.02	
Fat		25.43g	
SaturatedFat		9.11g	
Trans Fat*		0.60g	
Cholesterol		78.34mg	
Sodium		1003.05mg	
Carbohydrates		51.49g	
Fiber		4.00g	
Sugar		14.49g	
Protein		35.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.27mg	Iron	4.70mg

\*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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# Buffalo Chicken Loaded Baked Potato



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51154
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buffalo chicken mix	1 Serving	Instructions PRE-PREPARATION Recipe source: Boulder Valley School District Food Services 1. Prepare the Buffalo Sauce: Ingredients: SPICE CAYENNE SAUCE HOT VINEGAR APPLE CIDER a. Mix all ingredients together and set aside. 2. Chop pepperoncinis if they are not already pre-chopped. 3. Drain and crumble the feta if not purchased this way. 4. Preheat oven to 350 degrees if preparing and serving onsite, sameday. PREPARATION 1. Mix together the homemade buffalo sauce, the chopped pepperoncinis, crumbled feta, and chicken. 2. Portion into hotel pans - 13 lbs. 4 oz. in each hotel pan. 3. If serving onsite, sameday: Heat in 350-degree oven for 15-20 min. or until temperature reaches 165 degrees. 4. If preparing ahead of time or sending to site kitchens: Cover with parchment and foil, label, and cool store. SERVING Reheating Instructions: Reheat at 350 degrees for 15-20 min or until temperature reaches 165 degrees. Assembly: Put 1/2 cup (4oz.) of chicken mixture per Baked Potato	R-49605
POTATO BAKER IDAHO	5 Each		593273

## Preparation Instructions

- Ingredients
- Fresh white or russet potatoes, 80 count (15 pounds, 10 ounces)
  - 15.625 pounds
  - Granulated garlic ½ teaspoon
  - Celery salt ½ teaspoon
  - Ground black or white pepper 1 teaspoon

Paprika  
(1 tablespoon, 1 teaspoon)  
1.33 tablespoon  
Salt, kosher 1 teaspoon  
Vegetable oil ½ cup

Instructions

Wash potatoes and cut in half lengthwise, skin on.

Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker.

Spread 2 Tbsp (1 oz) of oil in each steam table pan (12" x 20" x 2 1⁄2"). For 50 servings, use 4 pans.

Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.

Sprinkle spice mixture over potatoes.

Turn potatoes cut-side down for browning.

Bake:

Conventional oven: 450° F for 25-30 minutes

Convection oven: 425° F for 20-25 minutes

Bake until the surface is golden-brown.

Portion 1 1⁄2 potato. Mix together the chicken slider recipe and omit the slider bun. Assemble in the cooked potato

Recipe Notes

CCP: Heat to 140° F or higher.

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

Crediting: 1 1⁄2 potato, with skin provides 1 1⁄2 cup of starchy vegetable.

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	0.500

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		2.67	
Fat		0.03g	
SaturatedFat		0.01g	
Trans Fat*		0.00g	
Cholesterol		0.18mg	
Sodium		1.44mg	
Carbohydrates		0.50g	
Fiber		0.06g	
Sugar		0.04g	
Protein		0.11g	
Vitamin A	0.06IU	Vitamin C	0.56mg
Calcium	0.35mg	Iron	0.02mg

\*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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# Sub sandwich Ham or Turkey



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22015

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER YEL 160CT SLCD	2 Slice		271411
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.040
<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 each

Amount Per Serving			
<b>Calories</b>	6.20		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.90mg		
<b>Sodium</b>	21.80mg		
<b>Carbohydrates</b>	0.64g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.72mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef or Pork Carnitas Tacos



<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-22367
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	50 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	100 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	125 Ounce	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	158 Ounce	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

## Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		321.05	
Fat		12.40g	
SaturatedFat		6.40g	
Trans Fat*		0.00g	
Cholesterol		43.50mg	
Sodium		329.68mg	
Carbohydrates		35.00g	
Fiber		5.99g	
Sugar		4.83g	
Protein		19.39g	
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	87.66mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Turner Turn it Up Chili



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	336 Ounce	or 28 pounds raw.	821271
ONION RED JUMBO	56 Ounce	chopped	596973
GARLIC PLD FRESH	6 Tablespoon	chopped	428353
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	12 Tablespoon		331473
SPICE PAPRIKA	4 Tablespoon		518331
SPICE ONION POWDER	4 Tablespoon		126993
SPICE CUMIN GRND	4 Ounce		273945
TOMATO CRSHD A/P	204 Ounce		248096
Water	36 Cup		Water
TOMATO PASTE FCY	112 Ounce		221851
BEAN CHILI MEX STYLE	216 Ounce	pinto or kidney beans can be used.	192015
CHEESE CHED MLD SHRD 4-5 LOL	96 Ounce	optional.	150250

# Preparation Instructions

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## Instructions

Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover and simmer. Stir occasionally.

Pour into serving pans.

Portion with 4 oz ladle (1½ cup). Garnish with cheese (optional).

## Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

OR

If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.

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

## Variation:

### A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

## Special Tip:

### SOAKING BEANS

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.

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.

### COOKING BEANS

Once the beans have been soaked, add 1½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Crediting: 1½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

Nutrition Facts per Serving (0.5cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		94.05	
<b>Fat</b>		4.39g	
<b>SaturatedFat</b>		2.93g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		14.64mg	
<b>Sodium</b>		196.83mg	
<b>Carbohydrates</b>		9.19g	
<b>Fiber</b>		1.94g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.21g	
<b>Vitamin A</b>	0.16IU	<b>Vitamin C</b>	0.59mg
<b>Calcium</b>	103.39mg	<b>Iron</b>	0.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Smothered Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51195
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPICE GARLIC POWDER	2 Teaspoon		224839



Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 Teaspoon		126993
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
SPICE PAPRIKA	2 Teaspoon		518331
SALT IODIZED	2 Teaspoon		125557
PEPPERS ASST RNBW	192 Ounce	sliced	266985
ONION YELLOW JUMBO	64 Ounce	sliced	109620
GRAVY MIX CHIX	2 Package		242390

## Preparation Instructions

- 1.Preheat Oven to 325 degrees.
  2. Spray enough sheet pans to place all of the frozen chicken breast on a single layer onto the sheet pans.
  3. Mix seasonings ( garlic powder, Onion powder, cayenne pepper, and salt in a bowl)
  4. Bake chicken in a preheated oven until internal temperatures reach 165 degrees.
  5. Transfer cooked chicken to steam table pans, cover and keep warm.
  - 6,.Make gravy per Package directions.
- Place chopped vegetables on top of chicken, pour gravy over all, evenly.
7. Tightly cover pans and return to the oven and bake until the internal temperature is 135 degrees or higher.
- CCP: Hot hot for service at 135 degrees or higher.
- \* Recipe can add 4# of sliced white mushrooms as well.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		147.61	
Fat		5.72g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		1016.73mg	
Carbohydrates		9.88g	
Fiber		0.32g	
Sugar		2.64g	
Protein		14.19g	
Vitamin A	0.36IU	Vitamin C	1.34mg
Calcium	6.60mg	Iron	0.04mg

\*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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# Seasoned Pasta



Servings:	200.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51155
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN	358 Ounce		402118
Water	176 Cup		Water
SALT IODIZED	10 Tablespoon		125557
OIL BLND SOY/POM OLV 90/10	26 Ounce		524948

## Preparation Instructions

Instructions

Using 6-inch hotel pans, add pasta and water to each pan.

NOTE: Pasta is a 1 to 4 ratio.

Add 1 tablespoon sea salt to every gallon of water and stir once gently before loading hotel pans into the steamer.

Steam penne pasta for 10 minutes. Ensuring the pasta reaches 165°F for 15 seconds.

NOTE: Penne pasta is forgiving and does not need to be agitated during cooking process.

Remove the pasta from the steamer and drain any excess liquid.

NOTE: DO NOT RINSE PASTA.

Add the olive oil and gently toss.

Cover pans with plastic wrap and hot hold until service or assembly.

Recipe Notes

Crediting: 2 ounce eq. whole grain

Nutrition Facts per Serving (1cup)

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 200.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		22.32	
Fat		1.85g	
SaturatedFat		0.26g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		1.34g	
Fiber		0.06g	
Sugar		0.10g	
Protein		0.22g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30217
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	Pull Day before service.	498702
BUN SUB SLCD WGRAIN 5IN	100 Each	Order Item Number 51535 from ALPHA Baking.	276142

## Preparation Instructions

CCP: Heat to 155 oF or higher for at least 15 seconds.  
Portion the meat mixture onto bottom half of each roll. Top with other half of roll.Recipe Notes  
Crediting: One portion provides 4 oz. eq. m/ma, 2 oz. eq grain

## 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>		390.00	
<b>Fat</b>		10.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		65.00mg	
<b>Sodium</b>		440.00mg	
<b>Carbohydrates</b>		45.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		26.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<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

# Blueberry Yogurt Parfait



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33967
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF	272 Ounce	50 cup= 1/2 cup portion each.	119873
YOGURT GRK PLN N/F	200 Ounce	2 oz. each	398331
YOGURT VAN L/F	200 Ounce	2 oz. each	881161
OATS QUICK HOT CEREAL	64 Ounce	19 cups total. (4 3/4 cups = 1 pound of oats.)	467251
APPLESAUCE IN JCE NSA	3 Cup	BAKE	610283
OIL SALAD CANOLA NT	2 Cup		393843
EXTRACT VANILLA PURE	1 Tablespoon 1 Teaspoon (5 Teaspoon)		513873
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (5 Teaspoon)		224723

## Preparation Instructions

nstructions  
Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries, 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		195.55	
<b>Fat</b>		33.25g	
<b>SaturatedFat</b>		14.73g	
<b>Trans Fat*</b>		0.21g	
<b>Cholesterol</b>		5.39mg	
<b>Sodium</b>		881.03mg	
<b>Carbohydrates</b>		83.91g	
<b>Fiber</b>		1.87g	
<b>Sugar</b>		9.75g	
<b>Protein</b>		20.97g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.92mg	<b>Iron</b>	3.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# **Cookbook for Middle /High School**

**Created by HPS Menu Planner**

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# Pulled Pork Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30217
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	Pull Day before service.	498702
BUN SUB SLCD WGRAIN 5IN	100 Each	Order Item Number 51535 from ALPHA Baking.	276142

## Preparation Instructions

CCP: Heat to 155 oF or higher for at least 15 seconds.  
Portion the meat mixture onto bottom half of each roll. Top with other half of roll.Recipe Notes  
Crediting: One portion provides 4 oz. eq. m/ma, 2 oz. eq grain

## 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>		390.00	
<b>Fat</b>		10.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		65.00mg	
<b>Sodium</b>		440.00mg	
<b>Carbohydrates</b>		45.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		26.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<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

# All American Sub Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52468

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .5Z	300 Ounce	THAW Keep product frozen at 0 degrees F. or below until ready to use. Defrost product slowly and thoroughly in refrigerator for 24 hours. Never defrost at room temperature. Upon completion of thawing process, product should be used within 5 days. Open packages to use sliced meat in various sandwich applications. Portion each sandwich in 3 oz. or about 6 slices.	839760
TOMATO SLCD 1/4IN	100 Serving	1 serving = 2 (1/8 in) sliced tomatoes	786535
LETTUCE ROMAINE	32 Ounce	1/4 cup per sandwich.	583371
Land O'Lakes White American Cheese, Sliced	50 slices		499787
Land O Lakes® 50% Reduced Fat American Cheese Slices	50 slices		499789
SPICE GARLIC GRANULATED	2 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITALIAN LO CAL	10 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	783150

## Preparation Instructions

Instructions

Chill all mise en place until assembly.

Prepare the seasoned tomatoes and seasoned shredded lettuce per the prep recipes.

Seasoned Tomatoes

Slice tomatoes 1/8"thick.

Evenly sprinkle the granulated garlic over the sliced tomatoes.

CCP: Hold at 40° F or below until assembly.

Seasoned Shredded Lettuce

Combine the shredded lettuce and dressing in a mixing bowl. Gently toss together until the ingredients are evenly dispersed.

CCP: Hold at 40° F or below until assembly.

To Assemble Sandwich

Cut yellow and white cheese in half diagonally.

To build the subs, arrange ½ a slice each of the yellow and white American cheese.

NOTE: Add the cheese so the point of the diagonal is pointing out of the bread.

Add tsix slices of Turkey.

Add two seasoned tomatoes and finish with ¼ cup seasoned shredded lettuce.

CCP: Hold at 40° F or below until assembly.

Recipe Notes

Crediting: 2 oz. m/ma, 2 oz. grain

Serving size is 1 sub sandwich.

For Seasoned Tomatoes: Serving size is 2 tomato slices.



## 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 Each

Amount Per Serving	
<b>Calories</b>	153.81
<b>Fat</b>	6.48g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	389.50mg
<b>Carbohydrates</b>	10.43g
<b>Fiber</b>	2.22g
<b>Sugar</b>	7.12g
<b>Protein</b>	14.62g
<b>Vitamin A</b>	1499.40IU
<b>Vitamin C</b>	24.66mg
<b>Calcium</b>	18.31mg
<b>Iron</b>	1.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bento Box



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	64 Ounce		166720
PEANUT BUTTER CRMY	64 Ounce		241851
APPLE SLCD FRSH	200 Ounce	Portion into 2 oz. of apples for each container providing a 1/2 cup each.	530831
CELERY STIX	220 Ounce	Potion 2.2oz each container or about 6 sticks= 1/2 cup.	781592
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Package	BAKE	680130
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370
CRACKER GRHM WGRAIN IW	100 Package		529974

## Preparation Instructions

### Instructions

#### Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth. Then add Peanut butter and blend until well combined. portion in a 2 oz. souffle cup.

#### To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 2 -ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

## Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/2 cup apple ( 2oz.wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

Whole Grain crackers (1 ounce)

\* Don't forget to order Bento Containers #384506

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.320
<b>Grain</b>	2.000
<b>Fruit</b>	0.630
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		426.67	
<b>Fat</b>		17.12g	
<b>SaturatedFat</b>		5.12g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		577.80mg	
<b>Carbohydrates</b>		57.45g	
<b>Fiber</b>		8.23g	
<b>Sugar</b>		23.97g	
<b>Protein</b>		13.47g	
<b>Vitamin A</b>	31.00IU	<b>Vitamin C</b>	2.60mg
<b>Calcium</b>	266.44mg	<b>Iron</b>	1.73mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51072

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
PEPPERONI TKY SLCD 15/Z	49 Ounce	7 slices of pepperoni = .5 oz meat/meat alt.	276662
SAUSAGE ITAL PIZZA TPNG	49 Ounce	.2 oz of sausage = .5 oz meat/ meat alt.	708763
CHEESE BLND CHED/MONTRY JK SHRD	25 Cup	1/4 cup = 1 oz meat/ meat alt.	712131
SAUCE PIZZA W/BASL	12 Cup 8 Tablespoon (12 1/2 Cup)	Place 1/8 cup per pizza crust.	256013

## Preparation Instructions

- 1 For dough Simply thaw overnight covered and under refrigeration, proof covered at room temperature and top any way you like. Ideal for consistently great pizza.
2. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add your choice of toppings. Brush the edges of the dough with water. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325 degrees F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165 degrees F. Hold at 145 degrees F until ready to serve.
3. For toppings You can either make sausage and cheese = 4 oz. of sausage and 1/4 cup of cheese = 2 oz. meat , or Pepperoni and cheese, 1/2 cup of cheese , 7 slices of pepperoni= 2 oz meat. or cheese= 1/2 cup of cheese= 2 oz. meat alt, or sausage and pepperoni and cheese, 2 oz of sausage+ 7 slices of pepperoni + 1/4 cup of cheese= 2 oz. meat.

