

# **Cookbook for Benton Jr -Sr High**

**Created by HPS Menu Planner**

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# Assorted Cereals

Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL CHEERIOS HNY BOWL	1 Each	READY_TO_EAT Ready to eat	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	READY_TO_EAT Ready to Eat	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 14.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		107.48	
Fat		1.28g	
Saturated Fat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		147.36mg	
Carbohydrates		23.64g	
Fiber		2.18g	
Sugar		6.79g	
Added Sugar		1.50g	
Protein		2.05g	
Vitamin A	42.86mcg	Vitamin C	0.51mg
Calcium	60.37mg	Iron	4.09mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Variety of Dried Fruit

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51205
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Each	READY_TO_EAT	544426
CRANBERRY DRIED WTRMLN	1 Each		121732
CRANBERRY DRIED STRAWB	1 Each		531681

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		116.67	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydrates		29.33g	
Fiber		2.33g	
Sugar		25.00g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.68mg	Iron	0.25mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Assorted Graham Snacks

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50275
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GRHM GRIPZ CHOC IW	1 Package		282441
CRACKER PRESIDENTS SMART	1 Ounce		159381
CRACKER ANIMAL WGRAIN	1 Package		682840
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		120.00	
<b>Fat</b>		3.71g	
<b>Saturated Fat</b>		0.93g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		107.86mg	
<b>Carbohydrates</b>		20.86g	
<b>Fiber</b>		1.43g	
<b>Sugar</b>		7.14g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		1.86g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.86mg	<b>Iron</b>	1.10mg

## Nutrition - Per 100g

No 100g Conversion Available

# Potato Salad - From Scratch

Servings:	50.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51324
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	9 1/3 Pound	Cooked & diced	322385
MAYONNAISE LT	3 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
Celery	3 3/4 Cup	Chopped	00856
ONION YELLOW JUMBO	1 Cup	Diced	109620
EGG SHL LRG A GRD	12 Each	Diced	206539
RELISH SWT PICKLE	2/3 Cup		485586
SALT SEA	1 Tablespoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
MUSTARD YELLOW	3 Tablespoon		807651

## Preparation Instructions

1. Steam potatoes for 30-40 minutes. Peel and dice.
2. Add all other ingredients. Mix lightly until well blended. Chill.
3. Serve at 40 degrees. portion with a #6 scoop (2/3 cup).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.375

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving			
<b>Calories</b>		110.42	
<b>Fat</b>		2.26g	
<b>Saturated Fat</b>		0.36g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		54.00mg	
<b>Sodium</b>		251.97mg	
<b>Carbohydrates</b>		19.91g	
<b>Fiber</b>		2.09g	
<b>Sugar</b>		2.74g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		3.24g	
<b>Vitamin A</b>	1.75mcg	<b>Vitamin C</b>	16.89mg
<b>Calcium</b>	20.50mg	<b>Iron</b>	0.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Rosy Applesauce

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51213
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT	1 #10 CAN		271497
GELATIN MIX STRAWB	1/2 Cup		524581

## Preparation Instructions

- 1. Stir the dry gelatin into the applesauce.
- 2. Put in side dishes for a 4 oz. serving

Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 23.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		63.62	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		25.07mg	
Carbohydrates		16.33g	
Fiber		2.06g	
Sugar		12.22g	
Added Sugar		0.00g	
Protein		0.17g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.32mg	Iron	0.00mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Spiced Apples

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51214
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices, Canned, Unsweetened	1 #10 CAN		100206
SUGAR BEET GRANUL	1 Cup		108588
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723

## Preparation Instructions

- Mix drained fruit with cinnamon and sugar.
- Serve with 4 oz. ladle.
- Serve Cold
- Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 23.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		82.76	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.29mg	
Carbohydrates		20.70g	
Fiber		2.06g	
Sugar		17.61g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Fruited Gelatin

Servings:	76.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51249
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD XL/S	4 #10 CAN		290203
GELATIN MIX STRAWB	2 Package		524581
Water	1 1/2 Gallon	Use drained liquid from can plus water to make the 1.5 gallons.	Water

## Preparation Instructions

1. Drain the juice from the cans of fruit into a microwave safe container. (This reserved liquid will be used to mix into the gelatin (need 1.5 gallons of liquid total).
2. Divide the drained fruit using a 4 ounce spoodle into portion cups.
3. Add water to drained fruit juice until the total is 1.5 gallons.
4. Heat the drained fruit juice/water in microwave until boiling.
5. CAREFULLY remove the fruit juice/water from microwave
6. Add gelatin to heated fruit juice/water mixture and stir until combined.
7. Pour/sipen liquid gelatin in fruit cups to cover the fruit.
8. Add lids and chill before serving.
7. Label/date with fruited jell-o
8. Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 76.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		135.98	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		80.12mg	
Carbohydrates		32.02g	
Fiber		2.00g	
Sugar		29.02g	
Added Sugar		0.00g	
Protein		0.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# 5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51250
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	3 Cup		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	2 Cup		191736

## Preparation Instructions

1. Drain fruit,
2. Add remaining ingredients, mix well.
3. Serve a 6 fl. oz. serving.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		60.47	
Fat		1.06g	
Saturated Fat		1.13g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		29.23mg	
Carbohydrates		12.22g	
Fiber		0.41g	
Sugar		9.03g	
Added Sugar		0.00g	
Protein		0.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Hawaiian Salad

Servings:	25.00	Category:	Fruit
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51251
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979
PUDDING RTS VAN	6 Cup		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	2 Cup		191736

## Preparation Instructions

1. Drain fruit from cans
2. Add drained fruit and remaining ingredients to bowl, mix well.
3. Serve a 4 fl. oz. serving.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 4.00 Fluid Ounce			
Amount Per Serving			
Calories		185.09	
Fat		1.92g	
Saturated Fat		2.16g	
Trans Fat		0.02g	
Cholesterol		0.00mg	
Sodium		106.65mg	
Carbohydrates		37.49g	
Fiber		0.50g	
Sugar		30.19g	
Added Sugar		0.00g	
Protein		0.82g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	28.55mg	Iron	0.81mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Cherry 5 Cup Salad

Servings:	45.00	Category:	Fruit
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51252
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cherries, Sweet, Frozen	2 Package		110872
FRUIT COCKTAIL XL/S	1 #10 CAN		225304
PUDDING RTS VAN	3 Cup		106771
TOPPING WHIP PRE-WHIPPED	8 Ounce		313165
MARSHMALLOW MINI	2 Cup		191736

## Preparation Instructions

- 1. Drain fruit,
- 2. Add remaining ingredients, mix well.
- 3. Serve a 6 fl. oz. serving.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 45.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		92.87	
Fat		1.06g	
Saturated Fat		1.13g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		29.23mg	
Carbohydrates		20.14g	
Fiber		1.85g	
Sugar		15.51g	
Added Sugar		0.00g	
Protein		0.84g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Chocolate Bananas

