

Cookbook for Test High School 2

Created by HPS Menu Planner

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Test Recipe Rate Limit

Test Update

Brande's Omelette

Chocolate Chip Cookie

Calzone Italian Beef Pepperoni TEST IMAGE

Test Garlic Butter Sauce

Test Chicken and Broccoli Scampi

Test Butter Sauce

Beans Baked MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	4 Gallon	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

Updated December 2013

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	0.640
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		192.00	
Fat		1.28g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		729.60mg	
Carbohydrates		38.40g	
Fiber		6.40g	
Total Sugar		15.36g	
Added Sugar		14.08g	
Protein		8.96g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.00mg	Iron	2.41mg

Nutrition - Per 100g

No 100g Conversion Available

Beans Green Sesame MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE	1 1/4 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 1/4 Tablespoon		513806

Preparation Instructions

- WASH HANDS.
- , 1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
 - , 2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.
 - ,
 - , CCP: Hot hold for service at 135°F or above.
 - , Note: Boil beans within 1 hour of service.
 - , They tend to overheat and turn grey after 1 hour
 - ,

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		13.42	
Fat		0.42g	
Saturated Fat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.98mg	
Carbohydrates		2.40g	
Fiber		0.90g	
Total Sugar		1.20g	
Added Sugar		0.00g	
Protein		0.60g	
Vitamin A	227.70mcg	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

Nutrition - Per 100g

No 100g Conversion Available			
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Calzone Three Cheese MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-96
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	100 Each		658591

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

,

, Notes:

,

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.260
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		250.00	
Fat		5.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		430.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Total Sugar		4.00g	
Added Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower Parslied MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	30 Cup	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405
SPICE PARSLEY FLAKES	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.300
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		19.50	
Fat		1.32g	
Saturated Fat		0.84g	
Trans Fat		0.00g	
Cholesterol		3.60mg	
Sodium		4.50mg	
Carbohydrates		1.50g	
Fiber		0.90g	
Total Sugar		0.30g	
Added Sugar		0.00g	
Protein		0.90g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Cavatini Cowboy MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-98
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20	17 Pound	Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.	158704
SAUCE TOMATO	50 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
SEASONING ANCHO CHILI	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTHR	4 3/4 Cup		421812

Preparation Instructions

Wash Hands.

- ,1. Brown beef and drain.
- ,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.
- ,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
- ,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.
- ,4. Sprinkle with mozzarella cheese.
- ,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.
- ,6. Serve hot with 6z Spoodle
- ,
- ,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.
- ,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable
- ,
- ,Updated January 2016

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	16.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		853.35	
Fat		16.11g	
Saturated Fat		6.79g	
Trans Fat		1.02g	
Cholesterol		54.80mg	
Sodium		9085.53mg	
Carbohydrates		128.38g	
Fiber		32.02g	
Total Sugar		64.01g	
Added Sugar		0.00g	
Protein		47.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.67mg	Iron	14.03mg

Nutrition - Per 100g

No 100g Conversion Available

Fajita Turkey Honey Lime MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-99
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT	1 Cup		292702
HONEY	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD	1 1/3 Tablespoon		331473
SPICE GARLIC POWDER	1 1/3 Tablespoon		224839
ONION YELLOW COLOSS	20 Ounce		198706
PEPPERS GREEN LRG	5 Cup		592315
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

Preparation Instructions

WASH HANDS.

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

1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
2. Place turkey strips into steam table pan.
3. Add oil, honey, lime juice, chili powder, & garlic powder.
4. Mix well to combine.

- ,5. Cover & marinate in the refrigerator for 2-3 hours.
- ,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.
- ,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.
- ,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.
- ,8. Warm tortillas in a warmer or steamer.
- ,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.
- ,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.
- ,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain
- ,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.057
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	299.83
Fat	9.01g
Saturated Fat	4.33g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	740.23mg
Carbohydrates	34.05g
Fiber	4.23g
Total Sugar	5.26g
Added Sugar	0.00g
Protein	20.63g
Vitamin A 27.68mcg	Vitamin C 6.70mg
Calcium 50.05mg	Iron 2.58mg

Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

- Directions:
- ,1: Wash hands.
 - ,2: Bake french fries according to manufacturer's instructions.
 - ,
 - ,3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		168.53	
Fat		6.32g	
Saturated Fat		1.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		252.80mg	
Carbohydrates		25.28g	
Fiber		1.05g	
Total Sugar		7.37g	
Added Sugar		1.05g	
Protein		1.05g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Cheese Kabob MTG