## 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>	0.250
<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>		358.87	
<b>Fat</b>		15.80g	
<b>SaturatedFat</b>		8.12g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		47.62mg	
<b>Sodium</b>		683.13mg	
<b>Carbohydrates</b>		35.26g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		6.13g	
<b>Protein</b>		19.65g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	232.10mg	<b>Iron</b>	2.61mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	192 Ounce		897111
CRANBERRY DRIED 300-1.16Z COMM	32 Ounce		765981
APPLE SLCD FRSH	64 Ounce	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
VINEGAR APPLE CIDER 5	1 Cup		430795
MUSTARD DIJON JAR	4 Tablespoon		131121
HONEY	1 Cup		225614
SALT IODIZED	1 Teaspoon		125557
GARLIC PLD FRESH	2 Teaspoon		428353
VINEGAR BLSM	6 Ounce		383910

## Preparation Instructions

Instructions  
Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 1 cup cup

HACCP Process: #1 No Cook

Crediting: 1/2 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		47.50	
Fat		2.43g	
SaturatedFat		0.34g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		16.43mg	
Carbohydrates		6.69g	
Fiber		1.32g	
Sugar		5.48g	
Protein		0.46g	
Vitamin A	464.67IU	Vitamin C	3.62mg
Calcium	24.48mg	Iron	0.17mg

\*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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# Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	100 Ounce	Drained	118869
RASPBERRY WHL IQF	300 Ounce		244670
YOGURT VAN L/F	400 Ounce		881161
MILK WHT FF	6 Cup 4 Tablespoon (3 1/8 Pint)		557862

## Preparation Instructions

nstructions

Chill the drained beets for several overs or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover ( 1 CUP each) . Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		157.82	
<b>Fat</b>		2.13g	
<b>SaturatedFat</b>		0.75g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		7.78mg	
<b>Sodium</b>		94.84mg	
<b>Carbohydrates</b>		31.03g	
<b>Fiber</b>		5.75g	
<b>Sugar</b>		18.68g	
<b>Protein</b>		6.37g	
<b>Vitamin A</b>	31.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.06mg	<b>Iron</b>	0.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Chocolate Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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		<b>BAKE</b> <b>FULL BATCH HALF BATCH</b> 2 lb 8 oz (5 cups) 1 lb 4 oz (2 1 2 cups) Water (70-75F) Water (70-75F) 5lb (Full Box) Mix 2lb 8 oz (9 cups) <b>DIRECTIONS</b> Machine Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. BLEND on low speed for 30 seconds using a paddle. SCRAPE bowl and paddle. Continue mixing on low speed for 1 minute. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. Hand Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. MIX until well-blended. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. <b>BAKING DIRECTIONS</b> Standard Muffin Pan: Convection Oven: 375F for 10-14 minutes; Standard Oven: 400F for 14-18 minutes. Jumbo Muffin Pan: Convection Oven: 375F 15-20 minutes; Standard Oven: 400F 18-22 minutes Loaf Pan: Convection Oven: 300F 30-35 minutes; Standard Oven: 35-40 minutes. <b>TIPS</b> For full batch, add 2 to 3 cups of desired ingredients. If folding in canned fruit, drain well before adding. Let muffins and loaves cool in pan briefly; remove while still warm. <b>UNPREPARED</b> See Package Instructions	
MIX MUFF BASIC	80 Ounce		260843
MIX MUFF WGRAIN	80 Ounce	<b>BAKE</b> Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.	152191
Cocoa	33 Ounce	3.72 cups	269654
CHOC CHIPS SMISWT 1000/	33 Ounce	3.72 cups	874523
Water	8 Cup	2 quarts, and 2 cups	Water
MARSHMALLOW MINI	4 Ounce	2 each	191736

## Preparation Instructions

### Instructions

Combine both muffin mixes with baking cocoa. Mix well.

Stir cold water into muffin/cocoa mix. Mix just until fully incorporated.

Stir in chocolate chips if using.

Scoop batter using #16 scoop for muffins that are 1-ounce grain equivalent into lined muffin tins.

Bake according to instructions on box, but for special Hot Cocoa muffins, just before removing from the oven, top with 2 mini marshmallows and return to the oven for the marshmallows to brown. Recipe Notes

\*\*\*\* For a 2 ounce equivalent muffin, use a slightly rounded # 12 scoop and this recipe will make 54 muffins\*\*\*

Serving Size: 1 muffin

Crediting: 1 muffin is 1 oz grain equivalent

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		167.33	
Fat		4.26g	
SaturatedFat		2.09g	
Trans Fat*		0.00g	
Cholesterol		2.87mg	
Sodium		240.60mg	
Carbohydrates		28.23g	
Fiber		1.47g	
Sugar		12.71g	
Protein		2.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.77mg	Iron	5.88mg

\*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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# Hot Dog on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38647
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z	100 Each		656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	100 Each		266536

## Preparation Instructions

Heat on griddle or in convection or conventional oven for 10-14 minutes or until internal temperature is 155 or above. Hot hot at 135 degrees or above until time of service. Place frank inside of the bun and serve immediately.

## 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 Each

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		430.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Chicken Patty



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22032
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.126
<b>OtherVeg</b>	0.010
<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>	384.19		
<b>Fat</b>	14.55g		
<b>SaturatedFat</b>	2.51g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	641.19mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	6.29g		
<b>Sugar</b>	5.64g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	189.30IU	<b>Vitamin C</b>	3.11mg
<b>Calcium</b>	67.37mg	<b>Iron</b>	3.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Breakfast Sandwich Melt



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	2 slices= 2 oz grain	266547
SAUSAGE PTY PORK CKD 2Z EXP	2 0	1 patty= .75 oz Meat	411041
Land O'Lakes Yellow American Cheese Slice	2 slices	2 slices= 1.5 oz Meat Alt	499786
EGG SCRMBD PTY RND GRLLD	2 Each	1 egg patty = 1 oz Meat	208990
PAN COAT/TPNG SPRY BTR	1 Each		758370

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with sausage patty and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Spray butter spray on the top slice of bread. Place a sheet pan on top and warm low and slow in the oven until the internal temperature reaches 155 degrees. Cut in half and serve at CCP 135 degrees or higher. For faster heating times slack the sausage and egg patty in the cooler the day before preparation.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	1.53mg		
<b>Sodium</b>	4.95mg		
<b>Carbohydrates</b>	0.34g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	0.65IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.01mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	160 Ounce	drained or rinsed.	518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	2 Tablespoon		777072
GARLIC WHL FRSH	4 Ounce		907673
SEASONING ANCHO CHILI	4 Tablespoon		748570
CILANTRO CLEANED	6 Ounce		219550
OIL BLND SOY/POM OLV 90/10	1 Cup		524948
HONEY SQZ BTL 16Z	2 Cup		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	112 Ounce	BAKE	285620
PEPPERS GREEN DCD 1/4IN	24 Ounce		198331
PEPPERS RED DCD 3/8IN	24 Ounce		581992
Salsa, Low-Sodium, Canned	10 PICNIC CAN		100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	2 Cup		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, 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.

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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.034
Legumes	0.500
Starch	0.043

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		98.45	
Fat		2.31g	
SaturatedFat		0.32g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		140.06mg	
Carbohydrates		17.05g	
Fiber		4.17g	
Sugar		7.33g	
Protein		2.77g	
Vitamin A	182.43IU	Vitamin C	10.73mg
Calcium	2.63mg	Iron	0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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# Turner Blue Loaded Beef or Pulled Pork Nachos



<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-22340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	117 Ounce		821271
BEAN PINTO	20 PICNIC CAN	Low-sodium, canned, drained, Rinsed.	261475
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	8 Tablespoon		273945
SPICE ONION POWDER	3 Tablespoon		126993
SPICE PAPRIKA	3 Tablespoon		518331
SALT KOSHER PRM	1 Teaspoon		311356
CHIP TORTL RND WGRAIN	216 Ounce	Please Use Blue Farm Tortilla Chips	739741
CHEESE MOZZ SHRD 30 COMM	56 Ounce		150620
SALSA 6-10 COMM	20 PICNIC CAN		150570
SOUR CREAM L/F	100 Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Description	Measurement	Prep Instructions	DistPart#
CARNITA PORK CHPD	2 Ounce	2.5 oz = 2 oz Meat per serving for 100 servings you will need 16 pounds	549412

# Preparation Instructions

- Directions:
1. Place beef crumbles and spices ( Chili powders, cumin,onion powder, paprika, salt) in 6in deep pans, heat in oven at 300 until heated through.
  2. Put beans and 1 cup of water into food processor, puree on medium, add additional 1 1/2 cup cup of water. and continue blending until smooth.
  3. Pour Purred beans in a steam table pan. ( 12 X 20 X 2 1/2) and heat to 140 degrees or higher for 15 seconds.
  4. To build each nacho:
    - a. Place 2 oz. by weight of chips into a food boat or like container.
    - b. use a #24 scoop, serving 2 oz. of beans on top of chips.
    - c. Place 2 oz by weight of the beef mixture or 2.5 oz of pork Carnitas mixture that has been heated to internal temperature of 140 or higher.
    - d. Sprinkle with 2 TBSP. of shredded cheese on top of meat/ bean mixture.
    - e. Using a #30 School (1/8) cup of sour cream on top of cheese
    - f. Using a #16 cup (1/4 cup) portion salsa on top of sour cream
- Serve Immediately!

## Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.333
Legumes	0.500
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		901.39	
Fat		17.02g	
SaturatedFat		5.02g	
Trans Fat*		0.00g	
Cholesterol		14.69mg	
Sodium		1086.16mg	
Carbohydrates		140.77g	
Fiber		26.84g	
Sugar		8.14g	
Protein		39.19g	
Vitamin A	6.25IU	Vitamin C	0.02mg
Calcium	250.97mg	Iron	10.27mg

\*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

# Blueberry Yogurt Parfait



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33967
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF	272 Ounce	50 cup= 1/2 cup portion each.	119873
YOGURT GRK PLN N/F	200 Ounce	2 oz. each	398331
YOGURT VAN L/F	200 Ounce	2 oz. each	881161
OATS QUICK HOT CEREAL	64 Ounce	19 cups total. (4 3/4 cups = 1 pound of oats.)	467251
APPLESAUCE IN JCE NSA	3 Cup	BAKE	610283
OIL SALAD CANOLA NT	2 Cup		393843
EXTRACT VANILLA PURE	1 Tablespoon 1 Teaspoon (5 Teaspoon)		513873
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (5 Teaspoon)		224723

## Preparation Instructions

nstructions  
Yogurt Parfait



Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries, 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		195.55	
<b>Fat</b>		33.25g	
<b>SaturatedFat</b>		14.73g	
<b>Trans Fat*</b>		0.21g	
<b>Cholesterol</b>		5.39mg	
<b>Sodium</b>		881.03mg	
<b>Carbohydrates</b>		83.91g	
<b>Fiber</b>		1.87g	
<b>Sugar</b>		9.75g	
<b>Protein</b>		20.97g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.92mg	<b>Iron</b>	3.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on a Whole Grain bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	10 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	100 slices		499789
BEEF PTY CKD DLX 70/30	100 Each	BAKE Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. CONVECTION Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes MICROWAVE Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate.	510556

## Preparation Instructions

Directions:  
WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty, on top of bottom bun roll. Cheese over bottom of roll. Top with remaining half of roll.
3. Serve. or hot hold at 135 degrees or higher until time of service.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		195.00	
Fat		13.20g	
SaturatedFat		5.05g	
Trans Fat*		0.50g	
Cholesterol		35.00mg	
Sodium		344.00mg	
Carbohydrates		4.50g	
Fiber		0.30g	
Sugar		0.40g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
EGG SCRMBD CKD FZ	100 Ounce		192330
CHEESE BLND CHED/MONTRY JK SHRD	66 Ounce		712131
GRAVY MIX CNTRYSK CRM	16 Ounce	1 package	181401
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	66 Ounce		125302

## Preparation Instructions

nstructions

Thaw eggs under refrigeration, 3-5 days prior. Thaw pizza crust 1 day prior (on sheet pans with parchment paper,covered). Prepare country gravy with water according to package directions,let thicken overnight under refrigeration.

Par-brown sausage in oven at 375 °, break up before and after with hands until desired consistency.

Spray crusts with pan spray and par bake for 7 minutes at 375°.

Remove crusts from oven and spread 1.5 cups chilled gravy per crust and layer evenly with 12 ounces eggs, 4 ounces cheddar cheese, 4 ounces mozzarella cheese, 5 ounces sausage (cooked weight).

Bake pizzas with toppings for 5-8 minutes, or until eggs have reached a temperature of 165 °, sausage is fully cooked, and crust is golden.

Crediting: 1 1/2 oz equivalent meat/ meat alternate., and 2 oz. grain equivalent.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		326.43	
<b>Fat</b>		15.86g	
<b>SaturatedFat</b>		6.08g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		113.01mg	
<b>Sodium</b>		475.69mg	
<b>Carbohydrates</b>		32.28g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		14.24g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.39mg	<b>Iron</b>	2.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Green Pea Guacamole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	256 Ounce		110510
TOMATO ROMA DCD 3/8IN	128 Ounce		786543
ONION RED 25#	32 Ounce		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	2 Cup 8 Tablespoon (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	4 Tablespoon		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945
CILANTRO CLEANED	3 Ounce		219550

## Preparation Instructions

- 1. Defrost peas.
- 2. Dice tomatoes and onion.
- 3. Mince garlic.

PREPARATION

- 1. Puree peas, garlic, liquids, and seasonings with burr mixer.
- 2. Fold in tomatoes and onions.

SERVING

Serving = 1/2 cup (3.75oz) makes 100 servings

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		62.91	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		283.03mg	
Carbohydrates		11.32g	
Fiber		4.06g	
Sugar		4.50g	
Protein		4.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.98mg	Iron	0.20mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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# Chocolate, Peanut butter, Banana Smoothie



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	12 Cup 8 Tablespoon (12 1/2 Cup)	3 1/2 pounds	241851
Banana	616 Ounce	peeled	197769
MILK WHT FF	42 Cup	20.5 cups	557862
Cocoa	3 Cup		269654

## Preparation Instructions

### Instructions

Combine all ingredients in a container. Blend together in with an immersion blender until smooth.

Served chilled.

(if using frozen bananas, peel and smash before freezing. Partially thaw before pureeing with immersion blender)

For small batch, use food processor.

### Variations:

### Dessert

For a dessert option, reduce milk to 3 quarts for 50 servings, which will yield 1 cup portions. Partially freeze until it is thick and slushy. It will have a pudding texture. Same crediting will apply.