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51253
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Banana	8 Each		08044
SYRUP CHOC DUTCH SQZ BTL	1/2 Cup		203092

## Preparation Instructions

- 1. Peel and slice the banana in a bowl.
  - 2. Drizzle chocolate syrup over he banana.
  - 3. Serve cold. Hold in cold pass thru until served.
- For smaller amounts, use 1 tsp. chocolate syrup per banana.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 8.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		154.75	
Fat		0.15g	
Saturated Fat		0.47g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.51mg	
Carbohydrates		39.00g	
Fiber		3.68g	
Sugar		25.00g	
Added Sugar		0.00g	
Protein		1.62g	
Vitamin A	3.78mcg	Vitamin C	11.00mg
Calcium	6.01mg	Iron	0.25mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Apple Crisp

Servings:	35.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51255
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	2 5/6 Cup	1.5 cups for topping 1.33 cups for filling	330094
OATS QUICK HOT CEREAL	1 3/4 Cup		100800
SPICE CINNAMON GRND	4 Teaspoon	1 tsp. for topping 1 Tbsp. for filling	224723
SPICE NUTMEG GRND	1/2 Tablespoon	Optional	224944
MARGARINE SLD	1 Cup	Softened	733061
SUGAR BROWN MED	2 Cup		108626
Frozen Apple Slices	6 Pound	Thawed. May substitute frozen blueberries, thawed.	100258
Water	2/3 Cup		Water
SUGAR BEET GRANUL	2/3 Cup		108588

## Preparation Instructions

- Topping:
1. Mix 1.5 cups flour, oats, 1 tsp. cinnamon, nutmeg, and brown sugar. Then cut in the margarine. Mix until crumbly consistency.
- Filling:
1. Mix sugar, 1 Tbsp. cinnamon, and 1.33 cup flour together and set aside.
  2. Mix fruit and water together and stir in the dry Ingredients until thoroughly incorporated.
  3. Put filling in #1 pan.
  4. Top with the topping mixture.
  5. Bake at 325 for 45 minutes
  6. Use a 4 ounce server to serve up apple crisp.
- Keep in warmer until serving time

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		197.27	
<b>Fat</b>		5.64g	
<b>Saturated Fat</b>		2.14g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		53.75mg	
<b>Carbohydrates</b>		36.49g	
<b>Fiber</b>		2.53g	
<b>Sugar</b>		24.42g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		2.02g	
<b>Vitamin A</b>	342.86mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.30mg	<b>Iron</b>	0.50mg

## Nutrition - Per 100g

No 100g Conversion Available

# Berry Glaze Dessert

Servings:	60.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51322
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries - frozen	15 Pound	Thawed. May substitute thawed whole or sliced strawberries, or sweet cherries.	100243
GLAZE STRAWBERRY	1/2 #10 CAN		149284

## Preparation Instructions

1. Thaw the blueberries just overnight. Drain.
2. Fold blueberries into glaze, do not smash fruit.
3. Dish up in a 6 ounce side dish with a #8 disher.
4. Seal with a lid and mark with the prepared date.
5. Hold in cold pass thru at 35-40 degrees, serve cold.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		127.32	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.54mg	
Carbohydrates		29.96g	
Fiber		5.62g	
Sugar		20.71g	
Added Sugar		0.00g**	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Sidekick Fruit Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51323
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

## 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
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Sugar		18.50g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	1000.00mcg	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Ham and Cheese Sandwich- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52909
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

- 1. Portion ham in 2.5 oz. servings.
- 2. Place 2.5 oz. ham and 1 slice of cheese on bun. Serve cold.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		265.82	
Fat		8.60g	
Saturated Fat		4.05g	
Trans Fat		0.00g	
Cholesterol		44.39mg	
Sodium		855.41mg	
Carbohydrates		30.10g	
Fiber		3.00g	
Sugar		6.55g	
Added Sugar		3.00g	
Protein		18.25g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Turkey & Cheese Sandwich-BC

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52910
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 ounces		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

1. Slice turkey, portion in 3.25 oz. servings.
2. Place 3.25 oz. turkey and 1 slice of cheese on bun. Serve cold.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		304.47	
Fat		8.59g	
Saturated Fat		4.04g	
Trans Fat		0.00g	
Cholesterol		64.73mg	
Sodium		929.84mg	
Carbohydrates		28.04g	
Fiber		3.00g	
Sugar		4.50g	
Added Sugar		3.00g	
Protein		26.40g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# BLT Pasta Salad

Servings:	48.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52912
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN	3 Pound		229951
SPINACH BABY CLND	5 Cup		560545
TOMATO CHERRY	6 Cup		169275
BACON TOPPING CKD 1/2IN DCD	1 Cup		814781
DRESSING RNCH BTRMLK	1 1/2 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.	426598

## Preparation Instructions

- Cook pasta, Drain & Cool
- Wash Vegetables
- Spinach, remove stems & Slice in julien strips
- Cherry tomatoes cut in Halves
- Mix vegetables & bacon into the cooled pasta. add ranch dressing
- Mix well
- Dish up 4 ounce serving in bowl
- Hold in Cold pass thru @ 40 degrees

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		144.73	
Fat		5.00g	
Saturated Fat		0.79g	
Trans Fat		0.00g	
Cholesterol		2.92mg	
Sodium		100.15mg	
Carbohydrates		21.60g	
Fiber		2.35g	
Sugar		2.25g	
Added Sugar		0.00g	
Protein		4.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.38mg	Iron	1.15mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Chicken Fajita Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52913
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 2/5 Ounce		100117
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 6IN	1 Each		882690
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
Salsa, Low-Sodium, Canned	1/4 Cup	READY_TO_EAT	100330
SNACK HOT FANTASTIX	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	256363
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	
Variety of Fresh Vegetables	1/2 Cup		

## Preparation Instructions

- Assemble ajita:
- Put measured meat & cheese on wrap add 1 ounce lettuce roll up Cut In ½ at an angle.
- Place in meal container with Salsa on side
- Place in meal container
- Put prepared fruit & vegetables in meal container
- Make sure you date each container with prepared date
- Hold in cold pass-thru at 41 degrees or less until serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</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>		496.12	
<b>Fat</b>		16.50g	
<b>Saturated Fat</b>		8.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		89.00mg	
<b>Sodium</b>		1058.16mg	
<b>Carbohydrates</b>		60.69g	
<b>Fiber</b>		8.30g	
<b>Sugar</b>		21.19g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		26.00g	
<b>Vitamin A</b>	749.70mcg	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	153.80mg	<b>Iron</b>	1.95mg

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable, Cheez-it, & String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52914
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

## 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
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	480.00		
Fat	25.50g		
Saturated Fat	8.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	630.00mg		
Carbohydrates	48.00g		
Fiber	5.00g		
Sugar	16.00g		
Added Sugar	0.00g		
Protein	17.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	341.00mg	Iron	1.72mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Chef Salad Base

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52915
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		120.00	
Fat		9.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		190.00mg	
Carbohydrates		3.00g	
Fiber		1.00g	
Sugar		1.00g	
Added Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	215.00mg	Iron	0.00mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Strawberry Banana Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50633
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	4 Cup		110860
BANANA TURNING SNGL 150CT	8 Each		197769
YOGURT VAN L/F	8 Cup		881161
1% Low Fat White Milk*	8 Cup		13871

## Preparation Instructions

1. Add all ingredients to blender.
  2. Pulse until smooth. Pour into cups.
  3. Refrigerate until serve. Hold for cold service at 41 degrees F or below.
- Please note that the fruit in the smoothie counts as juice. A student should not be able to take both a smoothie and juice at breakfast.



