

Cookbook for Nippersink Middle School

Created by HPS Menu Planner

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HOT DOG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40264
School:	Nippersink Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		310.00	
Fat		18.00g	
SaturatedFat		5.00g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		582.60mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		5.00g	
Protein		12.00g	
Vitamin A	0.07mcg	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48856

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	2 Ounce		310668
PASTA ELBOW MACAR 51 WGRAIN	2 Ounce		229941

Preparation Instructions

Add cheese to cooked pasta.

Meal Components (SLE)

Amount Per Serving

Meat	0.670
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		193.23	
Fat		1.23g	
SaturatedFat		0.15g	
Trans Fat*		0.00g	
Cholesterol		0.65mg	
Sodium		9.35mg	
Carbohydrates		41.10g	
Fiber		4.00g	
Sugar		3.00g	
Protein		7.16g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.23mg	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

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cheeseburger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bun White Wheat 4"	1 Each	READY_TO_EAT	51022
Beef, Patties, Lean, Frozen	1 PATTY	BAKE Bake until no longer pink - internal temperature of 165 degrees or more.	100163
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

Place cooked burger patty on bottom of bun, add cheese and put top bun on.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Cheeseburger			
Amount Per Serving			
Calories		290.00	
Fat		8.50g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		47.50mg	
Sodium		570.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		0.50g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Real Beef Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLAS, WHOLE GRAIN	1 Each	READY_TO_EAT REMOVE FROM FREEZER THAW TO SERVE	110394
BEEF CRMBL CKD W/SPP 4-10#	2 Ounce		821271
SEASONING TACO MIX	1/7 Ounce		159204
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012

Preparation Instructions

Heat meat to 165, add seasoning and water according to seasoning directions. Mix well and place 2.3oz (heavy 1/4c) into shell, add cheese and fold shell in half.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 TACO			
Amount Per Serving			
Calories		353.92	
Fat		17.00g	
SaturatedFat		9.50g	
Trans Fat*		0.00g	
Cholesterol		64.00mg	
Sodium		876.21mg	
Carbohydrates		27.98g	
Fiber		4.99g	
Sugar		1.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Place cooked chicken patty on bun and add top bun.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories	350.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat*	0.00g		
Cholesterol	35.00mg		
Sodium	660.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 basket	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49002

Ingredients

Description	Measurement	Prep Instructions	DistPart #
yellow corn tortilla chips	1 Ounce		163020
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1 Ounce		310668
TACO FILLING BEEF	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548

Preparation Instructions

Place chips in nacho boat. add beef and top with cheese .

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 basket			
Amount Per Serving			
Calories		101.61	
Fat		7.11g	
SaturatedFat		2.57g	
Trans Fat*		0.00g	
Cholesterol		15.32mg	
Sodium		194.68mg	
Carbohydrates		3.05g	
Fiber		2.00g	
Sugar		1.00g	
Protein		7.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.61mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHIX DCD 1/2IN WHT CKD	2 Ounce		599697
CHEESE CHED SHRD R/F	1 Ounce		344721

Preparation Instructions

Add cooked chicken to shell, top with cheese and fold shell in half.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving			
Calories		272.00	
Fat		8.80g	
SaturatedFat		4.70g	
Trans Fat*		0.00g	
Cholesterol		53.00mg	
Sodium		387.33mg	
Carbohydrates		21.80g	
Fiber		2.00g	
Sugar		1.00g	
Protein		26.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	197.73mg	Iron	0.27mg

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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

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Hot Dog	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49181

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
FRANKS BEEF 8/	1 Each	BAKE	265039

Preparation Instructions

Boil hot dog until 165 degrees and place in bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Hot Dog

Amount Per Serving			
Calories		320.00	
Fat		18.50g	
SaturatedFat		6.00g	
Trans Fat*		0.50g	
Cholesterol		35.00mg	
Sodium		770.00mg	
Carbohydrates		28.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	68.89mg	Iron	2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49488

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sandwich Bread	2 Slice		12385
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
CHEESE AMER 160CT SLCD	2 Slice		350207