### Serving notes:

### Serving size

1 ¼ cup



Yield, volume  
62 ½ cups  
Crediting: 1/2 cup fruit

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		267.79	
Fat		16.08g	
SaturatedFat		3.54g	
Trans Fat*		0.00g	
Cholesterol		2.10mg	
Sodium		183.22mg	
Carbohydrates		23.44g	
Fiber		3.16g	
Sugar		13.43g	
Protein		10.90g	
Vitamin A	209.92IU	Vitamin C	0.00mg
Calcium	145.06mg	Iron	0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Blueberry Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51081

## Ingredients

Description		Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	32 Ounce		36 3/8 ounces	431491
SUGAR CANE GRANUL	48 Ounce		63 5/8 ounces	425311
YOGURT GRK PLN N/F	9 Cup		2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon			110736
OIL SALAD CANOLA NT	3 Cup			393843
White Whole Wheat Flour	92 Ounce		5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			361032
SALT SEA	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			748590
BLUEBERRY IQF	40 Ounce			166720

Description	Measurement	Prep Instructions	DistPart #
BAKING SODA	2 Teaspoon		513849

## Preparation Instructions

nstructions

Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

\* Important\* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		151.51	
Fat		6.84g	
SaturatedFat		0.48g	
Trans Fat*		0.00g	
Cholesterol		0.75mg	
Sodium		428.38mg	
Carbohydrates		21.21g	
Fiber		1.16g	
Sugar		15.66g	
Protein		3.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.12mg	Iron	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Snappy Cheese Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51076

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
CHEESE MOZZ SHRD 30 COMM	100 Ounce		150620
MARGARINE SPRD GARL	1 Cup		453676
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	10 PICNIC CAN		592714

## Preparation Instructions

1. Pull and pan pizza crust the day before service under refrigeration.
2. Preheat the oven to 400 degrees.
3. Brush on garlic spread on crust.
4. Top each pizza with 2 oz. shredded mozzarella cheese.
5. Bake for 15-18 minutes until the crust is cooked and cheese is melted. Hold hot until service.
6. Cut into strips for easy dipping.
7. Heat marinara sauce and serve on the side to dunk in

## 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>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		287.70	
<b>Fat</b>		10.63g	
<b>SaturatedFat</b>		5.86g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		523.70mg	
<b>Carbohydrates</b>		35.16g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		7.50g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.22mg	<b>Iron</b>	2.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Oatmeal Cranberry Cookie



Servings:	200.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52766
School:	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	14 Cup		330094
BAKING SODA	3 Tablespoon		513849
SALT SEA	1 Tablespoon		748590
OATS QUICK HOT CEREAL	14 Cup		467251
SUGAR CANE GRANUL	4 Cup		425311
SUGAR BROWN MED	5 Cup		580449
SPICE CINNAMON GRND	1 Tablespoon		224723
SPICE CLOVES GRND	1 Teaspoon		224774
SPICE NUTMEG GRND	2 Teaspoon		224944
BUTTER PRINT UNSLTD GRD AA	8 Cup		299405
EGG SHL MED A GRD	12 Each		206547
FLAVORING VANILLA IMIT	4 Tablespoon		110736
CRANBERRY DRIED 300-1.16Z COMM	6 Cup		765981

# Preparation Instructions

- 1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg in mixer for 2 minutes on low speed.
- 2. Add butter, eggs, and vanilla. Mix for 1 minute on medium speed.
- 3. Add dried cranberries and blend for 30 seconds on low speed.
- 4. Portion with level #40 scoop (1?Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). Use 4 pans.
- 5. Bake until lightly brownedConventional oven: 350°F for 12-14 minutes.  
Convection oven: 300°F for 6-8 minutes.  
Do not overbake.
- 6. Cool completely. Remove from sheet pans.

## Meal Components (SLE)

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

## Nutrition Facts

Servings Per Recipe: 200.00			
Serving Size: 1.00 cookie			
Amount Per Serving			
Calories		162.81	
Fat		7.85g	
SaturatedFat		4.67g	
Trans Fat*		0.00g	
Cholesterol		29.10mg	
Sodium		142.53mg	
Carbohydrates		21.66g	
Fiber		1.82g	
Sugar		11.52g	
Protein		2.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.28mg	Iron	0.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Egg Rolls



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51192
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup 9 Tablespoon (25 Tablespoon)		292702
SAUSAGE LINK LO SOD CKD	125 Each	chopped	278201
PEPPERS ASST RNBW	3 Cup 2 Tablespoon (3 1/8 Cup)	chopped	266985
ONION GREEN	3 Cup 2 Tablespoon (3 1/8 Cup)	chop	596981
EGG WHL LIQ W/CITRIC	3 Cup		431491
MILK WHT FF	1 Cup		557862
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup 4 Tablespoon (6 1/4 Cup)		150250
EGG ROLL WRAPPER 7INX7IN	100 Each		328618

## Preparation Instructions

nstructions

Heat an oven to 425° F. Line a baking sheet with parchment paper.

In large skillet, heat 1 tablespoon vegetable oil over medium heat. Add turkey sausage links, bell pepper and green onions. sauté until meat is golden and hot. Transfer to a medium sized bowl and keep warm.

In medium bowl, lightly beat eggs and milk.



Using the same skillet, heat 1 teaspoon of oil over medium heat, and add egg mixture. Cook, stirring frequently, for 3 to 5 minutes. Remove the eggs from heat and add to bowl with the sausage. Add the cheese and mix well.

To assemble: Place egg roll skin on clean surface with one corner pointing away. Spoon heaping ¼ cup of sausage/egg mixture onto one corner of the egg roll skin. Fold the corner over, tucking in under filling. Fold in the side corners and roll to opposite corner. To seal, wet the edge of skin with water and press firmly. Repeat with remaining egg roll skins.

Place on lined baking sheet. Using the remaining oil, brush each roll lightly. Bake in oven for approximately 20 minutes, or until skins are golden and crispy.

Recipe Notes

NOTE: To serve later, place egg rolls on parchment-lined cookie sheet and freeze. Once fully frozen, place egg rolls in freezer-safe zipper bag for long-term storage. When ready to use, thaw completely and bake as directed above, adding an extra 5 minutes if necessary for filling to become hot.

Crediting: 2-oz-eq. meat/meat alternative

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 Each			
Amount Per Serving			
Calories		289.48	
Fat		20.75g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		32.66mg	
Sodium		313.91mg	
Carbohydrates		17.03g	
Fiber		0.44g	
Sugar		0.56g	
Protein		8.77g	
Vitamin A	5.00IU	Vitamin C	0.00mg
Calcium	57.24mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
Land O'Lakes White American Cheese, Sliced	1 slices		499787
BREAD WHL WHE PULLMAN SLCD	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TOMATO ROMA LRG	1 Cup		462551

## Preparation Instructions

1. Preheat oven to 350.
  2. Place butter in microwave safe container and melt.
  3. Lightly brush melted butter on one side of each piece of bread.
  4. Place 1 slice of cheese and 2 slices of tomato and 2 slices of ham onto unbuttered sides of bread. Top with an addition slice of cheese and bread, butter side facing up.
  5. Place sandwiched on sheet pan. Bake in the oven for 10-12 minutes or until internal temperature is 140 or higher for at least 15 seconds. Remove from the oven.
  6. Cut sandwiches in half.
  8. Serve 2 halves. Serve immediatly or keep warm at 140 or above.
- Credit: 1/4 cup vegetable, 2meat/meat/alt., 2 oz. grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.036
<b>Grain</b>	0.015
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.020
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	5.98mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	29.99IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hash Brown Casserole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	272 Ounce		774227
SOUP CRM OF CHIX COND NSA	176 Ounce		435868
CHEESE CHED MLD SHRD 4-5 LOL	136 Ounce		150250
Ham Ckd Fz Cube	136 Ounce		655001
SOUR CREAM	136 Ounce		285218

## Preparation Instructions

Instructions

Preheat oven to 375°F. Lightly grease a baking pan.

If using tater tots for this recipe, pre-cook according to package instructions before using in this recipe.

If using hash browns, you will be able to use them frozen.

In a large bowl, mix potato, ham, soup, sour cream and cheddar cheese.

Spread evenly into prepared pan and sprinkle top with additional shredded cheddar.

Bake in the preheated oven until bubbly and lightly browned. Serve immediately.

Recipe Notes

Note: Ground beef may be used as a substitute for the ham, or meat can be omitted and used a side dish.

Crediting: One cup serving provides 2.5 oz m/ma; 1/2 cup starchy vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		338.34	
<b>Fat</b>		20.90g	
<b>SaturatedFat</b>		13.77g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		86.45mg	
<b>Sodium</b>		583.59mg	
<b>Carbohydrates</b>		21.57g	
<b>Fiber</b>		1.41g	
<b>Sugar</b>		3.61g	
<b>Protein</b>		16.52g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.37mg
<b>Calcium</b>	337.41mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

## Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		235.00	
<b>Fat</b>		9.00g	
<b>SaturatedFat</b>		3.25g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		107.50mg	
<b>Sodium</b>		525.00mg	
<b>Carbohydrates</b>		25.50g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	190.50mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# The "pig" Kahuna Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Kikkoman Low Sodium Soy Sauce, 4 Gal, 1/Case	12 Tablespoon		514210
GINGER FRSH	4 Ounce	minced	552321
GARLIC PLD FRESH	4 Ounce		428353
SUGAR BROWN LT	1 Tablespoon	packed	860311
CHIX PULLED WHT DRK BLND	52 Ounce		467802
HAM SLCD W/A 8-5 640CT COMM	52 Ounce		651470
COLE SLAW SHRED SEP BAG 1/8IN	48 Ounce		361300
CILANTRO CLEANED	1 Cup	minced.	219550
ONION VIDALIA SWT	1 Cup	minced	558133
VINEGAR APPLE CIDER 5	8 Tablespoon		430795



Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	4 Tablespoon		108642
SALT KOSHER PRM	1 Tablespoon		311356
MAYONNAISE LT	6 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	1 Cup		790835
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

## Preparation Instructions

1. Mix together marinade ingredients: soy sauce, ginger, garlic, and brown sugar until dissolved.
2. Place chicken in deep hotel pan and cover with marinade. Mix well, cover with food service wrap and set aside at least one hour to allow flavors to develop. This step can be done one day ahead of time, so the chicken can marinade overnight.
3. in a large mixing bowl, make coleslaw mixture by combining shredded cabbage, cilantro, onions, apple cider vinegar, sugar and salt.
4. In a separate bowl, mix together mayo and hot sauce to make spicy mayo.
5. Make sandwiches by spreading 1 oz. of spicy mayo on bun, adding 1 oz of chicken, 1.22 oz of ham slices and topping them with 1/3 cup prepares coleslaw.
6. These Sandwiches can be serve cold. So please hold in cooler until time of service.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		290.26	
Fat		7.36g	
SaturatedFat		1.87g	
Trans Fat*		0.00g	
Cholesterol		57.07mg	
Sodium		1057.72mg	
Carbohydrates		38.33g	
Fiber		3.57g	
Sugar		9.13g	
Protein		15.34g	
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	47.98mg	Iron	2.50mg

\*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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# Cinnamon Crunch Biscuit with roasted berry sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	100 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SUGAR CANE GRANUL	3 Cup	3 cups for the biscuits and 3 cups for the sauce .	425311
SPICE CINNAMON GRND	1 Tablespoon		224723
STRAWBERRY SMALL DCD FZ	16 Cup		630480
LEMON JUICE 100	2 Tablespoon		311227
CHEESE CREAM LOAF	6 Cup	READY_TO_EAT ready to eat	163562

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK PLN N/F	6 Cup		398331

# Preparation Instructions

Instructions

Mix the sugar and cinnamon in a bowl.

Lay frozen biscuits on parchment lined baking sheets. Spray with buttermist and cover tops with the cinnamon-sugar mixture. Return to the freezer until ready to bake.

Bake the biscuits at 325°F for 20-25 minutes until golden brown.

Split the biscuits open and allow them to slightly cool – this ensures the schmear does not melt and ooze out.

Add 1 ounce (approx. 2 tablespoons) of the mixed berry to each biscuit. Enjoy!

Mixed Berry Sauce:

Place mixed berries and sugar in a steam jacket kettle or medium-size pot set to med - high heat.

Bring the berries to a boil and cook for 12 minutes. Remove the berries from the heat and allow the mixture to cool.

Once the berries are at 41 degrees or below, use a blender to break up any large berries and add lemon zest. Store the berries, labeled, and dated, in the cooler at 41 degrees or lower until use.

Using a mixer with the paddle attachment, mix the cream cheese and Greek yogurt until well combined. Fold in the berry mixture.

NOTE from Chef Rachel: I prefer when this mixture is not completely mixed. It creates a bit of a swirl effect, but either way works!

Recipe Notes

Crediting: One sandwich provides 2 oz. eq. grain

Note: The mixed berry schmear can be made days in advance and held, at 41 degrees or lower, labeled and dated.

Nutrition Facts per Serving (1sandwich)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.112
<b>Grain</b>	1.500
<b>Fruit</b>	0.176
<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>	214.17		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	4.68g		
<b>Trans Fat*</b>	0.07g		
<b>Cholesterol</b>	3.35mg		
<b>Sodium</b>	389.02mg		
<b>Carbohydrates</b>	31.38g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.62g		
<b>Protein</b>	5.62g		
<b>Vitamin A</b>	2.39IU	<b>Vitamin C</b>	11.80mg
<b>Calcium</b>	50.44mg	<b>Iron</b>	1.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bbq Beef Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37181
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE HNY HOT 6-5# JTM	392 Ounce		323816
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

## Preparation Instructions

- 1.Pull beef a day before service from freezer to cooler.
- 2.Heat beef until internal temperature if 155 or above.
- 3.Hold for hot service at 135 ? for up to 2 hours.

To serve place ½ cup (#8 scoop) of beef mixture on bottom half of each bun. Cover with top half of bun.