## 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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		228.98	
<b>Fat</b>		2.94g	
<b>Saturated Fat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		14.96mg	
<b>Sodium</b>		131.90mg	
<b>Carbohydrates</b>		42.66g	
<b>Fiber</b>		2.50g	
<b>Sugar</b>		28.43g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		8.98g	
<b>Vitamin A</b>	107.76mcg	<b>Vitamin C</b>	5.14mg
<b>Calcium</b>	302.43mg	<b>Iron</b>	0.21mg

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50276
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each	READY_TO_EAT Ready to eat	551760
YOGURT DANIMAL STRAWB BAN N/F	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
YOGURT DANIMAL VAN N/F	1 Each		200612
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	186911

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		76.00	
Fat		0.30g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.00mg	
Sodium		61.00mg	
Carbohydrates		14.60g	
Fiber		0.00g	
Sugar		9.40g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	124.00mg	Iron	0.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Dumplings

Servings:	16.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52960
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	2 Package		640331
SAUCE ORNG SESM	1 Package		341113

## Preparation Instructions

- Place dumplings in a single layer on parchment paper lined baking sheet.
- Steam dumplings in combi for 16-20 minutes.
- Heat to an internal temperature of 165 degrees.
- Heat orange sauce in a steamer for 12-15 minutes in a bag.
- Pour one bag of sauce per 2 bags of dumplings. Toss lightly until all dumplings are covered.
- Hold in hot pass thru at 170 degrees.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		362.04	
Fat		7.80g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		35.01mg	
Sodium		726.08mg	
Carbohydrates		57.00g	
Fiber		1.00g	
Sugar		26.00g	
Added Sugar		1.00g	
Protein		18.60g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	63.37mg	Iron	2.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Bacon & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50631
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		212.86	
Fat		8.36g	
Saturated Fat		1.71g	
Trans Fat		0.00g	
Cholesterol		107.50mg	
Sodium		511.43mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Sugar		3.00g	
Added Sugar		0.00g	
Protein		10.57g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.13mg

### Nutrition - Per 100g

No 100g Conversion Available

# Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50632
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
DOUGH BISCUIT WGRAIN	1 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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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>Beans, Peas, and Lentils</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>		275.56	
<b>Fat</b>		14.26g	
<b>Saturated Fat</b>		6.21g	
<b>Trans Fat</b>		0.07g	
<b>Cholesterol</b>		109.50mg	
<b>Sodium</b>		712.63mg	
<b>Carbohydrates</b>		24.00g	
<b>Fiber</b>		2.60g	
<b>Sugar</b>		2.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		10.47g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.58mg	<b>Iron</b>	1.31mg

## Nutrition - Per 100g

No 100g Conversion Available



# Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Servings:	350.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52622
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	18 Package	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.	573201
PASTA PENNE RIGATE 51 WGRAIN	25 Pound		221482
SPICE PEPR BLK REG FINE GRIND	1/2 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839
Shredded Mozzarella Cheese, Part Skim	15 Pound		100021
JUICE TOMATO 100	9 Each		302414
SAUCE TOMATO	9 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347

## Preparation Instructions

1. Brown off the ground beef until cooked completely with no big chunks.
2. Drain off water and fat. Add spices. Mix.

- 3. Add the bagged meat sauce and marinara sauce.
- 4. Mix thoroughly. Heat to 165 degrees.
- 5. In separate pot cook the spaghetti in water with a little oil and salt. Drain.
- 6. Add pasta to the mixed hot spaghetti sauce.
- 7. Pan up in #2 pans. Top with cheese. Hold in hot pass thru until ready to serve.
- 8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		322.44	
Fat		10.53g	
Saturated Fat		5.49g	
Trans Fat		0.00g	
Cholesterol		57.55mg	
Sodium		739.98mg	
Carbohydrates		36.64g	
Fiber		5.09g	
Sugar		10.65g	
Added Sugar		0.00g	
Protein		20.61g	
Vitamin A	475.35mcg	Vitamin C	13.96mg
Calcium	39.50mg	Iron	3.20mg

Nutrition - Per 100g

No 100g Conversion Available	
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# Garlic Biscuit Stick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51365
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound		733061
SPICE PAPRIKA	3 Tablespoon		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
DOUGH BISC STICK 250-1.25Z RICH	300 Each		149070

## Preparation Instructions

1. Whip margarine & mix in spices in mixer.
2. Spread butter on one side of biscuit stick.
3. Tray up the biscuit sticks on paper lined baking sheet. Bake at 375 degrees until lightly toasted.
4. Place in pass thru to keep warm.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		144.00	
<b>Fat</b>		12.14g	
<b>Saturated Fat</b>		5.88g	
<b>Trans Fat</b>		0.05g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		220.40mg	
<b>Carbohydrates</b>		13.00g	
<b>Fiber</b>		0.30g	
<b>Sugar</b>		1.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		2.10g	
<b>Vitamin A</b>	480.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.99mg	<b>Iron</b>	0.95mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46702
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not currently available	205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 30 patties in #1 pan. Heat to 165 degrees, about 7 minutes on steam. Hold in hot pass thru at 165 degrees or higher.

Keep cheese cold until ready to serve.

Serve on bun with a slice of cheese if desired.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		320.00	
<b>Fat</b>		12.50g	
<b>Saturated Fat</b>		5.50g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		630.00mg	
<b>Carbohydrates</b>		27.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.50g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51592
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF PORK RLLR 8/	1 Each		154792
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## Preparation Instructions

Place 30-35 hot dogs in #1 perforated pans. Place the pan inside regular pan. Steam 7-8 minutes (thawed) or 15 minutes (frozen) until 165 degrees.

Place heated hot dogs in a veggie pan and hold in a hot pass thru at 165 degrees or higher.

Pan up the 30-40 buns in #2 pan for serving on the the lines.