NO IMAGE

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-101
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1 3/4 Gallon		212768
GRAPE RED SDLSS	1 3/5 Gallon		596914
MELON CANTALOUPE 9-12CT AVG	25 Cup		200565
CHEESE COLBY JK CUBED	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.016
Grain	0.000
Fruit	0.537
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: 1.00 Serving

Amount Per Serving			
Calories	46.07		
Fat	0.30g		
Saturated Fat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.47mg		
Sodium	9.59mg		
Carbohydrates	11.65g		
Fiber	0.79g		
Total Sugar	10.45g		
Added Sugar	0.00g		
Protein	0.69g		
Vitamin A	43.96mcg	Vitamin C	132.39mg
Calcium	12.82mg	Iron	0.16mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
FULLY COOKED BEEF PATTY CRUMBLES	1 ounces		123209
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and/or microwaved.	517810
TOMATO 6X6 LRG	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	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	571720

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 3/5 Quart	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
Bongards Pasteurized Blended Pepper Jack Cheese Slice - 160 P - 5#	1 slices		124440

Preparation Instructions

WASH HANDS.
,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.
,1. Cook beef patty as directed on package.
,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.
,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain
,Updated October 2013
,

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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		363.12	
Fat		15.68g	
Saturated Fat		5.06g	
Trans Fat		1.00g	
Cholesterol		45.50mg	
Sodium		545.10mg	
Carbohydrates		37.51g	
Fiber		5.44g	
Total Sugar		9.02g	
Added Sugar		0.00g	
Protein		18.40g	
Vitamin A	299.88mcg**	Vitamin C	4.93mg**
Calcium	77.61mg	Iron	3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Hot Dog on WG Bun MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-103
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each		517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

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Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		260.00	
Fat		12.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		540.00mg	
Carbohydrates		28.00g	
Fiber		3.00g	
Total Sugar		8.00g	
Added Sugar		0.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	90.67mg	Iron	1.88mg

Nutrition - Per 100g

No 100g Conversion Available

Ravioli w/Sauce MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-104
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN	300 Each	BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.	553982
SAUCE SPAGHETTI NO SALT	1 1/2 Gallon		416096

Preparation Instructions

- WASH HANDS.
- ,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

- ,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.
- ,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.
- ,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

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: 1.00 Serving			
Amount Per Serving			
Calories		218.40	
Fat		4.94g	
Saturated Fat		1.74g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		459.20mg	
Carbohydrates		28.28g	
Fiber		3.44g	
Total Sugar		5.84g	
Added Sugar		0.00g	
Protein		14.96g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	139.20mg	Iron	2.29mg

Nutrition - Per 100g

No 100g Conversion Available	
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Rolls Mini Cinnamon MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-105
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	100 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		240.00	
Fat		7.00g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		270.00mg	
Carbohydrates		40.00g	
Fiber		3.00g	
Total Sugar		14.00g	
Added Sugar		13.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	3 Quart		429406
VINEGAR WHT DISTILLED 5	1 Cup		629640
SPICE DILL WEED	1/2 Cup		513938
SPICE PEPR WHITE GRND	1 Teaspoon		513776
SPICE ONION MINCED	1/2 Cup		513997
SUGAR CANE GRANUL	11 Tablespoon		108642
CUCUMBER SELECT	64 Cup	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.640
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		63.72	
Fat		2.05g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		19.19mg	
Sodium		97.25mg	
Carbohydrates		12.52g	
Fiber		0.38g	
Total Sugar		4.52g	
Added Sugar		0.00g	
Protein		0.38g	
Vitamin A	69.89mcg	Vitamin C	1.87mg
Calcium	14.51mg	Iron	0.23mg

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	8 1/2 Cup	+/- 7 lbs	199001
CUCUMBER SELECT	30 Cup	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

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

1. Place washed lettuce into a mixing bowl.
2. Core and dice tomatoes.
3. Slice cucumbers into 1/4" slices.
4. Combine tomatoes and cucumbers.
5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,
,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.840
RedVeg	0.085
OtherVeg	0.300
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		24.23	
Fat		0.09g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.37mg	
Carbohydrates		5.16g	
Fiber		2.05g	
Total Sugar		2.71g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	160.21mcg	Vitamin C	2.97mg
Calcium	33.40mg	Iron	0.74mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Walking MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-134
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Package		696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	6 1/4 Cup		191043
SALSA 103Z	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT	1 3/5 Ounce		242489