## 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 Each

Amount Per Serving			
<b>Calories</b>		116.46	
<b>Fat</b>		1.75g	
<b>SaturatedFat</b>		0.09g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		1.94mg	
<b>Sodium</b>		191.64mg	
<b>Carbohydrates</b>		19.56g	
<b>Fiber</b>		2.04g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.49g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.78mg	<b>Iron</b>	1.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt and Granola Parfait



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22190

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	50 Cup		621420
PEACH DCD 3/8IN IQF	50 Cup		192151
BLUEBERRY IQF	50 Cup		166720
YOGURT GRK PLN N/F	200 Ounce		398331
YOGURT VAN L/F	200 Ounce		881161
Granola	200 Serving	<p>Directions: Gather all ingredients, one large mixing bowl, one small bowl, rimmed baking pan, measuring utensils and rubber spatula. Adjust oven racks to use middle rack and preheat oven to 300oF. Combine dry ingredients; oats, brown sugar, cinnamon and salt in a large bowl. Stir to combine and set aside. Combine wet ingredients: honey, oil and vanilla in a small bowl. Stir to combine. Slowly add wet ingredients to the dry while stirring until oats are thoroughly coated. Spread mixture in a thin even layer in a rimmed baking sheet. Place baking sheet on the middle rack in the preheated oven. Bake for 15 minutes. Stir and continue baking until golden brown (check every 5 minutes). Place baking sheet on a cooling rack until cooled to room temperature. Stirring occasionally (about 20 minutes). Granola will harden as it cools. SERVING Serving= 1/4 Cup (2oz.) = 1 oz grain</p>	R-48675



# Preparation Instructions

## Instructions

### Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

### Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

## Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries( OR other fruit listed above), 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

## Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		1300.39	
Fat		13.85g	
SaturatedFat		2.07g	
Trans Fat*		0.00g	
Cholesterol		37.31mg	
Sodium		526.86mg	
Carbohydrates		180.52g	
Fiber		13.44g	
Sugar		121.56g	
Protein		115.77g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1414.18mg	Iron	4.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tuscan Grilled Cheese

user-image or type unknown

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	3 Ounce	READY_TO_EAT Ready to use.	834071
SPICE GARLIC POWDER	1 Teaspoon		224839
SPICE BASIL LEAF	1 Teaspoon		513628
SPICE OREGANO LEAF	1/2 1tsp (.8g)		513733
BREAD WHL WHE PULLMAN SLCD	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620
SPINACH BABY CLND	16 Ounce		560545
TOMATO ROMA LRG	25 Each		462551

## Preparation Instructions

### Instructions

Melt margarine in a large stock pot.

Add garlic, basil, and oregano. Stir well. Set aside for step 8.

Place bread slices on a sheet pan (18?? x 26?? x 1??) heavily coated with butter flavored pan release spray.

For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan).

For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).

Place 1 cheese slice (about 1?2 oz) on top of each slice of bread.

Place 2?3 cup spinach (about 3?5 oz) on top of cheese.

Place 1 tomato slice (about 1 oz) on top of spinach.

Place 1 slice of bread on top of each sandwich.

Brush the top of each sandwich with margarine mixture.

Bake until lightly browned:

Conventional oven: 400 °F for 15–20 minutes.  
Convection oven: 350 °F for 10–15 minutes.  
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  
Critical Control Point: Hold for hot service at 140 °F or higher.  
Serve 1 sandwich.  
1 sandwich provides .5 oz equivalent meat alternate, 1/4 cup vegetable, and 2 oz. equivalent grains.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories		293.91	
Fat		17.03g	
SaturatedFat		7.24g	
Trans Fat*		0.00g	
Cholesterol		12.00mg	
Sodium		297.77mg	
Carbohydrates		27.62g	
Fiber		5.34g	
Sugar		4.35g	
Protein		9.99g	
Vitamin A	562.27IU	Vitamin C	9.25mg
Calcium	105.13mg	Iron	2.70mg

\*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

# Creamy Tomato Basil Soup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49570
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	16 Ounce		110858
Cream, fluid, heavy whipping	16 Cup		1053
Carrots Shredded 5#	48 Ounce		2767
CELERY DCD 1/4IN	48 Ounce		198196
ONIONS YEL CHL DICE 5 LB BG	48 Ounce		02541
TOMATO PASTE FCY	16 Ounce	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	48 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BASE VEG CONC PLNTBSD	8 Ounce		671694
SPICE BASIL LEAF	1 Cup		518341
Black Pepper	2 Tablespoon	BAKE	24108
Water	12 Cup		Water

## Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
  - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
  - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

### PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

### SERVING

Serving = 1 Cup (8oz) ( 96 servings all together)

## 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>	1.000
<b>OtherVeg</b>	0.125
<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>	12254.81
<b>Fat</b>	1115.70g
<b>SaturatedFat</b>	393.96g
<b>Trans Fat*</b>	0.05g
<b>Cholesterol</b>	4.27mg
<b>Sodium</b>	9644.60mg
<b>Carbohydrates</b>	596.73g
<b>Fiber</b>	124.67g
<b>Sugar</b>	135.68g
<b>Protein</b>	60.58g
<b>Vitamin A</b> 6152.07IU	<b>Vitamin C</b> 42.07mg
<b>Calcium</b> 772.42mg	<b>Iron</b> 2.74mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Beef or Chicken Taco



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30219
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	272 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHIP TORTL RND R/F	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751
SALSA 6-10 COMM	12 Cup		150570
LETTUCE BLND ROMAINE MXD	64 Ounce		755826
CHEESE MOZZ SHRD 30 COMM	32 Ounce		150620
CHEESE AMER SHRD R/F	32 Ounce	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

### DIRECTIONS

7. Transfer the meat mixture to steamtable pans. CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If

manufacturer instructions on package or case have a higher temperature, follow those recommendations. the pans and hold in warmer until ready for assembly.

CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check the temperature every 30 minutes.

8. For toppings:

Rinse the tomatoes under cool, running water, then drain them thoroughly.

Core and dice tomatoes in ½ inch pieces.

Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.

Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.

Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion containers.

Cover and refrigerate for service.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

9. Open the bags of walking taco chips on the side. Place the bags in serving pans.

10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.

11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

#### NUTRIENTS PER SERVING

Calories 413

Carbohydrates 36.27 g

Dietary Fiber 4.47 g

Protein 17.83 g

Sodium 735.51 mg

Total Fat 21.51 g



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		277.04	
<b>Fat</b>		12.30g	
<b>SaturatedFat</b>		4.44g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		41.97mg	
<b>Sodium</b>		592.39mg	
<b>Carbohydrates</b>		25.25g	
<b>Fiber</b>		4.01g	
<b>Sugar</b>		3.85g	
<b>Protein</b>		17.44g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.52mg	<b>Iron</b>	1.70mg

\*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

# Spicy Chicken Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51125
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
CHIX STRP FAJT DK MT FC	152 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE HOT	3 Cup		790835
DRESSING RNCH	3 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
CHEESE PEPR JK SHRD FTHR	30 Ounce		114422

# Preparation Instructions

## Instructions

Remove 10 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature for 2-3 hours until it is light and fluffy.

Thaw 1 ½ lbs. chicken fajita strips and dice, then toss with buffalo wing hot sauce.

Spread 1 tablespoon of ranch dressing over the dough.

Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.

\* Optional if you want to make pizza into Calzone Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.

Place in a 325°F convection oven. Bake until center reaches 165 °F, cheese is melted and crust is golden brown, typically about 12-15 min.

## Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		435.85	
Fat		21.37g	
SaturatedFat		6.57g	
Trans Fat*		0.01g	
Cholesterol		103.47mg	
Sodium		1322.85mg	
Carbohydrates		32.51g	
Fiber		3.20g	
Sugar		4.48g	
Protein		28.48g	
Vitamin A	36.48IU	Vitamin C	0.00mg
Calcium	155.63mg	Iron	2.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meatsauce



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33968
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	4 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND	6 Tablespoon		225037
SPICE GARLIC POWDER	6 Tablespoon		224839
BEEF CRMBL CKD W/SPP 4-10#	408 Ounce		821271
ONION RED JUMBO	32 Ounce	chopped.	596973
TOMATO PUREE 1.06	20 Cup		270091

Description	Measurement	Prep Instructions	DistPart #
Water	32 Cup		Water
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE BASIL GRND	8 Tablespoon		513636
SPICE OREGANO GRND	8 Tablespoon		513725
SPICE MARJORAM LEAF	4 Tablespoon		513709
SPICE THYME LEAF	1 Tablespoon 2 Teaspoon (6 Teaspoon)		513814
PASTA SPAG 51 WGRAIN	304 Ounce	break into thirds.	221460

## Preparation Instructions

Instructions:

1. Thaw ground beef overnight.
2. In a large pan dice and cook onions and garlic down. Add pepper, tomato puree, water (8 quarts) salt, parsley, basil, oregano, marjoram, and thyme, Simmer for about an hour,
3. Heat water ( 24 gallons) to a rolling boil. add salt 8 tablespoons.
4. Slowly add spaghetti. Stir constantly. Cook 10-12 minutes or until tender; Do NOT OVERCOOK. Drain well.
5. Stir in meat into sauce.
6. Divide mixture equally until medium half-steam table pans ( 10X 12X 4 ) which have been slightly coated with pan release spray. for 50 serving use 3 pans, for 200 servings use 12 pans.
7. Portion with 8 oz. ladle ( 1 cup) per serving.

Recipe Notes:

CCP: Heat to 155 degrees or higher for at least 15 seconds.

Credits 1 cup ( 8 oz ladle) provides 2 oz. meat equivalent 3/8 cup red/orange vegetable and 1 oz grain.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		158.21	
<b>Fat</b>		0.76g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		149.78mg	
<b>Carbohydrates</b>		34.44g	
<b>Fiber</b>		3.52g	
<b>Sugar</b>		3.64g	
<b>Protein</b>		5.77g	
<b>Vitamin A</b>	0.09IU	<b>Vitamin C</b>	0.34mg
<b>Calcium</b>	14.64mg	<b>Iron</b>	2.17mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Confetti Soup



Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51159
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1 Cup 3 Tablespoon 2 Teaspoon (1 1/4 Cup)		524948
ONION YELLOW JUMBO	32 Ounce		109620
CELERY STIX	32 Ounce		781592
CARROT DCD	32 Ounce		285640
SALT IODIZED	5 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE FENNEL SEED WHOLE	2 Tablespoon 1 Teaspoon (8 Teaspoon)		224812
SPICE PEPR RED CRUSHED	1 Tablespoon		430196
BEAN PINTO PREWSHD	360 Ounce		788770
Water	7 Serving	READY_TO_DRINK	Water
Ham Ckd Fz Cube	192 Ounce		655001
KALE CHPD	16 Ounce		897111
PARSLEY CALIF CLND	2 Cup 8 Tablespoon (2 1/2 Cup)		272396

# Preparation Instructions

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## Instructions

Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

Add peas and water. Cook uncovered over medium heat for 20-25 minutes.

Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.

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

Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

Portion with 8 fl oz ladle (1 cup).

## Recipe Notes

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history of 96 years of intellectual enlightenment. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom. This does not stop inside the school, but reaches outside to the community, and was evident in the collaboration to create Confetti Soup!

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—students will surely be asking for more!

Crediting: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-½ oz equivalent meat/meat alternate and ¼ cup other vegetable. Or Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

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

Nutrition Facts per Serving (1cup)



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		53.52	
<b>Fat</b>		3.10g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		14.16mg	
<b>Sodium</b>		197.27mg	
<b>Carbohydrates</b>		3.54g	
<b>Fiber</b>		0.91g	
<b>Sugar</b>		1.49g	
<b>Protein</b>		4.55g	
<b>Vitamin A</b>	303.25IU	<b>Vitamin C</b>	2.19mg
<b>Calcium</b>	31.07mg	<b>Iron</b>	0.55mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Burrito Bowl- Beef or Pulled Pork



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49607
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	640 Ounce		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	272 Ounce		231981
CORN CUT SUPER SWT	144 Ounce		851329
RICE BRN LNG PARBL 25# COMM	224 Ounce		378351
Lime juice, raw	2 Cup		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	64 Ounce	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	16 Ounce		15N63
PEPPERS RED	16 Ounce		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772
TORTILLA SHELL SAL ULTRGR 10IN BK	100 Each		720526

# Preparation Instructions

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## PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.
3. Preheat oven to 300 degrees F.

## PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. add cooked Philly steak meat to hotel pan.
- b. cook on low until meat is heated. drain excess liquid.
- c. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

Bake tortilla shells ahead of service time. Take a 10 oz hot disposable bowl and lay tortilla over top of bowl on sheet pan and bake for 5-10 minutes or until golden brown and shaped.

## SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa. Place all ingredients inside of the baked tortilla shell.

## 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>	0.010
<b>Legumes</b>	1.500
<b>Starch</b>	0.200

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		685.63	
<b>Fat</b>		19.32g	
<b>SaturatedFat</b>		3.86g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		16.00mg	
<b>Sodium</b>		518.32mg	
<b>Carbohydrates</b>		100.59g	
<b>Fiber</b>		14.44g	
<b>Sugar</b>		4.05g	
<b>Protein</b>		25.17g	
<b>Vitamin A</b>	0.59IU	<b>Vitamin C</b>	0.36mg
<b>Calcium</b>	119.29mg	<b>Iron</b>	3.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mediterranean Pizza



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51183
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
SAUCE PESTO BASIL	1 Cup 8 Tablespoon (1 1/2 Cup)		844761
HUMMUS TRADITIONAL	25 Cup		108171
TOMATO ROMA XL	32 Ounce		108051
BASIL FRESH	8 Tablespoon		165601
CHEESE MOZZ SHRD 30 COMM	12 Cup 8 Tablespoon (12 1/2 Cup)	2 oz. each per pizza.	150620

## Preparation Instructions

Day before Service: Pull dough the day before service and place on a oiled sheet pan and cover until the following day of service.

Day of service: Remove dough from cooler and allow to rise about 45 minutes at room temperature. and brush each dough round with a thin coating of pesto.

Scoop 1 - #8 scoop (½ cup) of hummus on each flatbread and spread evenly.

Bake at 375° F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.

Brush each baked flatbread with another thin coating of the remaining pesto, top with the shredded mozzarella cheese, sliced tomatoes, and fresh basil. Heat until internally temperature is at 140 degrees and hold until service. Do not overbake.

Recipe Notes

Yield 50 servings

Serving size: 1 flatbread

HACCP—Standard Operating Procedure —Use hand washing procedures before starting recipe.

HACCP—Standard Operating Procedure—Wash all produce before starting this recipe.

HACCP Critical Control Point: Heat to a temperature of 140° F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135° F or above.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		657.28	
Fat		37.32g	
SaturatedFat		11.02g	
Trans Fat*		0.01g	
Cholesterol		50.60mg	
Sodium		1061.90mg	
Carbohydrates		52.64g	
Fiber		7.28g	
Sugar		10.20g	
Protein		27.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.40mg	Iron	5.85mg

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Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Square	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51152
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE RICOTTA WHP PART SKM	320 Ounce		512265
CHEESE PARM GRTD	120 Ounce		445401
SEASONING ITAL HRB	24 Ounce		428574
SALT IODIZED	6 Tablespoon 1 Teaspoon (20 Teaspoon)		125557
EGG WHL LIQ W/CITRIC	10 Cup		431491
SAUCE MARINARA	100 Cup		502181
PASTA LASGN RIDG CURLY 2 1/8IN	1 Ounce	Please order #481606	108197
CHEESE MOZZ SHRD	240 Ounce		645170

## Preparation Instructions

Cheese Lasagna

Servings: 200 people Calories: 380.7462 kcal

This lasagna features a rich blend of ricotta, mozzarella, and Parmesan cheeses

Instructions

Day Prior to Service:

- a. In a large bowl combine the ricotta cheese, grated parmesan, Italian seasoning, granulated garlic, salt, and eggs.
- b. Stir until all ingredients are equally distributed.

c. Cover with film, place in cooler.

Preparation Instructions for One 2" Hotel Pan:

Layer #1 in Following Order:

- a. Spray pan with pan spray.
- b. 3 cups of marinara onto the bottom of the pan.
- c. 8 lasagna sheets (length of noodle fits width of pan)
- d. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- e. 2 cups of mozzarella cheese .