Hold in hot pass thru until served.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		330.00	
Fat		19.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		810.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		5.00g	
Added Sugar		3.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.47mg	Iron	2.59mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51620
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN		100364
ONION DEHY CHPD	2 Cup		263036
SUGAR BROWN MED	1 Cup		108626
KETCHUP CAN 33 FCY	2 Cup		820783
Ham, Cubed Frozen	1 Pound		100188-H
MUSTARD YELLOW	1/4 Cup		807651

## Preparation Instructions

Mix all ingredients together.  
Bake at 350 degrees in convection oven 1 hour.  
Hold in hot pass thru until served.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>		147.85	
<b>Fat</b>		1.48g	
<b>Saturated Fat</b>		0.26g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		4.72mg	
<b>Sodium</b>		311.79mg	
<b>Carbohydrates</b>		28.28g	
<b>Fiber</b>		4.94g	
<b>Sugar</b>		11.52g	
<b>Added Sugar</b>		2.56g	
<b>Protein</b>		8.10g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.02mg	<b>Iron</b>	0.05mg

## Nutrition - Per 100g

No 100g Conversion Available

# Donut Holes with Chocolate Syrup

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50636
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520
SYRUP CHOC DUTCH SQZ BTL	1 Tablespoon		203092

## Preparation Instructions

Prepare donut holes according to package directions.  
Drizzle with chocolate syrup.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		322.75	
Fat		16.15g	
Saturated Fat		7.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		330.25mg	
Carbohydrates		41.00g	
Fiber		2.40g	
Sugar		16.00g	
Added Sugar		0.00g	
Protein		4.25g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.01mg	Iron	1.71mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Meatball Sub

Servings:	117.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51627
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	3 Package	15 pounds. 39 servings per 5 pound bag.	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	3 2/3 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	117 Each	9.75 packages	270913

## Preparation Instructions

- Heat meatballs in steamer in the bags to 165 degrees.
- Drain meatballs and add marinara sauce.
- Place in the hot pass thru at 165 degrees until ready to serve.
- Prepare sandwiches on line- hot dog bun, 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

## 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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 117.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		321.33	
<b>Fat</b>		12.58g	
<b>Saturated Fat</b>		5.13g	
<b>Trans Fat</b>		0.45g	
<b>Cholesterol</b>		39.50mg	
<b>Sodium</b>		576.49mg	
<b>Carbohydrates</b>		31.73g	
<b>Fiber</b>		4.18g	
<b>Sugar</b>		7.08g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		17.43g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.78mg	<b>Iron</b>	2.97mg

## Nutrition - Per 100g

No 100g Conversion Available

# Zee Zee Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52980
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CAMPFIRE SMORE IW	1 Each		354648
BAR BDAY CAKE SFT BKD IW	1 Each		354647

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		150.00	
Fat		5.00g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		47.50mg	
Carbohydrates		24.00g	
Fiber		1.50g	
Sugar		9.00g	
Added Sugar		8.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.50mg	Iron	1.00mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46704
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 24 patties on a tray, heat to 165 degrees about 10-13 minutes in 375 degree oven.

Pan up in 1/2 veggie pan for serving on the line.

Hold in pass thru- serve hot.

Serve on WG bun.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		390.00	
Fat		16.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		680.00mg	
Carbohydrates		41.00g	
Fiber		6.00g	
Sugar		5.00g	
Added Sugar		3.00g	
Protein		19.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.90mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Smoked Sausage on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52438
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE POLISH CKD 5/	1 Each		260622
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## Preparation Instructions

- Put sausages in #1 slotted with a solid pan under it.
- Heat the sausages in steamer to 165 degrees.
- Hold in hot pass thru at 165 degrees or higher until ready to serve.
- Pan up the hot dog buns in #2 pans for serving on the line.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		420.00	
Fat		26.00g	
Saturated Fat		9.00g	
Trans Fat		0.50g	
Cholesterol		60.00mg	
Sodium		1060.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		5.00g	
Added Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.10mg
Calcium	35.60mg	Iron	2.94mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Nacho Supreme- BC

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52950
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	7 1/8 Pound		100012
LETTUCE SHRD TACO 1/8CUT	14 1/4 Cup		242489
CHIP TORTL RND YEL	228 Ounce	3 pkgs. = 130 servings	163020
SAUCE CHS CHED	114 Fluid Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

## Preparation Instructions

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
3. Hold in hot pass thru until served.

For Nachos Supreme use 2 oz. weight tortilla chips and top with #16 disher meat, 1 fl. oz. cheese sauce, and 1 oz. of lettuce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 114.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		506.64	
<b>Fat</b>		26.80g	
<b>Saturated Fat</b>		9.40g	
<b>Trans Fat</b>		1.05g	
<b>Cholesterol</b>		61.25mg	
<b>Sodium</b>		835.64mg	
<b>Carbohydrates</b>		48.31g	
<b>Fiber</b>		6.10g	
<b>Sugar</b>		2.69g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		25.88g	
<b>Vitamin A</b>	194.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	168.25mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Sandwich on 4" Bun

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51783

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, DICED, COOKED, FROZEN	3 Pound	BAKE	
Celery	1 1/2 Cup	UNSPECIFIED None	
RED ONION	1/2 Cup		15N63
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	7 Each		433153
RELISH SWT PICKLE	1 Cup		517186
MAYONNAISE LT	1/2 Gallon		659932
SUGAR BEET GRANUL	1 Tablespoon		108588
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

## Preparation Instructions

Chop the vegetables & Eggs  
Mix all the ingredients cold  
use a #16 (1/4 cup) for each sandwich

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		450.88	
<b>Fat</b>		22.94g	
<b>Saturated Fat</b>		3.48g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		116.30mg	
<b>Sodium</b>		940.84mg	
<b>Carbohydrates</b>		27.54g	
<b>Fiber</b>		3.18g	
<b>Sugar</b>		6.00g	
<b>Added Sugar</b>		3.00g**	
<b>Protein</b>		18.30g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.84mg	<b>Iron</b>	2.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52437
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 24 patties on a tray, heat to 165 degrees about 10-13 minutes in 375 degree oven.  
Pan up in 1/2 veggie pan for serving on the line.  
Hold in pass thru- serve hot.  
Serve on WG bun.

## Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		380.00	
Fat		15.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		590.00mg	
Carbohydrates		40.00g	
Fiber		5.00g	
Sugar		5.00g	
Added Sugar		3.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

## Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon Roll with Icing

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50637
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262
Powdered Sugar Icing	1 Tablespoon	Mix ingredients together until smooth. Top each cinnamon roll with 1 Tbsp. icing.	R-52547

## Preparation Instructions

1. KEEP DOUGH FROZEN AT 0°F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS. PANNING CHART -  
----- SIZE  
INDIVIDUAL CLUSTERED FULL SHEET PAN FULL SHEET PAN HALF HOTEL  
PAN (12" X 10"X 2") -----  
----- 2.5 OZ. 3 X 5 5 X 6 3 X 3 3. TO PREVENT PRODUCT FROM DRYING OUT,  
COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A  
RACK COVER. 4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36°F -  
40°F AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM  
TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE. 5. PLACE IN  
PROOFER SET AT 90°F - 110°F WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-  
60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH  
COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN  
THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH,  
REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED. 6. BAKE IN  
A PREHEATED OVEN 325°F - CONVECTION OR RACK OVENS, 350°F - DECK OVEN) UNTIL  
PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM. BAKING TIMES WILL VARY  
ACCORDING TO SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).  
APPROXIMATE BAKING TIMES: -----  
----- SIZE BAKING TIME (MINUTES) -----  
----- 2.5 OUNCE ROLLS CLUSTERED 14 TO 20 2.5  
OUNCE ROLLS INDIVIDUAL 12 TO 15 COOL AND ICE WITH 1 TBSP ICING.