Preparation Instructions

- WASH HANDS.
- ,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.
- ,1. In a tilt-skillet, cook beef and drain fat.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.
- ,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.
- ,3. Crush individual bags of chips and open.
- ,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.
- ,4. Serve.
- ,Child Nutrition: 1 Each provides=
- ,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

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

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.450
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.187
OtherVeg	0.005
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		248.86	
Fat		11.75g	
Saturated Fat		3.75g	
Trans Fat		0.00g	
Cholesterol		22.50mg	
Sodium		440.26mg	
Carbohydrates		24.52g	
Fiber		3.01g	
Total Sugar		1.77g	
Added Sugar		0.75g	
Protein		10.50g	
Vitamin A	22.50mcg	Vitamin C	0.00mg
Calcium	111.16mg	Iron	2.05mg

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-135
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 1/2 Cup		191205
BREAD WGRAIN HNY WHT	200 Slice		204822
CHEESE AMER 160CT SLCD	200 Slice		150260

Preparation Instructions

- Directions:
- ,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
 - ,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 - ,3: Top each slice of bread with 2 slices (2 oz) of cheese.
 - ,4: Cover with remaining bread slices.
 - ,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
 - ,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
 - ,6: CCP: Heat to 140° F or higher.
 - ,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.
 - ,
 - , Notes:
 - ,1: Comments:
 - ,2: *See Marketing Guide.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		314.00	
Fat		13.64g	
Saturated Fat		6.68g	
Trans Fat		0.00g	
Cholesterol		32.20mg	
Sodium		681.60mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Total Sugar		7.00g	
Added Sugar		0.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	259.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

WGrain Mini Strawberry WGrain MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-136
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014

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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		230.00	
Fat		6.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		39.00g	
Fiber		2.00g	
Total Sugar		14.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.50mg

Nutrition - Per 100g

No 100g Conversion Available	
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Marinated Cole Slaw



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1600
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5	10 Cup		430795
OIL SALAD VEG CLR NT	7 1/2 Cup		107999
SUGAR CANE GRANUL XTRA FINE 25#	7 1/2 Cup		151343
SEASONING SALT 32Z BADIA	10 Cup		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	10 Cup		430989
SPICE MUSTARD GRND	10 Cup		224928
SPICE CELERY SEED WHOLE	10 Cup		224677
CABBAGE GREEN SHRD 5-3	100 Cup		607740
ONION RED MED/LRG	7 1/2 Cup	Thinly sliced	414951
PEPPERS GREEN LRG	7 1/2 Cup	Thinly sliced	592315

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.330
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		167.85	
Fat		11.23g	
Saturated Fat		1.77g	
Trans Fat		0.20g	
Cholesterol		0.00mg	
Sodium		105.22mg	
Carbohydrates		15.70g	
Fiber		2.12g	
Total Sugar		12.52g	
Added Sugar		0.00g	
Protein		1.46g	
Vitamin A	110.01mcg	Vitamin C	43.69mg
Calcium	51.86mg	Iron	0.33mg

Nutrition - Per 100g

No 100g Conversion Available	
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Eggs Scrambled USDA



Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

Preparation Instructions

- Directions:
- WASH HANDS.
1. Beat eggs thoroughly.
 2. Add milk and salt. Mix until well blended.
 3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
 4. Bake:
Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.
Convection oven: 300 degrees F for 15 mintues. Stir once after 10 minutes.
DO NOT OVERCOOK
CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.
 5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
 6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
 7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.
Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)
 8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

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: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving			
Calories		54.65	
Fat		2.78g	
Saturated Fat		0.83g	
Trans Fat		0.00g	
Cholesterol		103.76mg	
Sodium		97.11mg	
Carbohydrates		2.36g	
Fiber		0.00g	
Total Sugar		2.36g	
Added Sugar		0.00g	
Protein		4.91g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	73.79mg	Iron	0.52mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Biscuit



Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3876
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	100	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISC STHRN EZ SPLT	100	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
CHEESE SLCD BLND 6-5 COMM	50 Slice		150600

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

Meal Components (SLE)