Layer #2 in Following Order:

- a. 9 sheets of lasagna sheets (one more sheet than layer #1)
- b. 3 cups of marinara sauce.
- c. 3 cups of ricotta-parmesan-egg-seasoning mixture.
- d. 2 cups of mozzarella cheese.

Layer #3 in Following Order:

- a. 8 lasagna sheets.
- b. 3 cups of marinara sauce.
- c. Cover with film, then foil.

Oven Instructions: Preheat Oven to 350°

- a. Bake in 350 ° oven for 40 minutes.
- b. Remove from oven, remove film and foil.
- c. Top with 2 cups shredded mozzarella cheese
- d. Return to oven, uncovered, to melt and brown cheese.
- e. Place in holding cabinet, uncovered.

Serving Instructions:

- a. Cut pan 4 x 5.
- b. Use spatula to serve piece.

Control Measures: Cook to 165 °, Hot Hold at 135° or greater.

Recipe Notes

Crediting: 1 square piece provides 2 oz M/MA, 1.2 oz Grains, 0.375 cups Red/Orange Vegetable

Nutrition Facts per Serving (1piece)

Calories: 380.7462 kcal | Saturated fat: 8.6681 g | Sodium: 1199.1333 mg | Carbohydrates: 38.5784 g



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.800
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Square

Amount Per Serving			
<b>Calories</b>		246.56	
<b>Fat</b>		13.73g	
<b>SaturatedFat</b>		7.28g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		38.80mg	
<b>Sodium</b>		447.80mg	
<b>Carbohydrates</b>		14.60g	
<b>Fiber</b>		2.01g	
<b>Sugar</b>		9.68g	
<b>Protein</b>		14.10g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	395.83mg	<b>Iron</b>	1.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub



<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49611
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	17 Ounce	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

## Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs  
1/2 Oz shredded cheese  
place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)  
this will help warm bun as well as melt cheese.  
Serve 1 sub, with 1 cup marinara on side

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		566.02	
Fat		25.43g	
SaturatedFat		9.11g	
Trans Fat*		0.60g	
Cholesterol		78.34mg	
Sodium		1003.05mg	
Carbohydrates		51.49g	
Fiber		4.00g	
Sugar		14.49g	
Protein		35.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.27mg	Iron	4.70mg

\*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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# Buffalo Chicken Loaded Baked Potato



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51154
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buffalo chicken mix	1 Serving	Instructions PRE-PREPARATION Recipe source: Boulder Valley School District Food Services 1. Prepare the Buffalo Sauce: Ingredients: SPICE CAYENNE SAUCE HOT VINEGAR APPLE CIDER a. Mix all ingredients together and set aside. 2. Chop pepperoncinis if they are not already pre-chopped. 3. Drain and crumble the feta if not purchased this way. 4. Preheat oven to 350 degrees if preparing and serving onsite, sameday. PREPARATION 1. Mix together the homemade buffalo sauce, the chopped pepperoncinis, crumbled feta, and chicken. 2. Portion into hotel pans - 13 lbs. 4 oz. in each hotel pan. 3. If serving onsite, sameday: Heat in 350-degree oven for 15-20 min. or until temperature reaches 165 degrees. 4. If preparing ahead of time or sending to site kitchens: Cover with parchment and foil, label, and cool store. SERVING Reheating Instructions: Reheat at 350 degrees for 15-20 min or until temperature reaches 165 degrees. Assembly: Put 1/2 cup (4oz.) of chicken mixture per Baked Potato	R-49605
POTATO BAKER IDAHO	5 Each		593273

## Preparation Instructions

- Ingredients
- Fresh white or russet potatoes, 80 count (15 pounds, 10 ounces)
  - 15.625 pounds
  - Granulated garlic ½ teaspoon
  - Celery salt ½ teaspoon
  - Ground black or white pepper 1 teaspoon

Paprika  
(1 tablespoon, 1 teaspoon)  
1.33 tablespoon  
Salt, kosher 1 teaspoon  
Vegetable oil ½ cup

Instructions

Wash potatoes and cut in half lengthwise, skin on.

Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker.

Spread 2 Tbsp (1 oz) of oil in each steam table pan (12" x 20" x 2 1⁄2"). For 50 servings, use 4 pans.

Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.

Sprinkle spice mixture over potatoes.

Turn potatoes cut-side down for browning.

Bake:

Conventional oven: 450° F for 25-30 minutes

Convection oven: 425° F for 20-25 minutes

Bake until the surface is golden-brown.

Portion 1 1⁄2 potato. Mix together the chicken slider recipe and omit the slider bun. Assemble in the cooked potato

Recipe Notes

CCP: Heat to 140° F or higher.

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

Crediting: 1 1⁄2 potato, with skin provides 1 1⁄2 cup of starchy vegetable.

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	0.500

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		2.67	
Fat		0.03g	
SaturatedFat		0.01g	
Trans Fat*		0.00g	
Cholesterol		0.18mg	
Sodium		1.44mg	
Carbohydrates		0.50g	
Fiber		0.06g	
Sugar		0.04g	
Protein		0.11g	
Vitamin A	0.06IU	Vitamin C	0.56mg
Calcium	0.35mg	Iron	0.02mg

\*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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# Sub sandwich Ham or Turkey



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22015

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER YEL 160CT SLCD	2 Slice		271411
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.040
<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 each

Amount Per Serving			
<b>Calories</b>	6.20		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.90mg		
<b>Sodium</b>	21.80mg		
<b>Carbohydrates</b>	0.64g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.72mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Beef or Pork Carnitas Tacos



<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-22367
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	50 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	100 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	125 Ounce	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	158 Ounce	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

## Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		321.05	
Fat		12.40g	
SaturatedFat		6.40g	
Trans Fat*		0.00g	
Cholesterol		43.50mg	
Sodium		329.68mg	
Carbohydrates		35.00g	
Fiber		5.99g	
Sugar		4.83g	
Protein		19.39g	
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	87.66mg	Iron	3.38mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Turner Turn it Up Chili



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	336 Ounce	or 28 pounds raw.	821271
ONION RED JUMBO	56 Ounce	chopped	596973
GARLIC PLD FRESH	6 Tablespoon	chopped	428353
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	12 Tablespoon		331473
SPICE PAPRIKA	4 Tablespoon		518331
SPICE ONION POWDER	4 Tablespoon		126993
SPICE CUMIN GRND	4 Ounce		273945
TOMATO CRSHD A/P	204 Ounce		248096
Water	36 Cup		Water
TOMATO PASTE FCY	112 Ounce		221851
BEAN CHILI MEX STYLE	216 Ounce	pinto or kidney beans can be used.	192015
CHEESE CHED MLD SHRD 4-5 LOL	96 Ounce	optional.	150250

# Preparation Instructions

---

## Instructions

Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover and simmer. Stir occasionally.

Pour into serving pans.

Portion with 4 oz ladle (1½ cup). Garnish with cheese (optional).

## Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

OR

If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.

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

## Variation:

### A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

## Special Tip:

### SOAKING BEANS

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.

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.

### COOKING BEANS

Once the beans have been soaked, add 1½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Crediting: 1½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

Nutrition Facts per Serving (0.5cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		94.05	
<b>Fat</b>		4.39g	
<b>SaturatedFat</b>		2.93g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		14.64mg	
<b>Sodium</b>		196.83mg	
<b>Carbohydrates</b>		9.19g	
<b>Fiber</b>		1.94g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.21g	
<b>Vitamin A</b>	0.16IU	<b>Vitamin C</b>	0.59mg
<b>Calcium</b>	103.39mg	<b>Iron</b>	0.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Smothered Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51195
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPICE GARLIC POWDER	2 Teaspoon		224839

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 Teaspoon		126993
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
SPICE PAPRIKA	2 Teaspoon		518331
SALT IODIZED	2 Teaspoon		125557
PEPPERS ASST RNBW	192 Ounce	sliced	266985
ONION YELLOW JUMBO	64 Ounce	sliced	109620
GRAVY MIX CHIX	2 Package		242390

## Preparation Instructions

- 1.Preheat Oven to 325 degrees.
  2. Spray enough sheet pans to place all of the frozen chicken breast on a single layer onto the sheet pans.
  3. Mix seasonings ( garlic powder, Onion powder, cayenne pepper, and salt in a bowl)
  4. Bake chicken in a preheated oven until internal temperatures reach 165 degrees.
  5. Transfer cooked chicken to steam table pans, cover and keep warm.
  - 6,.Make gravy per Package directions.
- Place chopped vegetables on top of chicken, pour gravy over all, evenly.
7. Tightly cover pans and return to the oven and bake until the internal temperature is 135 degrees or higher.
- CCP: Hot hot for service at 135 degrees or higher.
- \* Recipe can add 4# of sliced white mushrooms as well.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		147.61	
Fat		5.72g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		1016.73mg	
Carbohydrates		9.88g	
Fiber		0.32g	
Sugar		2.64g	
Protein		14.19g	
Vitamin A	0.36IU	Vitamin C	1.34mg
Calcium	6.60mg	Iron	0.04mg

\*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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# Seasoned Pasta



Servings:	200.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51155
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN	358 Ounce		402118
Water	176 Cup		Water
SALT IODIZED	10 Tablespoon		125557
OIL BLND SOY/POM OLV 90/10	26 Ounce		524948

## Preparation Instructions

Instructions

Using 6-inch hotel pans, add pasta and water to each pan.

NOTE: Pasta is a 1 to 4 ratio.

Add 1 tablespoon sea salt to every gallon of water and stir once gently before loading hotel pans into the steamer.

Steam penne pasta for 10 minutes. Ensuring the pasta reaches 165°F for 15 seconds.

NOTE: Penne pasta is forgiving and does not need to be agitated during cooking process.

Remove the pasta from the steamer and drain any excess liquid.

NOTE: DO NOT RINSE PASTA.

Add the olive oil and gently toss.

Cover pans with plastic wrap and hot hold until service or assembly.

Recipe Notes

Crediting: 2 ounce eq. whole grain

Nutrition Facts per Serving (1cup)

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 200.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		22.32	
Fat		1.85g	
SaturatedFat		0.26g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		1.34g	
Fiber		0.06g	
Sugar		0.10g	
Protein		0.22g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.06mg

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Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Powers**

**Created by HPS Menu Planner**

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# Pulled Pork Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30217
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	Pull Day before service.	498702
BUN SUB SLCD WGRAIN 5IN	100 Each	Order Item Number 51535 from ALPHA Baking.	276142

## Preparation Instructions

CCP: Heat to 155 oF or higher for at least 15 seconds.  
Portion the meat mixture onto bottom half of each roll. Top with other half of roll.Recipe Notes  
Crediting: One portion provides 4 oz. eq. m/ma, 2 oz. eq grain

## 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>		390.00	
<b>Fat</b>		10.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		65.00mg	
<b>Sodium</b>		440.00mg	
<b>Carbohydrates</b>		45.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		26.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<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



# Breakfast Bento Box



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	64 Ounce		166720
PEANUT BUTTER CRMY	64 Ounce		241851
APPLE SLCD FRSH	200 Ounce	Portion into 2 oz. of apples for each container providing a 1/2 cup each.	530831
CELERY STIX	220 Ounce	Potion 2.2oz each container or about 6 sticks= 1/2 cup.	781592
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Package	BAKE	680130
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370
CRACKER GRHM WGRAIN IW	100 Package		529974

## Preparation Instructions

### Instructions

#### Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth. Then add Peanut butter and blend until well combined. portion in a 2 oz. souffle cup.

#### To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 2 -ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

## Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/2 cup apple ( 2oz.wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

Whole Grain crackers (1 ounce)

\* Don't forget to order Bento Containers #384506

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.320
<b>Grain</b>	2.000
<b>Fruit</b>	0.630
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		426.67	
<b>Fat</b>		17.12g	
<b>SaturatedFat</b>		5.12g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		577.80mg	
<b>Carbohydrates</b>		57.45g	
<b>Fiber</b>		8.23g	
<b>Sugar</b>		23.97g	
<b>Protein</b>		13.47g	
<b>Vitamin A</b>	31.00IU	<b>Vitamin C</b>	2.60mg
<b>Calcium</b>	266.44mg	<b>Iron</b>	1.73mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51072

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
PEPPERONI TKY SLCD 15/Z	49 Ounce	7 slices of pepperoni = .5 oz meat/meat alt.	276662
SAUSAGE ITAL PIZZA TPNG	49 Ounce	.2 oz of sausage = .5 oz meat/ meat alt.	708763
CHEESE BLND CHED/MONTRY JK SHRD	25 Cup	1/4 cup = 1 oz meat/ meat alt.	712131
SAUCE PIZZA W/BASL	12 Cup 8 Tablespoon (12 1/2 Cup)	Place 1/8 cup per pizza crust.	256013

## Preparation Instructions

- 1 For dough Simply thaw overnight covered and under refrigeration, proof covered at room temperature and top any way you like. Ideal for consistently great pizza.
2. Set thawed dough at room temperature for 45 minutes to warm. Use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Add your choice of toppings. Brush the edges of the dough with water. Place on lined sheet pan or oiled pizza screen. Bake in preheated 325 degrees F convection oven. Bake for 12-15 minutes or until crust is light golden brown and filling reaches 165 degrees F. Hold at 145 degrees F until ready to serve.
3. For toppings You can either make sausage and cheese = 4 oz. of sausage and 1/4 cup of cheese = 2 oz. meat , or Pepperoni and cheese, 1/2 cup of cheese , 7 slices of pepperoni= 2 oz meat. or cheese= 1/2 cup of cheese= 2 oz. meat alt, or sausage and pepperoni and cheese, 2 oz of sausage+ 7 slices of pepperoni + 1/4 cup of cheese= 2 oz. meat.

## 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>	0.250
<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>		358.87	
<b>Fat</b>		15.80g	
<b>SaturatedFat</b>		8.12g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		47.62mg	
<b>Sodium</b>		683.13mg	
<b>Carbohydrates</b>		35.26g	
<b>Fiber</b>		4.20g	
<b>Sugar</b>		6.13g	
<b>Protein</b>		19.65g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	232.10mg	<b>Iron</b>	2.61mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	192 Ounce		897111
CRANBERRY DRIED 300-1.16Z COMM	32 Ounce		765981
APPLE SLCD FRSH	64 Ounce	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
VINEGAR APPLE CIDER 5	1 Cup		430795
MUSTARD DIJON JAR	4 Tablespoon		131121
HONEY	1 Cup		225614
SALT IODIZED	1 Teaspoon		125557
GARLIC PLD FRESH	2 Teaspoon		428353
VINEGAR BLSM	6 Ounce		383910

## Preparation Instructions

Instructions  
Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 1 cup cup

HACCP Process: #1 No Cook

Crediting: 1/2 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		47.50	
Fat		2.43g	
SaturatedFat		0.34g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		16.43mg	
Carbohydrates		6.69g	
Fiber		1.32g	
Sugar		5.48g	
Protein		0.46g	
Vitamin A	464.67IU	Vitamin C	3.62mg
Calcium	24.48mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Wild Pink Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51086

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEET DCD	100 Ounce	Drained	118869
RASPBERRY WHL IQF	300 Ounce		244670
YOGURT VAN L/F	400 Ounce		881161
MILK WHT FF	6 Cup 4 Tablespoon (3 1/8 Pint)		557862

## Preparation Instructions

nstructions

Chill the drained beets for several overs or overnight under refrigeration.