## 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>Beans, Peas, and Lentils</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>		211.04	
<b>Fat</b>		1.53g	
<b>Saturated Fat</b>		0.52g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		5.16mg	
<b>Sodium</b>		136.27mg	
<b>Carbohydrates</b>		46.11g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		19.78g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		5.08g	
<b>Vitamin A</b>	0.10mcg	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	24.18mg	<b>Iron</b>	1.51mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51163
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound		100101
BASE CHIX LO SOD NO MSG	1 1/2 Pound		580589
Water	1 1/2 Gallon	READY_TO_DRINK	Water
SAUCE ALFREDO FZ	9 Package		155661
MARGARINE SLD	1 1/2 Pound		733061
2% White Low Fat Milk	1 1/2 Gallon		2% white milk
PASTA SPAG 51 WGRAIN	25 Pound		221460

## Preparation Instructions

1. Add water, milk and chicken base to kettle. Stir until base is dissolved. Heat.
  2. Add bagged sauce to pot of milk. Stir until smooth. Add chicken. Continue to simmer.
  3. In another steam kettle, cook spaghetti until al dente.
  4. Drain the pasta. Add the alfredo sauce, mix.
  5. If too thick add extra water. Up to 2 gallons.
  6. Make 2 gallons of extra broth to keep on hand if needed to add when serving.
  7. Don't over stir and make it into mush.
  8. Put in steam table pans and hold at 165 degrees.
- Serve 6 oz. serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
<b>Calories</b>		329.77	
<b>Fat</b>		11.42g	
<b>Saturated Fat</b>		4.95g	
<b>Trans Fat</b>		0.04g	
<b>Cholesterol</b>		57.41mg	
<b>Sodium</b>		627.53mg	
<b>Carbohydrates</b>		33.71g	
<b>Fiber</b>		2.67g	
<b>Sugar</b>		6.04g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		21.74g	
<b>Vitamin A</b>	120.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	255.85mg	<b>Iron</b>	1.33mg

## Nutrition - Per 100g

No 100g Conversion Available

# Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52413
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	BAKE 1. Preheat oven to 375 degrees F. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat for 13-15 minutes or until heated through.	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		410.00	
Fat		19.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		570.00mg	
Carbohydrates		36.00g	
Fiber		5.00g	
Sugar		5.00g	
Added Sugar		3.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.62mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50638
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 slices		100036
DOUGH BISCUIT WGRAIN	1 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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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>Beans, Peas, and Lentils</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>		272.70	
<b>Fat</b>		13.90g	
<b>Saturated Fat</b>		7.00g	
<b>Trans Fat</b>		0.07g	
<b>Cholesterol</b>		104.50mg	
<b>Sodium</b>		631.20mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		2.60g	
<b>Sugar</b>		2.50g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		9.90g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.58mg	<b>Iron</b>	1.18mg

## Nutrition - Per 100g

No 100g Conversion Available



# BBQ Rib on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52436
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY	1 Each	BAKE From a frozen state, Conventional Oven Bake ribs on pan in preheated convection oven at 350 for 11 minutes. CONVECTION From a frozen state, Convection Oven Bake ribs on pan in a preheated conventional oven at 350 for 13 minutes. MICROWAVE From a frozen state, Microwave Microwave on full power for about 2 minutes. Microwaves ovens vary. Times given are approximate.	451660
SAUCE BBQ 4-1GAL SWTBRAY	1 Teaspoon	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).	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 30 ribs in #1 pan, heat to 165 degrees 8-10 minutes in the steamer.  
Remove from steamer and drain off broth. Add warmed BBQ sauce to top.  
Hold in pass thru @ 165 degrees or higher.  
Serve on a 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>Beans, Peas, and Lentils</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>		371.67	
<b>Fat</b>		14.00g	
<b>Saturated Fat</b>		5.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		948.33mg	
<b>Carbohydrates</b>		40.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		15.83g	
<b>Added Sugar</b>		5.67g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	3.08mg

## Nutrition - Per 100g

No 100g Conversion Available

# Burrito-BC

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52958
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	3 9/16 Pound		100012
LETTUCE SHRD TACO 1/8CUT	14 1/4 Cup		242489
TORTILLA FLOUR ULTRGR 9IN	76 Each		523610

## Preparation Instructions

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
3. Hold in hot pass thru until served.

For burrito use a tortilla, #10 disher meat, 1 fl. oz. (2 Tbsp.) shredded cheese, and top with 1 fl. oz. (2 Tbsp.) of lettuce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		428.83	
<b>Fat</b>		20.70g	
<b>Saturated Fat</b>		9.14g	
<b>Trans Fat</b>		1.57g	
<b>Cholesterol</b>		55.84mg	
<b>Sodium</b>		716.15mg	
<b>Carbohydrates</b>		40.21g	
<b>Fiber</b>		7.15g	
<b>Sugar</b>		5.28g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		27.30g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.88mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit Parfait

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	6 Cup	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	6 Cup		811500

## Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
2. Add 1/4 cup fruit.
3. Repeat layers.
4. Cover and chill until ready to serve.

Serve with 1 package of grahams.

Hold in cold pass thru until served.

### Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		150.94	
Fat		0.75g	
Saturated Fat		0.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		61.70mg	
Carbohydrates		33.13g	
Fiber		2.00g	
Sugar		21.42g	
Added Sugar		12.69g	
Protein		3.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Spaghetti with Meat Sauce- No Bernard Seasoning mix

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52554
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	25 Pound	300 servings =25lbs	100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package		573201
PASTA SPAG 51 WGRAIN	20 Pound		221460
SAUCE MARINARA A/P	8 #10 CAN		592714
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839

## Preparation Instructions

1. Brown off the ground beef until cooked completely with no big chunks.
2. Drain off water and fat. Add spices. Mix.
3. Add the bagged meat sauce and marinara sauce.
4. Mix thoroughly. Heat to 165 degrees.
5. In separate pot cook the spaghetti in water with a little oil and salt. Drain.
6. Add pasta to the mixed hot spaghetti sauce.
7. Pan up in #2 pans and hold in hot pass thru until ready to serve.
8. Serve with 6 fl. ounce spoodle.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		312.14	
Fat		11.52g	
Saturated Fat		3.59g	
Trans Fat		1.00g	
Cholesterol		57.30mg	
Sodium		454.11mg	
Carbohydrates		32.42g	
Fiber		4.63g	
Sugar		8.98g	
Added Sugar		0.00g	
Protein		20.62g	
Vitamin A	369.71mcg	Vitamin C	10.86mg
Calcium	44.67mg	Iron	2.89mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52592