Preparation Instructions

Spread butter on one side of bread, put cheese between 2 pieces of bread with butter on outside and bake until cheese is melted and bread is toasted.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Sandwich			
Amount Per Serving			
Calories		320.00	
Fat		19.00g	
SaturatedFat		10.50g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		620.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	207.00mg	Iron	0.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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Fruit of the Day

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49489

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		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	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available			
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Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49871

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
MEATBALL CHIX 1Z	3 Each	BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	8 Tablespoon		592714
Cheese, Mozzarella light, Shred FRZ	1 Ounce		100034

Preparation Instructions

Heat meatballs to 165 degrees, combine with marinara sauce, place in bun and add cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.780
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving			
Calories		435.00	
Fat		18.00g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		1070.00mg	
Carbohydrates		41.00g	
Fiber		6.00g	
Sugar		4.00g	
Protein		31.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	112.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Taco Bag	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49872

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Doritos Nacho Cheese Tortilla Chips, Reduced-Fat, Whole Grain	1 Each		456090
Beef Taco Filling, Cooked, Frozen, 5 Lb Bag, 4/Case	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	776548
Reduced Fat Cheddar Cheese, Feather Shredded, 5 Lb Package	1 Ounce		344721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Taco Bag			
Amount Per Serving			
Calories		320.00	
Fat		18.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		560.00mg	
Carbohydrates		23.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	281.00mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	2.00 sticks	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	235411
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	4 Tablespoon		592714

Preparation Instructions

Heat sticks per instructions, heat marinara per instructions. Serve both on tray.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.390
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 sticks

Amount Per Serving			
Calories		322.50	
Fat		10.75g	
SaturatedFat		5.00g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		650.00mg	
Carbohydrates		37.50g	
Fiber		5.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	456.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHEESE CHED SHRD R/F	6 Tablespoon		344721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Quesadilla

Amount Per Serving			
Calories		256.80	
Fat		12.12g	
SaturatedFat		7.58g	
Trans Fat*		0.00g	
Cholesterol		30.40mg	
Sodium		493.60mg	
Carbohydrates		22.52g	
Fiber		2.00g	
Sugar		1.00g	
Protein		15.16g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	373.92mg	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

Spaghetti with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	1 Cup		221460
SAUCE SPAGHETTI W/MEAT	8 Tablespoon		473071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		290.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		690.00mg	
Carbohydrates		52.00g	
Fiber		5.00g	
Sugar		8.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Eggs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 egg	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49885

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 egg

Amount Per Serving			
Calories		100.00	
Fat		7.00g	
SaturatedFat		2.75g	
Trans Fat*		0.00g	
Cholesterol		102.50mg	
Sodium		250.00mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Sugar		0.50g	
Protein		6.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	121.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available			
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Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	4.16 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	4 Tablespoon	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 4.16 Ounce			
Amount Per Serving			
Calories		90.00	
Fat		1.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		370.00mg	
Carbohydrates		17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

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

Nutrition - Per 100g

Calories		76.31	
Fat		0.85g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		313.73mg	
Carbohydrates		14.41g	
Fiber		0.85g	
Sugar		0.00g	
Protein		1.70g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Chef's Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine Blend Salad Mix	1 Cup	MIX Add 1 cup of mix to tray.	15D41
1/10lb tomato cherry	3 Each	READY_TO_EAT	15P71
PEPPERS RED	2 Tablespoon		321141
CHEESE CHED SHRD R/F	4 Tablespoon		344721
Sliced Smoked Turkey Ham and Water Product	1 Slice	THAW	2214-08
EGG SHL MED A GRD	1/2 Each		206547
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	321.94
Fat	12.28g
SaturatedFat	5.25g
Trans Fat*	0.00g
Cholesterol	120.00mg
Sodium	600.36mg
Carbohydrates	27.80g
Fiber	2.21g
Sugar	7.28g
Protein	20.66g
Vitamin A 519.97mcg	Vitamin C 30.23mg
Calcium 294.09mg	Iron 3.13mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	4 Tablespoon		592714
CHEESE BLND 3-CHS SHRD FTHR	4 Tablespoon		654108