Place the beets, raspberries, yogurt and milk in a large-capacity blender container (or prepare in batches).

Blend on high speed for 1 minute. Stop the blender and stir the ingredients with a spatula.

Continue to blend until smooth.

Portion into serving cups and cover ( 1 CUP each) . Served chilled.

Recipe Notes

Crediting: 1/2 Fruit, 1 Meat/MA

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		157.82	
<b>Fat</b>		2.13g	
<b>SaturatedFat</b>		0.75g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		7.78mg	
<b>Sodium</b>		94.84mg	
<b>Carbohydrates</b>		31.03g	
<b>Fiber</b>		5.75g	
<b>Sugar</b>		18.68g	
<b>Protein</b>		6.37g	
<b>Vitamin A</b>	31.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	195.06mg	<b>Iron</b>	0.68mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Hot Chocolate Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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		<b>BAKE</b> <b>FULL BATCH HALF BATCH</b> 2 lb 8 oz (5 cups) 1 lb 4 oz (2 1 2 cups) Water (70-75F) Water (70-75F) 5lb (Full Box) Mix 2lb 8 oz (9 cups) <b>DIRECTIONS</b> Machine Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. BLEND on low speed for 30 seconds using a paddle. SCRAPE bowl and paddle. Continue mixing on low speed for 1 minute. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. Hand Mixing: 1. PLACE water in mixing bowl and add muffin mix. 2. MIX until well-blended. DO NOT OVERMIX. 3. FOLD IN desired ingredients such as fruit, nuts or candy. 4. PLACE batter into well-greased or paper-lined pans. <b>BAKING DIRECTIONS</b> Standard Muffin Pan: Convection Oven: 375F for 10-14 minutes; Standard Oven: 400F for 14-18 minutes. Jumbo Muffin Pan: Convection Oven: 375F 15-20 minutes; Standard Oven: 400F 18-22 minutes Loaf Pan: Convection Oven: 300F 30-35 minutes; Standard Oven: 35-40 minutes. <b>TIPS</b> For full batch, add 2 to 3 cups of desired ingredients. If folding in canned fruit, drain well before adding. Let muffins and loaves cool in pan briefly; remove while still warm. <b>UNPREPARED</b> See Package Instructions	
MIX MUFF BASIC	80 Ounce		260843
MIX MUFF WGRAIN	80 Ounce	<b>BAKE</b> Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.	152191
Cocoa	33 Ounce	3.72 cups	269654
CHOC CHIPS SMISWT 1000/	33 Ounce	3.72 cups	874523
Water	8 Cup	2 quarts, and 2 cups	Water
MARSHMALLOW MINI	4 Ounce	2 each	191736

## Preparation Instructions

### Instructions

Combine both muffin mixes with baking cocoa. Mix well.

Stir cold water into muffin/cocoa mix. Mix just until fully incorporated.

Stir in chocolate chips if using.

Scoop batter using #16 scoop for muffins that are 1-ounce grain equivalent into lined muffin tins.

Bake according to instructions on box, but for special Hot Cocoa muffins, just before removing from the oven, top with 2 mini marshmallows and return to the oven for the marshmallows to brown. Recipe Notes

\*\*\*\* For a 2 ounce equivalent muffin, use a slightly rounded # 12 scoop and this recipe will make 54 muffins\*\*\*

Serving Size: 1 muffin

Crediting: 1 muffin is 1 oz grain equivalent

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		167.33	
Fat		4.26g	
SaturatedFat		2.09g	
Trans Fat*		0.00g	
Cholesterol		2.87mg	
Sodium		240.60mg	
Carbohydrates		28.23g	
Fiber		1.47g	
Sugar		12.71g	
Protein		2.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.77mg	Iron	5.88mg

\*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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# Hot Dog on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38647
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z	100 Each		656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	100 Each		266536

## Preparation Instructions

Heat on griddle or in convection or conventional oven for 10-14 minutes or until internal temperature is 155 or above. Hot hot at 135 degrees or above until time of service. Place frank inside of the bun and serve immediately.

## 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 Each

Amount Per Serving			
<b>Calories</b>		240.00	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		3.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		50.00mg	
<b>Sodium</b>		430.00mg	
<b>Carbohydrates</b>		20.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich Melt



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	2 slices= 2 oz grain	266547
SAUSAGE PTY PORK CKD 2Z EXP	2 0	1 patty= .75 oz Meat	411041
Land O'Lakes Yellow American Cheese Slice	2 slices	2 slices= 1.5 oz Meat Alt	499786
EGG SCRMBD PTY RND GRLLD	2 Each	1 egg patty = 1 oz Meat	208990
PAN COAT/TPNG SPRY BTR	1 Each		758370

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with sausage patty and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Spray butter spray on the top slice of bread. Place a sheet pan on top and warm low and slow in the oven until the internal temperature reaches 155 degrees. Cut in half and serve at CCP 135 degrees or higher. For faster heating times slack the sausage and egg patty in the cooler the day before preparation.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	1.53mg		
<b>Sodium</b>	4.95mg		
<b>Carbohydrates</b>	0.34g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.13g		
<b>Vitamin A</b>	0.65IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.01mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	160 Ounce	drained or rinsed.	518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	2 Tablespoon		777072
GARLIC WHL FRSH	4 Ounce		907673
SEASONING ANCHO CHILI	4 Tablespoon		748570
CILANTRO CLEANED	6 Ounce		219550
OIL BLND SOY/POM OLV 90/10	1 Cup		524948
HONEY SQZ BTL 16Z	2 Cup		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	112 Ounce	BAKE	285620
PEPPERS GREEN DCD 1/4IN	24 Ounce		198331
PEPPERS RED DCD 3/8IN	24 Ounce		581992
Salsa, Low-Sodium, Canned	10 PICNIC CAN		100330



Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	2 Cup		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, 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.

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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.034
Legumes	0.500
Starch	0.043

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		98.45	
Fat		2.31g	
SaturatedFat		0.32g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		140.06mg	
Carbohydrates		17.05g	
Fiber		4.17g	
Sugar		7.33g	
Protein		2.77g	
Vitamin A	182.43IU	Vitamin C	10.73mg
Calcium	2.63mg	Iron	0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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# Blueberry Yogurt Parfait



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33967
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF	272 Ounce	50 cup= 1/2 cup portion each.	119873
YOGURT GRK PLN N/F	200 Ounce	2 oz. each	398331
YOGURT VAN L/F	200 Ounce	2 oz. each	881161
OATS QUICK HOT CEREAL	64 Ounce	19 cups total. (4 3/4 cups = 1 pound of oats.)	467251
APPLESAUCE IN JCE NSA	3 Cup	BAKE	610283
OIL SALAD CANOLA NT	2 Cup		393843
EXTRACT VANILLA PURE	1 Tablespoon 1 Teaspoon (5 Teaspoon)		513873
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (5 Teaspoon)		224723

## Preparation Instructions

nstructions  
Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries, 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		195.55	
<b>Fat</b>		33.25g	
<b>SaturatedFat</b>		14.73g	
<b>Trans Fat*</b>		0.21g	
<b>Cholesterol</b>		5.39mg	
<b>Sodium</b>		881.03mg	
<b>Carbohydrates</b>		83.91g	
<b>Fiber</b>		1.87g	
<b>Sugar</b>		9.75g	
<b>Protein</b>		20.97g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	179.92mg	<b>Iron</b>	3.30mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on a Whole Grain bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	10 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	100 slices		499789
BEEF PTY CKD DLX 70/30	100 Each	BAKE Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. CONVECTION Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes MICROWAVE Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate.	510556

## Preparation Instructions

Directions:  
WASH HANDS.

1. Cook beef patty as directed on package.
2. Layer patty, on top of bottom bun roll. Cheese over bottom of roll. Top with remaining half of roll.
3. Serve. or hot hold at 135 degrees or higher until time of service.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		195.00	
Fat		13.20g	
SaturatedFat		5.05g	
Trans Fat*		0.50g	
Cholesterol		35.00mg	
Sodium		344.00mg	
Carbohydrates		4.50g	
Fiber		0.30g	
Sugar		0.40g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Pizza



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
EGG SCRMBD CKD FZ	100 Ounce		192330
CHEESE BLND CHED/MONTRY JK SHRD	66 Ounce		712131
GRAVY MIX CNTRYSK CRM	16 Ounce	1 package	181401
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	66 Ounce		125302

## Preparation Instructions

nstructions

Thaw eggs under refrigeration, 3-5 days prior. Thaw pizza crust 1 day prior (on sheet pans with parchment paper,covered). Prepare country gravy with water according to package directions,let thicken overnight under refrigeration.

Par-brown sausage in oven at 375 °, break up before and after with hands until desired consistency.

Spray crusts with pan spray and par bake for 7 minutes at 375°.

Remove crusts from oven and spread 1.5 cups chilled gravy per crust and layer evenly with 12 ounces eggs, 4 ounces cheddar cheese, 4 ounces mozzarella cheese, 5 ounces sausage (cooked weight).

Bake pizzas with toppings for 5-8 minutes, or until eggs have reached a temperature of 165 °, sausage is fully cooked, and crust is golden.

Crediting: 1 1/2 oz equivalent meat/ meat alternate., and 2 oz. grain equivalent.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		326.43	
<b>Fat</b>		15.86g	
<b>SaturatedFat</b>		6.08g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		113.01mg	
<b>Sodium</b>		475.69mg	
<b>Carbohydrates</b>		32.28g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		14.24g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.39mg	<b>Iron</b>	2.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Green Pea Guacamole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	256 Ounce		110510
TOMATO ROMA DCD 3/8IN	128 Ounce		786543
ONION RED 25#	32 Ounce		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	2 Cup 8 Tablespoon (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	4 Tablespoon		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945
CILANTRO CLEANED	3 Ounce		219550

## Preparation Instructions

- 1. Defrost peas.
- 2. Dice tomatoes and onion.
- 3. Mince garlic.

PREPARATION

- 1. Puree peas, garlic, liquids, and seasonings with burr mixer.
- 2. Fold in tomatoes and onions.

SERVING

Serving = 1/2 cup (3.75oz) makes 100 servings

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		62.91	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		283.03mg	
Carbohydrates		11.32g	
Fiber		4.06g	
Sugar		4.50g	
Protein		4.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.98mg	Iron	0.20mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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# Chocolate, Peanut butter, Banana Smoothie



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	12 Cup 8 Tablespoon (12 1/2 Cup)	3 1/2 pounds	241851
Banana	616 Ounce	peeled	197769
MILK WHT FF	42 Cup	20.5 cups	557862
Cocoa	3 Cup		269654

## Preparation Instructions

### Instructions

Combine all ingredients in a container. Blend together in with an immersion blender until smooth.

Served chilled.

(if using frozen bananas, peel and smash before freezing. Partially thaw before pureeing with immersion blender)

For small batch, use food processor.

### Variations:

### Dessert

For a dessert option, reduce milk to 3 quarts for 50 servings, which will yield 1 cup portions. Partially freeze until it is thick and slushy. It will have a pudding texture. Same crediting will apply.

### Serving notes:

### Serving size

1 ¼ cup

Yield, volume  
62 ½ cups  
Crediting: 1/2 cup fruit

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		267.79	
Fat		16.08g	
SaturatedFat		3.54g	
Trans Fat*		0.00g	
Cholesterol		2.10mg	
Sodium		183.22mg	
Carbohydrates		23.44g	
Fiber		3.16g	
Sugar		13.43g	
Protein		10.90g	
Vitamin A	209.92IU	Vitamin C	0.00mg
Calcium	145.06mg	Iron	0.89mg

\*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	
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# Blueberry Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51081

## Ingredients

Description		Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	32 Ounce		36 3/8 ounces	431491
SUGAR CANE GRANUL	48 Ounce		63 5/8 ounces	425311
YOGURT GRK PLN N/F	9 Cup		2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon			110736
OIL SALAD CANOLA NT	3 Cup			393843
White Whole Wheat Flour	92 Ounce		5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			361032
SALT SEA	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			748590
BLUEBERRY IQF	40 Ounce			166720

Description	Measurement	Prep Instructions	DistPart #
BAKING SODA	2 Teaspoon		513849

## Preparation Instructions

nstructions

Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

\* Important\* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		151.51	
Fat		6.84g	
SaturatedFat		0.48g	
Trans Fat*		0.00g	
Cholesterol		0.75mg	
Sodium		428.38mg	
Carbohydrates		21.21g	
Fiber		1.16g	
Sugar		15.66g	
Protein		3.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.12mg	Iron	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes  
\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available

# Cold Turkey Lunch Kit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39251
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM CHS	1 Each		588400
TURKEY HAM DCD	3 Ounce	<b>READY_TO_EAT</b> Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT	10 Each		333911
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981

Description	Measurement	Prep Instructions	DistPart#
TURKEY BRST SMKD COIN 1.75IN SLCD	10 Slice		394123

## Preparation Instructions

Order: # 212514 & 219991 to prepare lunchbox in. Place turkey or diced ham in one square. Place cheese cubes in another, crackers in another, and craisins in the last open square. Place lid on and keep cold until time of service.

### Meal Components (SLE)

Amount Per Serving

Meat	11.072
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving	
Calories	1029.14
Fat	36.51g
SaturatedFat	12.57g
Trans Fat*	0.00g
Cholesterol	271.79mg
Sodium	2952.95mg
Carbohydrates	68.30g
Fiber	4.37g
Sugar	32.00g
Protein	103.89g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 405.11mg	Iron 3.98mg

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

### Nutrition - Per 100g

No 100g Conversion Available
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# Goulash



Servings:	200.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51407
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Water	192 Cup	READY_TO_DRINK	Water
SALT KOSHER	8 Ounce		176447
PASTA ELBOW MACAR 51 WGRAIN	168 Ounce		229941
BEEF CRMBL CKD W/SPP 4-10#	448 Ounce		821271
ONION YELLOW COLOSS	56 Ounce		198706
TOMATO PASTE FCY	112 Ounce	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD I/JCE	204 Ounce		246131
Low Sodium Beef Stock 75X Concentrate	1 Package		334438
SPICE PEPR BLK REST GRIND	1 Tablespoon 2 Teaspoon (6 Teaspoon)		225061
SPICE GARLIC GRANULATED	4 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	6 Tablespoon		273945
SPICE PAPRIKA	1 Tablespoon 2 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Tablespoon 2 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	56 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

### Instructions

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.

Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes.

Pour into steam table pans (12" x 20 " x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 7 oz (1¾ cups) of shredded cheese (optional) evenly over each pan.

Portion with two No. 10 scoops (3¾ cup) per serving.

### Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

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

Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1¾ cup 1 1½ tsp Mexican Seasoning Mix.