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 1/5 ounces		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	11/12 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## Preparation Instructions

Slice turkey, portion out with the ham to make a 1.5 ounce M/MA serving. Place on bun with 1 slice of cheese.  
Hold in cold pass thru at 40 degrees.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		260.17	
Fat		7.52g	
Saturated Fat		3.01g	
Trans Fat		0.00g	
Cholesterol		42.21mg	
Sodium		747.97mg	
Carbohydrates		28.26g	
Fiber		3.00g	
Sugar		5.25g	
Added Sugar		3.00g	
Protein		18.56g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Sloppy Joe on 4" Bun

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51785

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	40 Pound		100158
ONION DEHY CHPD	1 1/2 Cup		263036
SALT IODIZED	3 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
SUGAR BROWN MED	6 Cup	UNSPECIFIED	108626
KETCHUP CAN 29 XTHK	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	152056
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	200 Each		266546

## Preparation Instructions

Cook ground beef, drain  
add remaining ingredients and simmer, cook to 165  
Use #12 scoop when serving onto bun

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		410.25	
<b>Fat</b>		16.33g	
<b>Saturated Fat</b>		5.28g	
<b>Trans Fat</b>		2.39g	
<b>Cholesterol</b>		62.09mg	
<b>Sodium</b>		737.64mg	
<b>Carbohydrates</b>		41.47g	
<b>Fiber</b>		3.05g	
<b>Sugar</b>		18.07g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		21.76g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.57mg	<b>Iron</b>	2.01mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Fajita Wrap-BC

<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-53145
<b>School:</b>	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/5 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

## Preparation Instructions

Thaw the chicken under refrigeration over night.  
Assemble: tortilla wrap, chicken fajita, cheese  
Wrap, Fold in ends of tortilla and roll from other end until closed  
Offer with shredded lettuce, salsa & sour cream. (Optional)  
Refrigerate until ready to serve  
Hold at 40 Degrees or less

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		339.82	
<b>Fat</b>		12.76g	
<b>Saturated Fat</b>		7.88g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		84.65mg	
<b>Sodium</b>		812.35mg	
<b>Carbohydrates</b>		32.38g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		3.88g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		24.94g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	144.50mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Salisbury Steak & Gravy

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51528
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	132 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product 2-4minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030
MIX GRAVY BRN LO SOD	2 Package	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552050
Water	2 Gallon	READY_TO_DRINK	Water

## Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 18- degrees.
  2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 132.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		224.55	
Fat		14.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		477.65mg	
Carbohydrates		8.91g	
Fiber		1.00g	
Sugar		1.98g	
Added Sugar		0.00g	
Protein		14.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.10mg

### Nutrition - Per 100g

No 100g Conversion Available	
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# Stromboli on Sub Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51594
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	50 Each		276142

## Preparation Instructions

1. Steam sausage crumbles in Combi for 15-20 minutes (heat to 165 degrees.)
  2. Drain sausage
  3. Add marinara sauce to sausage crumbles.
  4. Hot Hold in pass-thru at 170 degrees.
- BC: Serve using #12 disher of meat mixture and 1 ounce of shredded cheese on a sub bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>Beans, Peas, and Lentils</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>		641.34	
<b>Fat</b>		47.26g	
<b>Saturated Fat</b>		17.30g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		68.00mg	
<b>Sodium</b>		1035.64mg	
<b>Carbohydrates</b>		35.45g	
<b>Fiber</b>		3.01g	
<b>Sugar</b>		7.33g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		20.41g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.64mg	<b>Iron</b>	5.71mg

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51558
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package		613738
Water	1 Gallon	READY_TO_DRINK	Water

## Preparation Instructions

Bring water to a boil. Measure one gallon ins a pan and stir in the instant potatoes until smooth. Pour into the serving pan. Hold in pass thru.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		180.01	
Fat		2.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		820.03mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Tomato Soup

Servings:	300.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51532
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	24 #5 CAN		101427
Water	24 #5 CAN		Water

## Preparation Instructions

Mix the water with the soup, heat. Hold at 165 degrees.  
Serve with an 8 ounce disher.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		102.26	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		545.38mg	
Carbohydrates		22.72g	
Fiber		1.14g	
Sugar		13.63g	
Added Sugar		0.00g	
Protein		2.27g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.72mg	Iron	0.68mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Orange Chicken

Servings:	32.00	Category:	Entree
Serving Size:	14.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52959
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG SESM	1 Package		341113

## Preparation Instructions

Place poppers in a single layer of chicken on parchment paper lined baking sheet.  
Heat poppers at 350 degrees for 16-20 minutes until golden brown in oven.  
Heat to an internal temperature of 165 degrees.  
Heat orange sauce in a steamer for 12-15 minutes in a bag.  
Pour one bag of sauce per bag of poppers. Toss lightly until all chicken is covered.  
Hold in hot pass thru at 170 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 14.00 Each

Amount Per Serving			
<b>Calories</b>		354.70	
<b>Fat</b>		17.28g	
<b>Saturated Fat</b>		3.25g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.97mg	
<b>Sodium</b>		552.55mg	
<b>Carbohydrates</b>		31.18g	
<b>Fiber</b>		3.90g	
<b>Sugar</b>		13.30g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		18.48g	
<b>Vitamin A</b>	141.56mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.43mg	<b>Iron</b>	2.83mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tender Wrap

<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-52961
<b>School:</b>	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	3 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.	283951
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

## Preparation Instructions

Heat tenders in 375° 8 –10 minutes to 165 °. Hold in pot pass-thru until ready to serve and assemble wrap

On line place tenders on wrap add cheese. Lettuce optional

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve

Hold cheese and lettuce on ice pack when serving.

Served with Honey Mustard or Ranch Dressing

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		470.00	
<b>Fat</b>		22.50g	
<b>Saturated Fat</b>		7.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		637.00mg	
<b>Carbohydrates</b>		46.50g	
<b>Fiber</b>		7.00g	
<b>Sugar</b>		3.00g	
<b>Added Sugar</b>		1.00g	
<b>Protein</b>		23.50g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.00mg	<b>Iron</b>	4.00mg

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Burger- No Bernard Mix

<b>Servings:</b>	75.00	<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-52555
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
ONION DEHY CHPD	1/2 Cup		263036
SEASONING ITAL HRB	1 1/2 Tablespoon		428574
SAUCE MARINARA A/P	3/4 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
SUGAR BROWN MED	1/2 Cup	UNSPECIFIED	108626
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	75 Each		266546
Shredded Mozzarella Cheese, Part Skim	37 1/2 Ounce		100021

## Preparation Instructions

1. Cook ground beef & dry onions then drain.
  2. Add remaining ingredients.
  3. Simmer for 15-20 minutes. Cook until 165 degrees.
  4. Put in hot pass-thru and hold at 165 degrees or higher.
  5. Make up sandwiches on line as needed. Hold cheese in cold pass-thru and on ice when you serve sandwiches.
- Serving Size= #12 disher with 1 fl. oz. scoop cheese.

## Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		344.28	
Fat		15.43g	
Saturated Fat		6.18g	
Trans Fat		1.59g	
Cholesterol		53.89mg	
Sodium		464.05mg	
Carbohydrates		29.13g	
Fiber		3.55g	
Sugar		7.07g	
Added Sugar		3.00g	
Protein		19.69g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.82mg	Iron	2.26mg

## Nutrition - Per 100g

No 100g Conversion Available

# Texas Straw Hat-BC

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52962
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	3 9/16 Pound		100012
LETTUCE SHRD TACO 1/8CUT	14 1/4 Cup		242489
CHIP CORN	152 Ounce		210170

## Preparation Instructions

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat filling to 165 degrees.
3. Hold in hot pass thru until served.

For Texas straw hat use 2 oz. corn chips and top with #10 disher meat, 1 fl. oz. (2 Tbsp.) shredded cheese, and 1 fl. oz. (2 Tbsp.) of lettuce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		578.83	
<b>Fat</b>		36.20g	
<b>Saturated Fat</b>		9.14g	
<b>Trans Fat</b>		1.57g	
<b>Cholesterol</b>		55.84mg	
<b>Sodium</b>		889.15mg	
<b>Carbohydrates</b>		42.21g	
<b>Fiber</b>		5.15g	
<b>Sugar</b>		3.28g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		26.30g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.88mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Texas Sheet Cake

Servings:	240.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51569
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	1 Gallon		227528
SUGAR BEET GRANUL	1 Gallon		108588
SALT SEA	4 Teaspoon		748590
MARGARINE SLD	5 Pound		733061
Water	8 Cup		Water
COCOA PWD BAKING	2 1/2 Cup		269654
1% Low Fat White Milk*	9 Cup		13871
VINEGAR WHT DISTILLED 5	1/4 Cup		629640
EGG SHL LRG A GRD	16 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	14 Teaspoon		110736
BAKING SODA	8 Teaspoon		513849
SUGAR POWDERED 6X	8 Pound		108693

## Preparation Instructions

Mix 1 gallon flour, 1 gallon white sugar, and 4 tsp. salt. Set aside. Add vinegar to 4 cups milk, let set.

Melt 4 pounds margarine, 8 cups water and 1.5 cups cocoa together & bring to boil. Pour over dry ingredients. Add eggs, 8 tsp. vanilla and milk mixture to cake mixture. Add baking soda last, stir in and make sure no chunks of baking soda are in cake mix.

Pour cake in 3, 18 x 26 sheet pan. Bake at 325 for 20 - 25 minutes.

For frosting:

- 1 cup cocoa
- 2 cup margarine (1 block)
- 4-5 cups milk
- 2 Tbsp. vanilla

8 pounds powdered sugar

Frost cake when still warm.

Cut each cake into 80 pieces.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 240.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		242.90	
Fat		7.96g	
Saturated Fat		3.21g	
Trans Fat		0.00g	
Cholesterol		12.90mg	
Sodium		189.72mg	
Carbohydrates		40.52g	
Fiber		0.44g	
Sugar		28.70g	
Added Sugar		0.00g	
Protein		2.69g	
Vitamin A	505.25mcg	Vitamin C	0.00mg
Calcium	16.60mg	Iron	0.74mg

Nutrition - Per 100g

No 100g Conversion Available			
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# Chicken Bacon Ranch Wrap-BC

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53144
<b>School:</b>	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
DRESSING RNCH BTRMLK	4 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.	426598
BACON TKY CKD	200 Slice	2 strips per wrap	834770
TORTILLA FLOUR ULTRGR 9IN	100 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

Toss diced chicken and shredded cheese with ranch dressing until well mixed.

Assemble: tortilla wrap, chicken mixture, 2 slices of turkey bacon on top.

Wrap, fold in ends of tortilla and roll from other end until closed.

Refrigerate until ready to serve.

Hold at 40 degrees or less.

Serve with lettuce on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		362.57	
<b>Fat</b>		17.70g	
<b>Saturated Fat</b>		6.94g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		59.72mg	
<b>Sodium</b>		564.11mg	
<b>Carbohydrates</b>		30.73g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		2.32g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		20.56g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	125.93mg	<b>Iron</b>	2.13mg

## Nutrition - Per 100g

No 100g Conversion Available



# BBQ Pork on Bun

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52442
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	10 Pound		110730*
SAUCE BBQ	1 Cup	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).	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	32 Each		266546

## Preparation Instructions

Put the pulled pork in steam table pans and heat in the steamer for 45-60 minutes to 165 degrees, stir.  
Fold in BBQ sauce.  
Hold in hot pass thru at 165 degrees or higher.  
Serve with 4 oz. scoop on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		397.50	
Fat		14.50g	
Saturated Fat		5.50g	
Trans Fat		0.00g	
Cholesterol		90.00mg	
Sodium		817.50mg	
Carbohydrates		29.50g	
Fiber		3.00g	
Sugar		8.25g	
Added Sugar		3.00g	
Protein		32.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cheese

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52444
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
SAUCE CHS CHED	1 Package	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.	271081

## Preparation Instructions

- Steam the broccoli until 140 degrees.
- Drain the vegetables and add cheese sauce.
- Hold in pass thru until ready to serve.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 55.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		120.90	
Fat		6.39g	
Saturated Fat		3.68g	
Trans Fat		0.00g	
Cholesterol		22.38mg	
Sodium		358.54mg	
Carbohydrates		8.25g	
Fiber		3.99g	
Sugar		2.13g	
Added Sugar		0.00g	
Protein		9.59g	
Vitamin A	310.09mcg	Vitamin C	0.00mg
Calcium	161.44mg	Iron	0.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Taco Meat Recipe - No Bernard Not Finished

Servings:	400.00	Category:	Entree
Serving Size:	2.00 fl. oz.	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52473

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO SLT FR	9 Cup	Meat: Brown meat & drain excess fat.	605062
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
Water	2 Gallon		Water

## Preparation Instructions

Meat: Brown meat & drain excess fat, add water and taco seasoning. Simmer 10-15 minutes.

### Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 2.00 fl. oz.

Amount Per Serving			
Calories		108.71	
Fat		7.16g	
Saturated Fat		2.39g	
Trans Fat		1.19g	
Cholesterol		31.04mg	
Sodium		40.65mg	
Carbohydrates		2.16g	
Fiber		0.54g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		8.36g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.54mg

### Nutrition - Per 100g

No 100g Conversion Available			
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# Turkey & Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51624
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	20 Pound	20 pounds raw= 12 pounds, 12 ounces, cooked and diced.	100125
PASTA NOODL KLUSKI AMISH	7 Pound		456632
Water	6 Gallon		Water
BASE CHIX NO ADDED MSG	6 Ounce		106216

## Preparation Instructions

Cook and dice turkey. 20 pounds raw turkey roast= 12 pounds, 12 ounces cooked.

Add water and base to 2 stock pots. Bring to a boil.