Amount Per Serving	
Meat	2.250
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: 100.00			
Serving Size: 0.00			
Amount Per Serving			
Calories		396.00	
Fat		24.00g	
Saturated Fat		10.20g	
Trans Fat		0.00g	
Cholesterol		108.50mg	
Sodium		832.00mg	
Carbohydrates		28.00g	
Fiber		1.00g	
Total Sugar		2.50g	
Added Sugar		1.00g	
Protein		16.00g	
Vitamin A	56.00mcg	Vitamin C	0.00mg
Calcium	151.00mg	Iron	1.60mg

Nutrition - Per 100g

No 100g Conversion Available	
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Strawberry Chocolate Parfait



Servings:	100.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3877
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR	100 Teaspoon	Sprinkle on top to finish	421600
SYRUP CHOC	200 Tablespoon	2 Tbsp per parfait	433941
YOGURT VAN L/F	50 Cup		541966
Strawberry Cup	50 Cup	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW	100	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Assemble ingredients in to- go parfait cup.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.056
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 Serving			
Amount Per Serving			
Calories		340.00	
Fat		6.17g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		6.67mg	
Sodium		155.00mg	
Carbohydrates		66.11g	
Fiber		4.22g	
Total Sugar		46.00g	
Added Sugar		8.00g	
Protein		7.78g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	197.43mg	Iron	2.06mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cereal Bar & String Cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3878
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	100	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW	100		786580

Preparation Instructions

Place cheese and cereal in to-go bag.
Offer with choice of fruit, juice and milk

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Amount Per Serving			
Calories		240.00	
Fat		9.50g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		320.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Total Sugar		9.00g	
Added Sugar		8.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	428.00mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available

HAMBURGER



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3879
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	100 Each	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4IN	100 1each	THAW AND SERVE	763233

Preparation Instructions

BAKE
Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		200.00	
Fat		5.50g	
Saturated Fat		0.00g	
Trans Fat		0.25g	
Cholesterol		20.00mg	
Sodium		280.00mg	
Carbohydrates		28.00g	
Fiber		1.00g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Woodford Salad



Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3880
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND	100		165761
TOMATO GRAPE	100		749041
CUCUMBER 1-24CT MARKON	100		238653
CARROT SHRD 2-2.5	100		607720

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.294
RedVeg	0.500
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving	
Calories	13.68**
Fat	0.10g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	1.00mg**
Carbohydrates	2.59g**
Fiber	0.89g**
Total Sugar	1.59g**
Added Sugar	0.00g**
Protein	0.89g**
Vitamin A 54.60mcg**	Vitamin C 1.46mg**
Calcium 17.73mg**	Iron 0.36mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3881
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	200 Ounce		110600
BREAD WGRAIN HNY WHT	200 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD	100		150260
MUSTARD PKT	100		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	100		131011

Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.
Store in cooler.
Offer with daily fruits, vegetables, milk choices, mustard and mayo.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
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: 100.00

Serving Size: 6.00

Amount Per Serving			
Calories		331.67	
Fat		13.33g	
Saturated Fat		4.17g	
Trans Fat		0.00g	
Cholesterol		42.50mg	
Sodium		961.67mg	
Carbohydrates		37.33g	
Fiber		2.00g	
Total Sugar		9.17g	
Added Sugar		0.00g	
Protein		17.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	177.50mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni Pasta Salad



Servings:	5000.00	Category:	Grain
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3882
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GCHC	1000 Pound		738131
TOMATO GRAPE	100 cup		749041
CUCUMBER 1-24CT MARKON	100 Cup		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	100 cup		448010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.020
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.010
OtherVeg	0.020
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5000.00			
Serving Size: 0.50 Serving			
Amount Per Serving			
Calories		69.96	
Fat		4.72g	
Saturated Fat		0.78g	
Trans Fat		0.00g	
Cholesterol		4.40mg	
Sodium		156.22mg	
Carbohydrates		5.86g	
Fiber		0.21g	
Total Sugar		1.62g	
Added Sugar		0.00g	
Protein		0.95g	
Vitamin A	1.09mcg	Vitamin C	0.03mg
Calcium	2.17mg	Iron	0.24mg

Nutrition - Per 100g

No 100g Conversion Available	
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Scrambled Eggs



Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4165
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	33 Cup		584584

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: 100.00			
Serving Size: 0.33 Cup			
Amount Per Serving			
Calories		70.00	
Fat		4.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		125.00mg	
Sodium		220.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		6.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7774
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	150 Each		702633
CHIX TACO FILLING CKD	460 1/3 Ounce	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD	3/4 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	9 3/8 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions
THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