Preparation Instructions

Bake chicken per instructions, heat sauce to proper temp, top with cheese and allow to melt in warmer.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.120
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 PATTY			
Amount Per Serving			
Calories		470.00	
Fat		23.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		2270.00mg	
Carbohydrates		42.00g	
Fiber		10.00g	
Sugar		16.00g	
Protein		29.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	308.00mg	Iron	5.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BURRITO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
TACO FILLING BEEF	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	776548
CHEESE CHED SHRD R/F	2 Tablespoon		344721

Preparation Instructions

Add meat and cheese to tortilla and roll up into burrito. Let cheese melt in warmer.

Meal Components (SLE)

Amount Per Serving	
Meat	1.700
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.078
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 BURRITO			
Amount Per Serving			
Calories		356.80	
Fat		16.12g	
SaturatedFat		6.08g	
Trans Fat*		0.00g	
Cholesterol		25.40mg	
Sodium		643.60mg	
Carbohydrates		37.52g	
Fiber		6.00g	
Sugar		2.00g	
Protein		17.16g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	159.92mg	Iron	51.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Sandwich with sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH WGRAIN	1 Each		681830
EGG PTY RND 3.5IN	1 Each		741320
SAUSAGE TKY PTY CKD 1.4Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed. GRILL To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3-4 if thawed.	509790
CHEESE AMER 160CT SLCD	1 slices		350207

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		280.00	
Fat		11.00g	
SaturatedFat		3.75g	
Trans Fat*		0.00g	
Cholesterol		137.50mg	
Sodium		580.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		2.50g	
Protein		19.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	191.50mg	Iron	1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Swedish Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50415

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CHIX 1Z	3 Each	<p>BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.</p>	190302
GRAVY/SAUCE SWEDISH STYL	4 Tablespoon	<p>HEAT_AND_SERVE Shake well before using. Refrigerate after opening.</p>	219118

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Meatballs

Amount Per Serving			
Calories		225.00	
Fat		13.50g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		480.00mg	
Carbohydrates		11.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHIX DCD 1/2IN WHT CKD	2 Ounce		599697
BACON CKD SLCD 18-22	1/4 Ounce	BAKE BACON 1 is fully cooked and simply needs to be warmed for service. OVEN: 375 for 4-5 mins. FLAT TOP GRILL: Warm for just over one minute per side on a 350 degree flat top grill.	803391
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012

Preparation Instructions

Add chicken, cheese and bacon to the tortilla and fold or roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories		296.67	
Fat		10.58g	
SaturatedFat		5.71g	
Trans Fat*		0.00g	
Cholesterol		58.67mg	
Sodium		474.17mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		27.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.93mg	Iron	0.27mg

*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

BBQ Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
Pork Pulled Cooked	2 Ounce	HEAT_AND_SERVE Thaw product and heat in steamer	110730
Sweet Baby Ray's No Sugar Added BBQ Sauce	1 Ounce		499937

Preparation Instructions

Heat pork to 165, add BBQ Sauce. Place on Bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	242.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat*	0.00g		
Cholesterol	36.00mg		
Sodium	462.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheesy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Ounce		110921
CHEESE CHED SHRP SLCD	1 Slice		341193

Preparation Instructions

Heat chicken patty per instructions, add cheese and place in bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		270.82	
Fat		10.02g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		46.53mg	
Sodium		484.80mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		19.16g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	216.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Sandwich with Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52864

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH WGRAIN	1 Each		681830
Scrambled Egg Patty	1 PATTY	BAKE Bake in oven to 165 degrees	111751
BACON CKD SLCD 18-22	2 pieces	BAKE BACON 1 is fully cooked and simply needs to be warmed for service. OVEN: 375 for 4-5 mins. FLAT TOP GRILL: Warm for just over one minute per side on a 350 degree flat top grill.	803391
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		273.33	
Fat		12.67g	
SaturatedFat		4.17g	
Trans Fat*		0.00g	
Cholesterol		145.83mg	
Sodium		506.67mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		1.50g	
Protein		15.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available