### Variation:

#### A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 1½ tsp dried thyme. Continue with steps 5-7.

Crediting: 3¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, 3⅞ cup of vegetable, and 1 serving of grains/breads.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 3.00 Cup

Amount Per Serving			
<b>Calories</b>		119.72	
<b>Fat</b>		1.68g	
<b>SaturatedFat</b>		0.84g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		4.20mg	
<b>Sodium</b>		220.59mg	
<b>Carbohydrates</b>		23.52g	
<b>Fiber</b>		2.94g	
<b>Sugar</b>		4.74g	
<b>Protein</b>		4.10g	
<b>Vitamin A</b>	0.16IU	<b>Vitamin C</b>	0.59mg
<b>Calcium</b>	35.57mg	<b>Iron</b>	1.24mg

\*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

# COOK'S CHOICE



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37204
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.00			
Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Breakfast Egg Rolls



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51192
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup 9 Tablespoon (25 Tablespoon)		292702
SAUSAGE LINK LO SOD CKD	125 Each	chopped	278201
PEPPERS ASST RNBW	3 Cup 2 Tablespoon (3 1/8 Cup)	chopped	266985
ONION GREEN	3 Cup 2 Tablespoon (3 1/8 Cup)	chop	596981
EGG WHL LIQ W/CITRIC	3 Cup		431491
MILK WHT FF	1 Cup		557862
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup 4 Tablespoon (6 1/4 Cup)		150250
EGG ROLL WRAPPER 7INX7IN	100 Each		328618

## Preparation Instructions

nstructions

Heat an oven to 425° F. Line a baking sheet with parchment paper.

In large skillet, heat 1 tablespoon vegetable oil over medium heat. Add turkey sausage links, bell pepper and green onions. sauté until meat is golden and hot. Transfer to a medium sized bowl and keep warm.

In medium bowl, lightly beat eggs and milk.

Using the same skillet, heat 1 teaspoon of oil over medium heat, and add egg mixture. Cook, stirring frequently, for 3 to 5 minutes. Remove the eggs from heat and add to bowl with the sausage. Add the cheese and mix well.

To assemble: Place egg roll skin on clean surface with one corner pointing away. Spoon heaping ¼ cup of sausage/egg mixture onto one corner of the egg roll skin. Fold the corner over, tucking in under filling. Fold in the side corners and roll to opposite corner. To seal, wet the edge of skin with water and press firmly. Repeat with remaining egg roll skins.

Place on lined baking sheet. Using the remaining oil, brush each roll lightly. Bake in oven for approximately 20 minutes, or until skins are golden and crispy.

Recipe Notes

NOTE: To serve later, place egg rolls on parchment-lined cookie sheet and freeze. Once fully frozen, place egg rolls in freezer-safe zipper bag for long-term storage. When ready to use, thaw completely and bake as directed above, adding an extra 5 minutes if necessary for filling to become hot.

Crediting: 2-oz-eq. meat/meat alternative

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 Each			
Amount Per Serving			
Calories		289.48	
Fat		20.75g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		32.66mg	
Sodium		313.91mg	
Carbohydrates		17.03g	
Fiber		0.44g	
Sugar		0.56g	
Protein		8.77g	
Vitamin A	5.00IU	Vitamin C	0.00mg
Calcium	57.24mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Chicken Patty



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22032
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:



WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.126
<b>OtherVeg</b>	0.010
<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>	384.19		
<b>Fat</b>	14.55g		
<b>SaturatedFat</b>	2.51g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	641.19mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	6.29g		
<b>Sugar</b>	5.64g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	189.30IU	<b>Vitamin C</b>	3.11mg
<b>Calcium</b>	67.37mg	<b>Iron</b>	3.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ham and Cheese Sandwich



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
Land O'Lakes White American Cheese, Sliced	1 slices		499787
BREAD WHL WHE PULLMAN SLCD	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TOMATO ROMA LRG	1 Cup		462551

## Preparation Instructions

1. Preheat oven to 350.
  2. Place butter in microwave safe container and melt.
  3. Lightly brush melted butter on one side of each piece of bread.
  4. Place 1 slice of cheese and 2 slices of tomato and 2 slices of ham onto unbuttered sides of bread. Top with an addition slice of cheese and bread, butter side facing up.
  5. Place sandwiched on sheet pan. Bake in the oven for 10-12 minutes or until internal temperature is 140 or higher for at least 15 seconds. Remove from the oven.
  6. Cut sandwiches in half.
  8. Serve 2 halves. Serve immediatly or keep warm at 140 or above.
- Credit: 1/4 cup vegetable, 2meat/meat/alt., 2 oz. grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.036
<b>Grain</b>	0.015
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.020
<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 Sandwich

Amount Per Serving			
<b>Calories</b>	2.65		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.30mg		
<b>Sodium</b>	5.98mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	29.99IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hash Brown Casserole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	272 Ounce		774227
SOUP CRM OF CHIX COND NSA	176 Ounce		435868
CHEESE CHED MLD SHRD 4-5 LOL	136 Ounce		150250
Ham Ckd Fz Cube	136 Ounce		655001
SOUR CREAM	136 Ounce		285218

## Preparation Instructions

Instructions

Preheat oven to 375°F. Lightly grease a baking pan.

If using tater tots for this recipe, pre-cook according to package instructions before using in this recipe.

If using hash browns, you will be able to use them frozen.

In a large bowl, mix potato, ham, soup, sour cream and cheddar cheese.

Spread evenly into prepared pan and sprinkle top with additional shredded cheddar.

Bake in the preheated oven until bubbly and lightly browned. Serve immediately.

Recipe Notes

Note: Ground beef may be used as a substitute for the ham, or meat can be omitted and used a side dish.

Crediting: One cup serving provides 2.5 oz m/ma; 1/2 cup starchy vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		338.34	
<b>Fat</b>		20.90g	
<b>SaturatedFat</b>		13.77g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		86.45mg	
<b>Sodium</b>		583.59mg	
<b>Carbohydrates</b>		21.57g	
<b>Fiber</b>		1.41g	
<b>Sugar</b>		3.61g	
<b>Protein</b>		16.52g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.37mg
<b>Calcium</b>	337.41mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turner Blue Loaded Beef or Pulled Pork Nachos



<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-22340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	117 Ounce		821271
BEAN PINTO	20 PICNIC CAN	Low-sodium, canned, drained, Rinsed.	261475
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	8 Tablespoon		273945
SPICE ONION POWDER	3 Tablespoon		126993
SPICE PAPRIKA	3 Tablespoon		518331
SALT KOSHER PRM	1 Teaspoon		311356
CHIP TORTL RND WGRAIN	216 Ounce	Please Use Blue Farm Tortilla Chips	739741
CHEESE MOZZ SHRD 30 COMM	56 Ounce		150620
SALSA 6-10 COMM	20 PICNIC CAN		150570
SOUR CREAM L/F	100 Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Description	Measurement	Prep Instructions	DistPart#
CARNITA PORK CHPD	2 Ounce	2.5 oz = 2 oz Meat per serving for 100 servings you will need 16 pounds	549412

# Preparation Instructions

- Directions:
1. Place beef crumbles and spices ( Chili powders, cumin,onion powder, paprika, salt) in 6in deep pans, heat in oven at 300 until heated through.
  2. Put beans and 1 cup of water into food processor, puree on medium, add additional 1 1/2 cup cup of water. and continue blending until smooth.
  3. Pour Purred beans in a steam table pan. ( 12 X 20 X 2 1/2) and heat to 140 degrees or higher for 15 seconds.
  4. To build each nacho:
    - a. Place 2 oz. by weight of chips into a food boat or like container.
    - b. use a #24 scoop, serving 2 oz. of beans on top of chips.
    - c. Place 2 oz by weight of the beef mixture or 2.5 oz of pork Carnitas mixture that has been heated to internal temperature of 140 or higher.
    - d. Sprinkle with 2 TBSP. of shredded cheese on top of meat/ bean mixture.
    - e. Using a #30 School (1/8) cup of sour cream on top of cheese
    - f. Using a #16 cup (1/4 cup) portion salsa on top of sour cream
- Serve Immediately!

## Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.333
Legumes	0.500
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		901.39	
Fat		17.02g	
SaturatedFat		5.02g	
Trans Fat*		0.00g	
Cholesterol		14.69mg	
Sodium		1086.16mg	
Carbohydrates		140.77g	
Fiber		26.84g	
Sugar		8.14g	
Protein		39.19g	
Vitamin A	6.25IU	Vitamin C	0.02mg
Calcium	250.97mg	Iron	10.27mg

\*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

# Snappy Cheese Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51076

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
CHEESE MOZZ SHRD 30 COMM	100 Ounce		150620
MARGARINE SPRD GARL	1 Cup		453676
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	10 PICNIC CAN		592714

## Preparation Instructions

1. Pull and pan pizza crust the day before service under refrigeration.
2. Preheat the oven to 400 degrees.
3. Brush on garlic spread on crust.
4. Top each pizza with 2 oz. shredded mozzarella cheese.
5. Bake for 15-18 minutes until the crust is cooked and cheese is melted. Hold hot until service.
6. Cut into strips for easy dipping.
7. Heat marinara sauce and serve on the side to dunk in



## 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>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		287.70	
<b>Fat</b>		10.63g	
<b>SaturatedFat</b>		5.86g	
<b>Trans Fat*</b>		0.01g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		523.70mg	
<b>Carbohydrates</b>		35.16g	
<b>Fiber</b>		3.20g	
<b>Sugar</b>		7.50g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.22mg	<b>Iron</b>	2.21mg

\*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

# Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

## Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		235.00	
<b>Fat</b>		9.00g	
<b>SaturatedFat</b>		3.25g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		107.50mg	
<b>Sodium</b>		525.00mg	
<b>Carbohydrates</b>		25.50g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		11.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	190.50mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# The "pig" Kahuna Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Kikkoman Low Sodium Soy Sauce, 4 Gal, 1/Case	12 Tablespoon		514210
GINGER FRSH	4 Ounce	minced	552321
GARLIC PLD FRESH	4 Ounce		428353
SUGAR BROWN LT	1 Tablespoon	packed	860311
CHIX PULLED WHT DRK BLND	52 Ounce		467802
HAM SLCD W/A 8-5 640CT COMM	52 Ounce		651470
COLE SLAW SHRED SEP BAG 1/8IN	48 Ounce		361300
CILANTRO CLEANED	1 Cup	minced.	219550
ONION VIDALIA SWT	1 Cup	minced	558133
VINEGAR APPLE CIDER 5	8 Tablespoon		430795

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	4 Tablespoon		108642
SALT KOSHER PRM	1 Tablespoon		311356
MAYONNAISE LT	6 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	1 Cup		790835
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

## Preparation Instructions

1. Mix together marinade ingredients: soy sauce, ginger, garlic, and brown sugar until dissolved.
2. Place chicken in deep hotel pan and cover with marinade. Mix well, cover with food service wrap and set aside at least one hour to allow flavors to develop. This step can be done one day ahead of time, so the chicken can marinade overnight.
3. in a large mixing bowl, make coleslaw mixture by combining shredded cabbage, cilantro, onions, apple cider vinegar, sugar and salt.
4. In a separate bowl, mix together mayo and hot sauce to make spicy mayo.
5. Make sandwiches by spreading 1 oz. of spicy mayo on bun, adding 1 oz of chicken, 1.22 oz of ham slices and topping them with 1/3 cup prepares coleslaw.
6. These Sandwiches can be serve cold. So please hold in cooler until time of service.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		290.26	
Fat		7.36g	
SaturatedFat		1.87g	
Trans Fat*		0.00g	
Cholesterol		57.07mg	
Sodium		1057.72mg	
Carbohydrates		38.33g	
Fiber		3.57g	
Sugar		9.13g	
Protein		15.34g	
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	47.98mg	Iron	2.50mg

\*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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# Cinnamon Crunch Biscuit with roasted berry sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	100 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SUGAR CANE GRANUL	3 Cup	3 cups for the biscuits and 3 cups for the sauce .	425311
SPICE CINNAMON GRND	1 Tablespoon		224723
STRAWBERRY SMALL DCD FZ	16 Cup		630480
LEMON JUICE 100	2 Tablespoon		311227
CHEESE CREAM LOAF	6 Cup	READY_TO_EAT ready to eat	163562

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK PLN N/F	6 Cup		398331

# Preparation Instructions

Instructions

Mix the sugar and cinnamon in a bowl.

Lay frozen biscuits on parchment lined baking sheets. Spray with buttermist and cover tops with the cinnamon-sugar mixture. Return to the freezer until ready to bake.

Bake the biscuits at 325°F for 20-25 minutes until golden brown.

Split the biscuits open and allow them to slightly cool – this ensures the schmear does not melt and ooze out.

Add 1 ounce (approx. 2 tablespoons) of the mixed berry to each biscuit. Enjoy!

Mixed Berry Sauce:

Place mixed berries and sugar in a steam jacket kettle or medium-size pot set to med - high heat.

Bring the berries to a boil and cook for 12 minutes. Remove the berries from the heat and allow the mixture to cool.

Once the berries are at 41 degrees or below, use a blender to break up any large berries and add lemon zest. Store the berries, labeled, and dated, in the cooler at 41 degrees or lower until use.

Using a mixer with the paddle attachment, mix the cream cheese and Greek yogurt until well combined. Fold in the berry mixture.

NOTE from Chef Rachel: I prefer when this mixture is not completely mixed. It creates a bit of a swirl effect, but either way works!

Recipe Notes

Crediting: One sandwich provides 2 oz. eq. grain

Note: The mixed berry schmear can be made days in advance and held, at 41 degrees or lower, labeled and dated.

Nutrition Facts per Serving (1sandwich)



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.112
<b>Grain</b>	1.500
<b>Fruit</b>	0.176
<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>	214.17		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	4.68g		
<b>Trans Fat*</b>	0.07g		
<b>Cholesterol</b>	3.35mg		
<b>Sodium</b>	389.02mg		
<b>Carbohydrates</b>	31.38g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.62g		
<b>Protein</b>	5.62g		
<b>Vitamin A</b>	2.39IU	<b>Vitamin C</b>	11.80mg
<b>Calcium</b>	50.44mg	<b>Iron</b>	1.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bbq Beef Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37181
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE HNY HOT 6-5# JTM	392 Ounce		323816
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

## Preparation Instructions

- 1.Pull beef a day before service from freezer to cooler.
  - 2.Heat beef until internal temperature if 155 or above.
  - 3.Hold for hot service at 135 ? for up to 2 hours.
- To serve place ½ cup (#8 scoop) of beef mixture on bottom half of each bun. Cover with top half of bun.