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

OVEN:
Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	2.681
Grain	0.000
Fruit	0.000
GreenVeg	0.003
RedVeg	0.334
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00
Serving Size: 1.00 Serving

Amount Per Serving			
Calories		336.03	
Fat		15.83g	
Saturated Fat		7.44g	
Trans Fat		0.00g	
Cholesterol		118.94mg	
Sodium		699.23mg	
Carbohydrates		18.25g	
Fiber		0.94g	
Total Sugar		3.20g	
Added Sugar		0.00g	
Protein		26.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	142.42mg	Iron	1.66mg

Nutrition - Per 100g

No 100g Conversion Available			
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Salad Cucumber Creamy MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D	1 Quart		467596
VINEGAR WHT DISTILLED 5	2 1/2 Cup		629640
SPICE DILL WEED	1 1/4 Cup		513938
SPICE PEPR WHITE GRND	2 1/2 Teaspoon		513776
SPICE ONION MINCED	1 1/4 Cup		513997
SUGAR CANE GRANUL	12 1/2 Ounce		108642
CUCUMBER SELECT	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.

5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.550
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		76.43	
Fat		7.15g	
Saturated Fat		1.28g	
Trans Fat		0.00g	
Cholesterol		6.40mg	
Sodium		49.08mg	
Carbohydrates		5.10g	
Fiber		0.33g	
Total Sugar		1.60g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	60.06mcg	Vitamin C	1.61mg
Calcium	10.12mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Caesar Salad w/ Breadstick & Croutons



Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21348
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	14 2/7 Cup	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	14 2/7 Tablespoon	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Each	BAKE 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Once cooked, chill below 72F in one hour and below 41F in an additional two hours, before putting chicken on cold salads.	327120
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

- Assemble lettuce in clamshell # 771981.
- Sprinkle lettuce with cheese.
- Top with popcorn chicken.
- Serve breadstick in the salad container on the side.
- Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving	
Meat	2.334
Grain	1.917
Fruit	0.000
GreenVeg	8.003
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14			
Serving Size: 1.00 salad			
Amount Per Serving			
Calories		713.01	
Fat		24.56g	
Saturated Fat		4.18g	
Trans Fat		0.00g	
Cholesterol		25.46mg	
Sodium		1100.89mg	
Carbohydrates		89.85g	
Fiber		20.33g	
Total Sugar		19.28g	
Added Sugar		1.00g	
Protein		37.33g	
Vitamin A	138.78mcg	Vitamin C	0.00mg
Calcium	420.99mg	Iron	19.68mg

Nutrition - Per 100g

No 100g Conversion Available	
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Grilled Chicken Caesar Salad w/ Breadstick & Croutons



Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21349
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	14 2/7 Cup	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	14 2/7 Tablespoon	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	7 1/7 Each	Cook chicken to 165F for 15 sec. Let completely cool, using cook-chill method. Slice and top on lettuce.	561331
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.
Sprinkle lettuce with cheese.
Top with sliced chicken.
Serve breadstick in the salad container on the side.
Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving	
Meat	2.001
Grain	0.750
Fruit	0.000
GreenVeg	8.003
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14			
Serving Size: 1.00 salad			
Amount Per Serving			
Calories		520.21	
Fat		12.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		40.02mg	
Sodium		965.39mg	
Carbohydrates		73.03g	
Fiber		16.51g	
Total Sugar		18.01g	
Added Sugar		1.00g	
Protein		34.51g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	381.15mg	Iron	17.91mg

Nutrition - Per 100g

No 100g Conversion Available	
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Fruit & Yogurt Parfait w/ Granola & UBR

NO IMAGE

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21350
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	57 1/7 Fluid Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1 11/14 Cup	Ready to eat.	711664
STRAWBERRY IQF 30 COMM	1 11/14 Cup	Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included.	150450
Wild Blueberries fzn	1 11/14 Cup	Can put in parfait frozen so juice doesn't bleed.	100243
ROUND BKFST UBR IW	7 1/7 Each	Serve on top of parfait cup.	129001

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

Meat	2.240
Grain	3.001
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving			
Calories		690.26	
Fat		15.50g	
Saturated Fat		4.45g	
Trans Fat		0.10g	
Cholesterol		14.47mg	
Sodium		423.87mg	
Carbohydrates		125.32g	
Fiber		8.90g	
Total Sugar		65.86g	
Added Sugar		52.39g	
Protein		15.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	305.77mg	Iron	2.41mg

