

Cookbook for Montgomery County High School

Created by HPS Menu Planner

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Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26369
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL	2 Slice	Wash and slice tomatoes	206032
LETTUCE LEAF GRN WASHED TRMD	1 Piece		702595
ONION RED JUMBO	2 Slice		198722
PICKLE DILL SLCD HAMB	1/2 Ounce		149195

Preparation Instructions

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 sliced rings of onion, and 2 pickles.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		7.55	
Fat		0.06g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		51.41mg	
Carbohydrates		1.75g	
Fiber		0.46g	
Total Sugar		0.88g	
Added Sugar		0.00g	
Protein		0.34g	
Vitamin A	520.79mcg	Vitamin C	4.02mg
Calcium	8.00mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26381
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
RUB TUSCAN	2 Teaspoon		184502
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BEAN GREEN CUT FNCY 4SV	2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737

Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans, margarine, tuscan seasoning and pepper . Steam covered with lid for 45 minutes. Temperature should be at least 145 degrees. Stir.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving			
Calories		66.37	
Fat		4.40g	
Saturated Fat		1.80g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		239.07mg	
Carbohydrates		5.27g	
Fiber		2.59g	
Total Sugar		2.64g	
Added Sugar		0.05g	
Protein		1.29g	
Vitamin A	300.00mcg	Vitamin C	3.88mg
Calcium	38.80mg	Iron	0.52mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Toppings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26386
School:	Camargo Elementary		

Ingredients

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

Preparation Instructions

In deli container assemble 1 c. romaine ribbons, 1 oz. cheese.

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			
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	
Total 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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Roll 9-12

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26439
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
PAN COAT/TPNG SPRY BTR	1 Each		758370

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

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: 1.00

Amount Per Serving			
Calories		140.00	
Fat		2.50g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		80.00mg	
Carbohydrates		32.00g	
Fiber		7.00g	
Total Sugar		10.00g	
Added Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available			
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Farm House Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26462
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CARROT MATCHSTICK SHRED	1/4 Cup		198161
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656
TOMATO GRAPE SWT	1/4 Cup		129631
CUCUMBER SELECT	1/4 Cup		418439
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each		433153

Preparation Instructions

Assemble in deli container (551937). 2 cups of chopped romaine, 1/4 c. grape tomatoes, 1/4 cup sliced cucumbers, 1/4 shredded carrots, 1 hard boiled egg cut in half, and 2 ounces of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		374.50	
Fat		23.65g	
Saturated Fat		14.03g	
Trans Fat		0.00g	
Cholesterol		260.00mg	
Sodium		870.25mg	
Carbohydrates		12.75g	
Fiber		3.70g	
Total Sugar		6.25g	
Added Sugar		1.00g**	
Protein		29.80g	
Vitamin A	5752.20mcg	Vitamin C	8.85mg
Calcium	469.16mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26466
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
LETTUCE LEAF GRN WASHED TRMD	1 Each		702595
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Prepare chicken per instructions, let cool. Assemble chicken tenders, cheese and lettuce on tortilla.

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

Amount Per Serving			
Calories		721.35	
Fat		27.53g	
Saturated Fat		12.00g	
Trans Fat		0.00g	
Cholesterol		160.00mg	
Sodium		1259.53mg	
Carbohydrates		59.25g	
Fiber		8.13g	
Total Sugar		2.00g	
Added Sugar		0.00g**	
Protein		55.13g	
Vitamin A	666.45mcg**	Vitamin C	0.83mg**
Calcium	287.24mg	Iron	5.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26648
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520
GLAZE DONUT HNY DIPT	1 Tablespoon		613789

Preparation Instructions

Prepare donut holes per instructions. Drizzle 1 tablespoon of honey dip glaze over donut holes. Serve 6

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.400
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

Amount Per Serving			
Calories		345.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		46.00g	
Fiber		2.00g	
Total Sugar		21.50g	
Added Sugar		21.50g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available			
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Golden Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	3 #10 CAN	BAKE	118966
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Drain 3 cans of corn and place in a 4 inch pan. Add 1/2 block of margarine cut up. Stir. Cook covered for approximately 30 minutes or until temperature reaches 145 degrees.

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: 72.00			
Serving Size: 0.50			
Amount Per Serving			
Calories		108.44	
Fat		3.52g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		175.33mg	
Carbohydrates		18.32g	
Fiber		2.16g	
Total Sugar		5.39g	
Added Sugar		3.23g	
Protein		2.16g	
Vitamin A	166.67mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.43mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29869
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW GRANDMAS	1/2 Cup		582115
SPICE PAPRIKA	1 Teaspoon		518331

Preparation Instructions

Portion 1/2 cup cole slaw and garnish with paprika.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		210.00	
Fat		14.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		250.00mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Total Sugar		17.00g	
Added Sugar		15.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available			
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Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29870
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CARROT MATCHSTICK SHRED	1 Ounce		198161
CUCUMBER SELECT	1/4 Cup	Sliced.	418439
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

Portion 1 cup of chopped romaine lettuce. On top place 1/4 cup grape tomatoes, 1/4 cup sliced cucumbers, and 1/4 shredded carrots.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		33.11	
Fat		0.15g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		22.75mg	
Carbohydrates		7.42g	
Fiber		2.59g	
Total Sugar		4.08g	
Added Sugar		0.00g	
Protein		1.77g	
Vitamin A	5157.71mcg	Vitamin C	8.63mg
Calcium	33.99mg	Iron	0.64mg