Before you add the meat and noodles, reserve 2 gallons of the broth in case it gets thick later.

Add meat and bring to a boil again.

Add noodles while stirring. Simmer. (Add noodles before you go to break so they can set.)

Heat to 165 degrees and hold in pass thru.

## Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving			
Calories		253.05	
Fat		8.84g	
Saturated Fat		2.95g	
Trans Fat		0.00g	
Cholesterol		122.64mg	
Sodium		220.80mg	
Carbohydrates		22.12g	
Fiber		0.56g	
Sugar		0.28g	
Added Sugar		0.00g	
Protein		22.17g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.23mg

## Nutrition - Per 100g

No 100g Conversion Available

# Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51625
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce		199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 slices		100036
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## Preparation Instructions

Layer 2 slices pepperoni, 2 slices ham, 2 slices salami, and 1 slice cheese on whole grain hot dog bun.  
Hold in cold pass thru at 40 degrees.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		310.00	
Fat		10.80g	
Saturated Fat		3.30g	
Trans Fat		0.00g	
Cholesterol		65.50mg	
Sodium		916.70mg	
Carbohydrates		28.00g	
Fiber		3.00g	
Sugar		5.50g	
Added Sugar		3.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.67mg	Iron	2.97mg



## Nutrition - Per 100g

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No 100g Conversion Available

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# Fish & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52435
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
Land O'Lakes Reduced Fat Reduced Sodium Yellow American Cheese, Sliced	1 slices	READY_TO_EAT Ready to Eat	499788
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		330.00	
<b>Fat</b>		10.00g	
<b>Saturated Fat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.00mg	
<b>Sodium</b>		730.00mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		5.00g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		16.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.30mg

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Chicken on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51622
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

## Preparation Instructions

Place 30 patties on sheet pan and heat in 375 degree oven for 8-10 minutes to 165 degrees.

Pan up in 1/2 veggie pan for serving line.

Hold in pass thru.

Serve hot on a whole grain bun.

## 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>Beans, Peas, and Lentils</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>		270.00	
<b>Fat</b>		4.50g	
<b>Saturated Fat</b>		1.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		560.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		27.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	3.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chili

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	50 Pound		100158
TOMATO DCD RECIPE	5 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	316571
BEAN RED	5 #10 CAN		190209
JUICE TOMATO 100	828 Fluid Ounce	18 cans	302414
PASTA ELBOW MACAR 51 WGRAIN	5 Pound		229941
SPICE CHILI POWDER HOT	7 Cup		224715
ONION DEHY CHPD	2 Cup		263036
SUGAR BROWN MED	2 Cup	UNSPECIFIED	108626
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

## Preparation Instructions

Cook the beef and drain off grease.  
Add remaining ingredients to the beef.  
Simmer to cook the macaroni.  
Heat to 165 degrees. Hold in the pass-thru to keep hot.

## 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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		244.95	
<b>Fat</b>		12.11g	
<b>Saturated Fat</b>		3.98g	
<b>Trans Fat</b>		1.99g	
<b>Cholesterol</b>		51.74mg	
<b>Sodium</b>		354.05mg	
<b>Carbohydrates</b>		17.07g	
<b>Fiber</b>		2.32g	
<b>Sugar</b>		5.89g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		17.52g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.25mg	<b>Iron</b>	0.94mg

## Nutrition - Per 100g

No 100g Conversion Available

# Country Fried Steak on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52964
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY BRD	1 Each		192312
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		440.12	
Fat		20.01g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		30.01mg	
Sodium		720.20mg	
Carbohydrates		44.01g	
Fiber		5.00g	
Sugar		6.00g	
Added Sugar		3.00g	
Protein		20.01g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

### Nutrition - Per 100g

No 100g Conversion Available



# Sausage Gravy with Biscuit-BC

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52965
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND 75 LEAN	10 Pound		259373
SAUSAGE PURE PORK BULK TUBE	10 Pound		456411
SALT SEA	1/4 Cup		748590
SPICE SAGE GRND	1/4 Cup		513911
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
FLOUR HR A/P	9 1/2 Cup		227528
1% White Milk	4 1/2 Gallon	READY_TO_DRINK	13871
SAUCE WORCESTERSHIRE	1/4 Cup		109843
BISCUIT WGRAIN EZ SPLIT	125 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET (graphic)  (graphic) 7 X 10 (70 BISCUITS)   5 X 7 (35 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F 26-30 M 23-27 M RACK  350°F 19-27 M 17-25 M CONVECTION  325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

## Preparation Instructions

Brown ground pork and sausage in steam kettle to 165 degrees.  
Drain off the fat. Add salt, sage, and black pepper.

Cook to incorporate into meat for about 5 minutes.

Add flour to meat, stir in, and start adding milk. Simmer until thickened.

Heat to 165 degrees and hold in the pass thru until serving.

Serve 6 fl. oz. of gravy over biscuit.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 125.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		622.49	
Fat		36.80g	
Saturated Fat		16.44g	
Trans Fat		0.00g	
Cholesterol		70.40mg	
Sodium		942.32mg	
Carbohydrates		59.83g	
Fiber		2.47g	
Sugar		8.85g	
Added Sugar		0.00g	
Protein		23.58g	
Vitamin A	5.76mcg	Vitamin C	1.15mg
Calcium	207.38mg	Iron	2.82mg

Nutrition - Per 100g

No 100g Conversion Available	
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# Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52414
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not currently available	205030
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 30 patties in #1 pan. Heat to 165 degrees, about 7 minutes on steam. Hold in hot pass thru at 165 degrees or higher.

Keep cheese cold until ready to serve.

Serve on bun with a slice of cheese if desired.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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>Beans, Peas, and Lentils</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>		280.00	
<b>Fat</b>		10.00g	
<b>Saturated Fat</b>		4.00g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		490.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.00g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tender Wrap

<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-52966
<b>School:</b>	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z	3 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.	281731
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

## Preparation Instructions

Heat tenders in 375° 8 –10 minutes to 165 °. Hold in pot pass-thru until ready to serve and assemble wrap

On line place tenders on wrap add cheese. Lettuce optional

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve

Hold cheese and lettuce on ice pack when serving.

Served with Honey Mustard or Ranch Dressing

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</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>		470.00	
<b>Fat</b>		22.50g	
<b>Saturated Fat</b>		7.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		637.00mg	
<b>Carbohydrates</b>		47.50g	
<b>Fiber</b>		7.00g	
<b>Sugar</b>		3.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		23.50g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.00mg	<b>Iron</b>	4.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Fish Nugget Wrap-BC

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53146
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

## Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add 1 oz. scoop cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	3.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.00 Each			
Amount Per Serving			
Calories		450.00	
Fat		17.50g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		937.00mg	
Carbohydrates		52.50g	
Fiber		7.00g	
Sugar		3.00g	
Added Sugar		0.00g	
Protein		23.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

### Nutrition - Per 100g

No 100g Conversion Available	
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