Nutrition - Per 100g

No 100g Conversion Available

Fish & Chips



Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21351
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	14 2/7 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
FRIES WEDGE SEAS	3 4/7 Cup	Bake according to package directions	457558
SAUCE TARTAR DIPN CUP 100- 1Z PPI	7 1/7 Each	Serve on side	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
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: 7.14

Serving Size: 1.00 Each

Amount Per Serving			
Calories		614.61	
Fat		31.75g	
Saturated Fat		4.44g	
Trans Fat		0.00g	
Cholesterol		100.04mg	
Sodium		1078.73mg	
Carbohydrates		51.24g	
Fiber		5.92g	
Total Sugar		2.96g	
Added Sugar		0.00g	
Protein		31.93g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	39.15mg	Iron	3.09mg

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots



Servings:	178.57	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21352
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD FZ	89 2/7 Cup		150390
MARGARINE SLD	3 4/7 Cup	Cut up butter and place in with frozen carrots. After carrots get done cooking stir thoroughly so butter is melted and even throughout.	733061

Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 178.57

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		59.00	
Fat		4.52g	
Saturated Fat		1.44g	
Trans Fat		0.00g	
Cholesterol		24.00mg	
Sodium		78.20mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	240.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Spinach Salad



Servings:	357.14	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21353
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	92 6/7 Pound		560545
CUCUMBER SUPER SELECT	17 6/7 Pound	Wash and slice thin.	592323
TOMATO GRAPE SWT	14 2/7 Each	Wash.	129631

Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.520
RedVeg	0.002
OtherVeg	0.150
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		8.65	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		13.02mg	
Carbohydrates		1.73g	
Fiber		0.52g	
Total Sugar		0.61g	
Added Sugar		0.00g	
Protein		0.52g	
Vitamin A	32.50mcg	Vitamin C	0.76mg
Calcium	21.63mg	Iron	0.63mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	485.71	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21354
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	28 4/7 #10 CAN	Do not drain beans, juice will help the beans not dry out.	100307
MARGARINE SLD	3 4/7 Cup	Slice butter on top of beans.	733061
SPICE ONION POWDER	28 4/7 Teaspoon	Add	126993
SPICE GARLIC POWDER	28 4/7 Teaspoon	Add	513857

Preparation Instructions

- Stir all ingredients together and heat until beans reach 135F.
- Do not cook too early. Do not overcook. Product will continue to soften on steam table.
- Stir after beans come out of oven to distribute butter.
- Hold at 135F.
- Serve with 4 oz slotted spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.761
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		49.80	
Fat		1.29g	
Saturated Fat		0.53g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		225.96mg	
Carbohydrates		6.32g	
Fiber		3.04g	
Total Sugar		3.04g	
Added Sugar		0.00g	
Protein		1.52g	
Vitamin A	88.24mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice



Servings:	1.80	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24916
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 4/5 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.80			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		80.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		0.00g	
Total Sugar		18.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

4 Piece Chicken Tender



Servings:	100.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25919
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	400 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.</p>	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 4.00 Piece			
Amount Per Serving			
Calories		460.00	
Fat		22.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		90.00mg	
Sodium		800.00mg	
Carbohydrates		24.00g	
Fiber		4.00g	
Total Sugar		4.00g	
Added Sugar		4.00g	
Protein		40.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.20mg

Nutrition - Per 100g

No 100g Conversion Available	
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Egg & Bacon on a Biscuit



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27459
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	4 5/7 Each		592625
BACON CKD MED SLCD	4 5/7 Slice		314196
DOUGH BISC WGRAIN	4 5/7 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		297.77	
Fat		15.26g	
Saturated Fat		6.31g	
Trans Fat		0.01g	
Cholesterol		99.09mg	
Sodium		538.94mg	
Carbohydrates		29.03g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		9.71g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	138.13mg	Iron	1.69mg

Nutrition - Per 100g

No 100g Conversion Available

POTATO BOWL



Servings:	4.71	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27460
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 4.71			
Serving Size: 0.00			
Amount Per Serving			
Calories		0.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Whipped Potatoes



Servings:	4.71	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27461
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 3/10 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.701

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		252.23	
Fat		2.80g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1149.04mg	
Carbohydrates		47.64g	
Fiber		2.80g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		5.61g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	28.03mg	Iron	0.84mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on a Bun