## 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 Each

Amount Per Serving			
<b>Calories</b>		116.46	
<b>Fat</b>		1.75g	
<b>SaturatedFat</b>		0.09g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		1.94mg	
<b>Sodium</b>		191.64mg	
<b>Carbohydrates</b>		19.56g	
<b>Fiber</b>		2.04g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.49g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.78mg	<b>Iron</b>	1.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt and Granola Parfait



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22190

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	50 Cup		621420
PEACH DCD 3/8IN IQF	50 Cup		192151
BLUEBERRY IQF	50 Cup		166720
YOGURT GRK PLN N/F	200 Ounce		398331
YOGURT VAN L/F	200 Ounce		881161
Granola	200 Serving	<p>Directions: Gather all ingredients, one large mixing bowl, one small bowl, rimmed baking pan, measuring utensils and rubber spatula. Adjust oven racks to use middle rack and preheat oven to 300oF. Combine dry ingredients; oats, brown sugar, cinnamon and salt in a large bowl. Stir to combine and set aside. Combine wet ingredients: honey, oil and vanilla in a small bowl. Stir to combine. Slowly add wet ingredients to the dry while stirring until oats are thoroughly coated. Spread mixture in a thin even layer in a rimmed baking sheet. Place baking sheet on the middle rack in the preheated oven. Bake for 15 minutes. Stir and continue baking until golden brown (check every 5 minutes). Place baking sheet on a cooling rack until cooled to room temperature. Stirring occasionally (about 20 minutes). Granola will harden as it cools. SERVING Serving= 1/4 Cup (2oz.) = 1 oz grain</p>	R-48675

# Preparation Instructions

## Instructions

### Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

### Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

## Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries( OR other fruit listed above), 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

## Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		1300.39	
Fat		13.85g	
SaturatedFat		2.07g	
Trans Fat*		0.00g	
Cholesterol		37.31mg	
Sodium		526.86mg	
Carbohydrates		180.52g	
Fiber		13.44g	
Sugar		121.56g	
Protein		115.77g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1414.18mg	Iron	4.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tuscan Grilled Cheese

user-image or type unknown

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	3 Ounce	READY_TO_EAT Ready to use.	834071
SPICE GARLIC POWDER	1 Teaspoon		224839
SPICE BASIL LEAF	1 Teaspoon		513628
SPICE OREGANO LEAF	1/2 1tsp (.8g)		513733
BREAD WHL WHE PULLMAN SLCD	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620
SPINACH BABY CLND	16 Ounce		560545
TOMATO ROMA LRG	25 Each		462551

## Preparation Instructions

### Instructions

- Melt margarine in a large stock pot.
- Add garlic, basil, and oregano. Stir well. Set aside for step 8.
- Place bread slices on a sheet pan (18?? x 26?? x 1??) heavily coated with butter flavored pan release spray.
- For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan).
- For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).
- Place 1 cheese slice (about 1?2 oz) on top of each slice of bread.
- Place 2?3 cup spinach (about 3?5 oz) on top of cheese.
- Place 1 tomato slice (about 1 oz) on top of spinach.
- Place 1 slice of bread on top of each sandwich.
- Brush the top of each sandwich with margarine mixture.
- Bake until lightly browned:

Conventional oven: 400 °F for 15–20 minutes.  
Convection oven: 350 °F for 10–15 minutes.  
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  
Critical Control Point: Hold for hot service at 140 °F or higher.  
Serve 1 sandwich.  
1 sandwich provides .5 oz equivalent meat alternate, 1/4 cup vegetable, and 2 oz. equivalent grains.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories		293.91	
Fat		17.03g	
SaturatedFat		7.24g	
Trans Fat*		0.00g	
Cholesterol		12.00mg	
Sodium		297.77mg	
Carbohydrates		27.62g	
Fiber		5.34g	
Sugar		4.35g	
Protein		9.99g	
Vitamin A	562.27IU	Vitamin C	9.25mg
Calcium	105.13mg	Iron	2.70mg

\*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

# Creamy Tomato Basil Soup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49570
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	16 Ounce		110858
Cream, fluid, heavy whipping	16 Cup		1053
Carrots Shredded 5#	48 Ounce		2767
CELERY DCD 1/4IN	48 Ounce		198196
ONIONS YEL CHL DICE 5 LB BG	48 Ounce		02541
TOMATO PASTE FCY	16 Ounce	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851



Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	48 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BASE VEG CONC PLNTBSD	8 Ounce		671694
SPICE BASIL LEAF	1 Cup		518341
Black Pepper	2 Tablespoon	BAKE	24108
Water	12 Cup		Water

## Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
  - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
  - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

### PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

### SERVING

Serving = 1 Cup (8oz) ( 96 servings all together)

## 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>	1.000
<b>OtherVeg</b>	0.125
<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>	12254.81
<b>Fat</b>	1115.70g
<b>SaturatedFat</b>	393.96g
<b>Trans Fat*</b>	0.05g
<b>Cholesterol</b>	4.27mg
<b>Sodium</b>	9644.60mg
<b>Carbohydrates</b>	596.73g
<b>Fiber</b>	124.67g
<b>Sugar</b>	135.68g
<b>Protein</b>	60.58g
<b>Vitamin A</b> 6152.07IU	<b>Vitamin C</b> 42.07mg
<b>Calcium</b> 772.42mg	<b>Iron</b> 2.74mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Beef or Chicken Taco



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30219
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	272 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.	722330
CHIP TORTL RND R/F	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751
SALSA 6-10 COMM	12 Cup		150570
LETTUCE BLND ROMAINE MXD	64 Ounce		755826
CHEESE MOZZ SHRD 30 COMM	32 Ounce		150620
CHEESE AMER SHRD R/F	32 Ounce	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

### DIRECTIONS

7. Transfer the meat mixture to steamtable pans. CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If

manufacturer instructions on package or case have a higher temperature, follow those recommendations. the pans and hold in warmer until ready for assembly.

CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check the temperature every 30 minutes.

8. For toppings:

Rinse the tomatoes under cool, running water, then drain them thoroughly.

Core and dice tomatoes in ½ inch pieces.

Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.

Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.

Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion containers.

Cover and refrigerate for service.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

9. Open the bags of walking taco chips on the side. Place the bags in serving pans.

10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.

11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

#### NUTRIENTS PER SERVING

Calories 413

Carbohydrates 36.27 g

Dietary Fiber 4.47 g

Protein 17.83 g

Sodium 735.51 mg

Total Fat 21.51 g

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<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 Each

Amount Per Serving			
<b>Calories</b>		277.04	
<b>Fat</b>		12.30g	
<b>SaturatedFat</b>		4.44g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		41.97mg	
<b>Sodium</b>		592.39mg	
<b>Carbohydrates</b>		25.25g	
<b>Fiber</b>		4.01g	
<b>Sugar</b>		3.85g	
<b>Protein</b>		17.44g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.52mg	<b>Iron</b>	1.70mg

\*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

# Spicy Chicken Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51125
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	50 Each		863913
CHIX STRP FAJT DK MT FC	152 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE HOT	3 Cup		790835
DRESSING RNCH	3 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
CHEESE PEPR JK SHRD FTHR	30 Ounce		114422

# Preparation Instructions

## Instructions

Remove 10 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature for 2-3 hours until it is light and fluffy.

Thaw 1 ½ lbs. chicken fajita strips and dice, then toss with buffalo wing hot sauce.

Spread 1 tablespoon of ranch dressing over the dough.

Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.

\* Optional if you want to make pizza into Calzone Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.

Place in a 325°F convection oven. Bake until center reaches 165 °F, cheese is melted and crust is golden brown, typically about 12-15 min.

### Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		435.85	
Fat		21.37g	
SaturatedFat		6.57g	
Trans Fat*		0.01g	
Cholesterol		103.47mg	
Sodium		1322.85mg	
Carbohydrates		32.51g	
Fiber		3.20g	
Sugar		4.48g	
Protein		28.48g	
Vitamin A	36.48IU	Vitamin C	0.00mg
Calcium	155.63mg	Iron	2.84mg

\*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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# Spaghetti with Meatsauce



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33968
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	4 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND	6 Tablespoon		225037
SPICE GARLIC POWDER	6 Tablespoon		224839
BEEF CRMBL CKD W/SPP 4-10#	408 Ounce		821271
ONION RED JUMBO	32 Ounce	chopped.	596973
TOMATO PUREE 1.06	20 Cup		270091



Description	Measurement	Prep Instructions	DistPart #
Water	32 Cup		Water
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE BASIL GRND	8 Tablespoon		513636
SPICE OREGANO GRND	8 Tablespoon		513725
SPICE MARJORAM LEAF	4 Tablespoon		513709
SPICE THYME LEAF	1 Tablespoon 2 Teaspoon (6 Teaspoon)		513814
PASTA SPAG 51 WGRAIN	304 Ounce	break into thirds.	221460

## Preparation Instructions

Instructions:

1. Thaw ground beef overnight.
2. In a large pan dice and cook onions and garlic down. Add pepper, tomato puree, water (8 quarts) salt, parsley, basil, oregano, marjoram, and thyme, Simmer for about an hour,
3. Heat water ( 24 gallons) to a rolling boil. add salt 8 tablespoons.
4. Slowly add spaghetti. Stir constantly. Cook 10-12 minutes or until tender; Do NOT OVERCOOK. Drain well.
5. Stir in meat into sauce.
6. Divide mixture equally until medium half-steam table pans ( 10X 12X 4 ) which have been slightly coated with pan release spray. for 50 serving use 3 pans, for 200 servings use 12 pans.
7. Portion with 8 oz. ladle ( 1 cup) per serving.

Recipe Notes:

CCP: Heat to 155 degrees or higher for at least 15 seconds.

Credits 1 cup ( 8 oz ladle) provides 2 oz. meat equivalent 3/8 cup red/orange vegetable and 1 oz grain.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		158.21	
<b>Fat</b>		0.76g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		149.78mg	
<b>Carbohydrates</b>		34.44g	
<b>Fiber</b>		3.52g	
<b>Sugar</b>		3.64g	
<b>Protein</b>		5.77g	
<b>Vitamin A</b>	0.09IU	<b>Vitamin C</b>	0.34mg
<b>Calcium</b>	14.64mg	<b>Iron</b>	2.17mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub



<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49611
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	17 Ounce	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

## Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs  
1/2 Oz shredded cheese  
place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)  
this will help warm bun as well as melt cheese.  
Serve 1 sub, with 1 cup marinara on side

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		566.02	
Fat		25.43g	
SaturatedFat		9.11g	
Trans Fat*		0.60g	
Cholesterol		78.34mg	
Sodium		1003.05mg	
Carbohydrates		51.49g	
Fiber		4.00g	
Sugar		14.49g	
Protein		35.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.27mg	Iron	4.70mg

\*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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# Sub sandwich Ham or Turkey



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22015

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER YEL 160CT SLCD	2 Slice		271411
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.040
<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 each

Amount Per Serving			
<b>Calories</b>	6.20		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.90mg		
<b>Sodium</b>	21.80mg		
<b>Carbohydrates</b>	0.64g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.72mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef or Pork Carnitas Tacos



<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-22367
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	50 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	100 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	125 Ounce	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	158 Ounce	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

## Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		321.05	
Fat		12.40g	
SaturatedFat		6.40g	
Trans Fat*		0.00g	
Cholesterol		43.50mg	
Sodium		329.68mg	
Carbohydrates		35.00g	
Fiber		5.99g	
Sugar		4.83g	
Protein		19.39g	
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	87.66mg	Iron	3.38mg

\*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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# Turner Turn it Up Chili



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	336 Ounce	or 28 pounds raw.	821271
ONION RED JUMBO	56 Ounce	chopped	596973
GARLIC PLD FRESH	6 Tablespoon	chopped	428353
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	12 Tablespoon		331473
SPICE PAPRIKA	4 Tablespoon		518331
SPICE ONION POWDER	4 Tablespoon		126993
SPICE CUMIN GRND	4 Ounce		273945
TOMATO CRSHD A/P	204 Ounce		248096
Water	36 Cup		Water
TOMATO PASTE FCY	112 Ounce		221851
BEAN CHILI MEX STYLE	216 Ounce	pinto or kidney beans can be used.	192015
CHEESE CHED MLD SHRD 4-5 LOL	96 Ounce	optional.	150250

# Preparation Instructions

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## Instructions

Brown ground beef. Drain. Continue immediately.

Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover and simmer. Stir occasionally.

Pour into serving pans.

Portion with 4 oz ladle (1½ cup). Garnish with cheese (optional).

## Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

OR

If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.

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

## Variation:

### A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

## Special Tip:

### SOAKING BEANS

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.

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.

### COOKING BEANS

Once the beans have been soaked, add 1½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Crediting: 1½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

Nutrition Facts per Serving (0.5cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.375
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		94.05	
<b>Fat</b>		4.39g	
<b>SaturatedFat</b>		2.93g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		14.64mg	
<b>Sodium</b>		196.83mg	
<b>Carbohydrates</b>		9.19g	
<b>Fiber</b>		1.94g	
<b>Sugar</b>		3.42g	
<b>Protein</b>		4.21g	
<b>Vitamin A</b>	0.16IU	<b>Vitamin C</b>	0.59mg
<b>Calcium</b>	103.39mg	<b>Iron</b>	0.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Smothered Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51195
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPICE GARLIC POWDER	2 Teaspoon		224839

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER	2 Teaspoon		126993
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
SPICE PAPRIKA	2 Teaspoon		518331
SALT IODIZED	2 Teaspoon		125557
PEPPERS ASST RNBW	192 Ounce	sliced	266985
ONION YELLOW JUMBO	64 Ounce	sliced	109620
GRAVY MIX CHIX	2 Package		242390

## Preparation Instructions

- 1.Preheat Oven to 325 degrees.
  2. Spray enough sheet pans to place all of the frozen chicken breast on a single layer onto the sheet pans.
  3. Mix seasonings ( garlic powder, Onion powder, cayenne pepper, and salt in a bowl)
  4. Bake chicken in a preheated oven until internal temperatures reach 165 degrees.
  5. Transfer cooked chicken to steam table pans, cover and keep warm.
  - 6,.Make gravy per Package directions.
- Place chopped vegetables on top of chicken, pour gravy over all, evenly.
7. Tightly cover pans and return to the oven and bake until the internal temperature is 135 degrees or higher.
- CCP: Hot hot for service at 135 degrees or higher.
- \* Recipe can add 4# of sliced white mushrooms as well.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		147.61	
Fat		5.72g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		1016.73mg	
Carbohydrates		9.88g	
Fiber		0.32g	
Sugar		2.64g	
Protein		14.19g	
Vitamin A	0.36IU	Vitamin C	1.34mg
Calcium	6.60mg	Iron	0.04mg

\*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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# Seasoned Pasta



Servings:	200.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51155
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN	358 Ounce		402118
Water	176 Cup		Water
SALT IODIZED	10 Tablespoon		125557
OIL BLND SOY/POM OLV 90/10	26 Ounce		524948

## Preparation Instructions

Instructions

Using 6-inch hotel pans, add pasta and water to each pan.

NOTE: Pasta is a 1 to 4 ratio.

Add 1 tablespoon sea salt to every gallon of water and stir once gently before loading hotel pans into the steamer.

Steam penne pasta for 10 minutes. Ensuring the pasta reaches 165°F for 15 seconds.

NOTE: Penne pasta is forgiving and does not need to be agitated during cooking process.

Remove the pasta from the steamer and drain any excess liquid.

NOTE: DO NOT RINSE PASTA.

Add the olive oil and gently toss.

Cover pans with plastic wrap and hot hold until service or assembly.

Recipe Notes

Crediting: 2 ounce eq. whole grain

Nutrition Facts per Serving (1cup)

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 200.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		22.32	
Fat		1.85g	
SaturatedFat		0.26g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		1.34g	
Fiber		0.06g	
Sugar		0.10g	
Protein		0.22g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available