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27462
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	4 5/7 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun	4 5/7 Each	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		380.35	
Fat		15.01g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		25.02mg	
Sodium		650.59mg	
Carbohydrates		41.04g	
Fiber		6.01g	
Total Sugar		4.00g	
Added Sugar		1.00g	
Protein		20.02g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.03mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Breadstick



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27463
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	23 4/7 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	4 5/7 Each		152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.002
Grain	2.251
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: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		300.17	
Fat		9.76g	
Saturated Fat		1.88g	
Trans Fat		0.00g	
Cholesterol		25.02mg	
Sodium		507.79mg	
Carbohydrates		31.51g	
Fiber		4.50g	
Total Sugar		2.00g	
Added Sugar		1.00g	
Protein		20.51g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.26mg	Iron	2.25mg

Nutrition - Per 100g

No 100g Conversion Available

Supreme Pizza



Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27464
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	3 8/15 Cup		373800
CHEESE MOZZ SHRD	18 6/7 Cup		645170
OIL BLND CNOLA/XVRGN 90/10	9 3/7 Tablespoon		732900

Description	Measurement	Prep Instructions	DistPart #
SPICE OREGANO LEAF	4 5/7 Teaspoon		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z	2 5/14 Cup		499552
ONION RED JUMBO	1 2/11 Cup		198722
PEPPERS COLORED MIXED ASST	2 5/14 Cup		491012

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.094
OtherVeg	0.132
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		410.22	
Fat		20.24g	
Saturated Fat		9.41g	
Trans Fat		0.15g	
Cholesterol		34.75mg	
Sodium		867.35mg	
Carbohydrates		34.61g	
Fiber		2.03g	
Total Sugar		5.66g	
Added Sugar		1.00g	
Protein		21.10g	
Vitamin A	250.10mcg	Vitamin C	14.87mg
Calcium	430.20mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza



Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27465
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	4 5/7 Cup		373800

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD	18 6/7 Cup		645170
OIL BLND CNOLA/XVRGN 90/10	9 3/7 Tablespoon		732900
SPICE OREGANO LEAF	4 5/7 Teaspoon		513733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71			
Serving Size: 1.00 Slice			
Amount Per Serving			
Calories		391.04	
Fat		18.60g	
Saturated Fat		8.85g	
Trans Fat		0.15g	
Cholesterol		31.00mg	
Sodium		857.00mg	
Carbohydrates		34.00g	
Fiber		2.10g	
Total Sugar		5.50g	
Added Sugar		1.00g	
Protein		20.10g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	425.90mg	Iron	2.09mg

Nutrition - Per 100g

No 100g Conversion Available			
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Yogurt Parfait



Servings:	4.71	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27466
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	3 8/15 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	4 5/7 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	4 5/7 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	2 5/14 Cup		119873
STRAWBERRY DCD 1/2IN IQF	2 5/14 Cup		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	4.482
Grain	3.003
Fruit	1.001
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71			
Serving Size: 1.00			
Amount Per Serving			
Calories		873.56	
Fat		16.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		14.94mg	
Sodium		524.28mg	
Carbohydrates		166.19g	
Fiber		6.01g	
Total Sugar		96.76g	
Added Sugar		71.81g	
Protein		21.95g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	537.80mg	Iron	2.70mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chef Salad w/ diced chicken



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27467
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	14 1/7 Cup		520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.835
Grain	0.000
Fruit	0.000
GreenVeg	4.004
RedVeg	0.250
OtherVeg	0.400
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	317.96
Fat	11.86g
Saturated Fat	6.53g
Trans Fat	0.00g
Cholesterol	48.38mg
Sodium	683.67mg
Carbohydrates	33.71g
Fiber	16.81g
Total Sugar	10.06g
Added Sugar	0.00g
Protein	21.66g
Vitamin A 56469.87mcg	Vitamin C 151.47mg
Calcium 533.64mg	Iron 11.97mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27468
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113
TURKEY HAM SLCD	18 6/7 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.117
Grain	2.002
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: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		326.02	
Fat		11.05g	
Saturated Fat		3.21g	
Trans Fat		0.00g	
Cholesterol		86.01mg	
Sodium		1028.39mg	
Carbohydrates		31.03g	
Fiber		2.00g	
Total Sugar		4.50g	
Added Sugar		0.00g	
Protein		27.83g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	96.09mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Hot Sub



Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27469
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	23 4/7 Slice		244190
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.169
Grain	2.002
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: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		286.93	
Fat		8.26g	
Saturated Fat		2.09g	
Trans Fat		0.00g	
Cholesterol		45.04mg	
Sodium		708.98mg	
Carbohydrates		31.03g	
Fiber		2.00g	
Total Sugar		4.50g	
Added Sugar		0.00g	
Protein		23.69g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	96.09mg	Iron	0.33mg

Nutrition - Per 100g

No 100g Conversion Available

Test Recipe Rate Limit



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32073
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3x7 BBQ Chicken Whole Grain Flatbread, Bulk	1 Gram		120427

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.02	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.04mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Total Sugar		0.00g**	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.02mcg	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Test Update



Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44925
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	4 Ounce		100158
Taco Seasoning Mix	1 Cup		R-34871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		3.63	
Fat		0.18g	
Saturated Fat		0.06g	
Trans Fat		0.03g	
Cholesterol		0.78mg	
Sodium		10.58mg	
Carbohydrates		0.29g	
Fiber		0.02g	
Total Sugar		0.01g	
Added Sugar		0.00g	
Protein		0.23g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.08mg

Nutrition - Per 100g

No 100g Conversion Available	
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Brande's Omelette



Servings:	25.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46811
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Spinach	1	BAKE	15R76
Raw, Whole eggs	1		
Shredded Cheddar Cheese	1 Ounce		100003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 0.00			
Amount Per Serving			
Calories		5.00	
Fat		0.36g	
Saturated Fat		0.24g	
Trans Fat		0.00g	
Cholesterol		1.20mg	
Sodium		9.00mg	
Carbohydrates		0.08g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.24g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chocolate Chip Cookie



Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	17 Tablespoon	READY_TO_EAT Ready to use.	648560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		145.36	
Fat		4.34g	
Saturated Fat		1.74g	
Trans Fat		0.00g	
Cholesterol		0.08mg	
Sodium		184.40mg	
Carbohydrates		25.82g	
Fiber		1.23g	
Total Sugar		13.58g	
Added Sugar		0.00g	
Protein		2.17g	
Vitamin A	3.22mcg	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

Nutrition - Per 100g

No 100g Conversion Available

Calzone Italian Beef Pepperoni TEST IMAGE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49343
School:	GEIST ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

Preparation Instructions

Bake thawed calzone in oven at 350F for 10-12 min. Cooked product should be golden brown.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
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		350.00	
Fat		14.00g	
Saturated Fat		7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Total Sugar		6.00g	
Added Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Test Garlic Butter Sauce



Servings:	16.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51039
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	8 Pound		299405
LEMON JUICE 100	1/3 Cup		311227
Spice World Minced Garlic	64 Ounce		463998

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		1713.38	
Fat		176.00g	
Saturated Fat		112.00g	
Trans Fat		0.00g	
Cholesterol		480.00mg	
Sodium		0.00mg	
Carbohydrates		22.68g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	1.15mg
Calcium	48.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Test Chicken and Broccoli Scampi



Servings:	56.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51041
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE WGRAIN	4 Pound	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
CHIX BRST STRP FC LRG	4 Pound		219011
BROCCOLI FLORET REG CUT	3 Pound		732478
SPICE PEPR BLK 30 MESH REG GRIND	2 Teaspoon		225045
CHEESE PARM SHVD	2 Cup		140560
Test Garlic Butter Sauce	5 Cup		R-51039

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		317.32	
Fat		18.27g	
Saturated Fat		10.73g	
Trans Fat		0.00g	
Cholesterol		74.11mg	
Sodium		124.89mg	
Carbohydrates		26.79g	
Fiber		4.21g	
Total Sugar		1.45g	
Added Sugar		0.00g	
Protein		14.54g	
Vitamin A	0.00mcg	Vitamin C	0.10mg
Calcium	42.51mg	Iron	2.23mg

Nutrition - Per 100g

No 100g Conversion Available

Test Butter Sauce



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51167
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	1/2 Pound		299405
LEMON JUICE 100	0.02 Cup		270989
SPICE GARLIC MINCED #3 1-22Z DURKE	1/16 Pound		336441

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		1600.03	
Fat		176.00g	
Saturated Fat		112.00g	
Trans Fat		0.00g	
Cholesterol		480.00mg	
Sodium		0.01mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	48.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available