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheese Steak Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29878
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD	4 Ounce		710831
CHEESE AMER WHT SHRD EXTRA MELT	1/4 Cup	READY_TO_EAT Ready to Eat	520340
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Steam philly beef at 302 degrees in combi oven until it reaches 165 degrees. Hold at 145 degrees. Serve 4 oz. of beef on a sub bun with 1/4 cup of shredded 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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		430.00	
Fat		21.50g	
Saturated Fat		10.50g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		1470.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Total Sugar		6.00g	
Added Sugar		4.00g	
Protein		25.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	261.00mg	Iron	3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Peppers and Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29879
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO	1/4 Cup		198722
PEPPERS GREEN LRG	1/4 Cup		198757
PAN COAT/TPNG SPRY BTR	1 Each		758370

Preparation Instructions

Cut onions and peppers into slivers. Spread on a sheet pan. Spray with buttermist. Bake @ 350 degrees for approximately 8 minutes or until tender and 145 degrees.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		30.05	
Fat		0.08g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydrates		7.75g	
Fiber		1.63g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		0.93g	
Vitamin A	138.97mcg	Vitamin C	34.15mg
Calcium	16.77mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29882
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
MARGARINE SLD	1 Tablespoon	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 Slice		499789

Preparation Instructions

Lay out bread on a sheet pan. DO NOT USE A PAN LINER! Brush bread with melted margarine. Flip bread butter side down. Stack 4 slices of cheese in the middle of the bread. Cover with another slice of bread. Brush top slice of bread with butter. Cook at 375 degrees on steam bake with 100% moisture for 6-9 minutes.

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

Amount Per Serving	
Calories	114.85
Fat	11.06g**
Saturated Fat	4.86g
Trans Fat	0.00g
Cholesterol	2.14mg
Sodium	178.18mg
Carbohydrates	1.54g
Fiber	0.12g
Total Sugar	0.12g**
Added Sugar	0.12g
Protein	0.90g
Vitamin A 750.00mcg**	Vitamin C 0.00mg**
Calcium 24.68mg	Iron 0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Filled Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29886
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRAY PAN MIST GARL ZESTY	1 Teaspoon		542344
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	235411
CHEESE PARM GRTD	1 Teaspoon		252948

Preparation Instructions

Lay out breadsticks on sheet pan. Bake at 350 for approximately 9 minutes until they reach 145 degrees. Spray with garlic mist and sprinkle with parmesan.

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

Amount Per Serving			
Calories		318.80	
Fat		11.95g	
Saturated Fat		5.50g	
Trans Fat		0.00g	
Cholesterol		32.50mg	
Sodium		467.50mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		20.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	465.50mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	75.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29891
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	20 Pound	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.	661891
SPICE CHILI POWDER 38Z MEXENE	1/4 Cup		847171
ONION DCD IQF	1 Pound		261521
BEAN CHILI MEX STYLE	1 #10 CAN		192015
TOMATO DCD I/JCE	2 #10 CAN		246131

Preparation Instructions

Thaw out chili. In a large tilt kettle combine 4 bags of chili, 2 cans of tomatoes (1 can drained, 1 undrained) 1/4 cup of chili powder, 1 pound of frozen onions and 1 can of chili beans. Heat until it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	1.920
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: 75.00

Serving Size: 6.00

Amount Per Serving			
Calories		193.91	
Fat		5.05g	
Saturated Fat		1.91g	
Trans Fat		0.31g	
Cholesterol		35.62mg	
Sodium		680.58mg	
Carbohydrates		22.04g	
Fiber		4.62g	
Total Sugar		7.72g	
Added Sugar		2.07g	
Protein		15.45g	
Vitamin A	0.00mcg	Vitamin C	0.07mg
Calcium	65.92mg	Iron	3.32mg

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29892
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
PEANUT BUTTER CRMY	4 Tablespoon		241851

Preparation Instructions

Spread 4 tablespoons of peanut butter on a slice of bread and top with another slice of bread.

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

Amount Per Serving			
Calories		384.85	
Fat		32.06g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		288.18mg	
Carbohydrates		16.97g	
Fiber		4.12g	
Total Sugar		6.12g	
Added Sugar		4.12g	
Protein		14.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	35.82mg	Iron	1.06mg

**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	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29899
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
WG Hot and Spicy Whole Muscle Breaded Chicken Filet	1 Each		812380

Preparation Instructions

Bake chicken patty in combi oven at 350 degrees for 10-15 minutes until it reaches 165 degrees. Serve on a 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

Amount Per Serving			
Calories	720.01		
Fat	20.00g		
Saturated Fat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	1380.01mg		
Carbohydrates	79.00g		
Fiber	9.00g		
Total Sugar	7.00g		
Added Sugar	3.00g		
Protein	62.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	63.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Squash and Zucchini

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29922
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI MED	1/4 Cup		198927
SQUASH MED YEL S/N	1/4 Cup		198935
RUB TUSCAN	1/2 Teaspoon		184502
PAN SPRAY BUTTERMIST	1 Teaspoon		651171

Preparation Instructions

Slice squash and zucchini. Spread on a sheet pan lined with parchment paper. Spray with buttermist. Sprinkle with Tuscan seasoning. Bake at 375 degrees for 12 minutes.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		18.25	
Fat		0.15g	
Saturated Fat		0.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		142.45mg	
Carbohydrates		3.00g	
Fiber		0.90g	
Total Sugar		1.50g	
Added Sugar		0.50g	
Protein		0.65g	
Vitamin A	144.90mcg	Vitamin C	6.90mg
Calcium	16.10mg	Iron	0.26mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29926
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	1/2 Cup		560545
PEPPERS GREEN MED	1/4 Cup		206059
ONION RED JUMBO	1/4 Cup		198722

Preparation Instructions

Sliver onions and green peppers. In a salad container combine 1/2 cup of spinach, 1/4 cup green peppers and 1/4 cup red onions.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	1.126
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		32.55	
Fat		0.08g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		15.83mg	
Carbohydrates		8.25g	
Fiber		2.13g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		1.43g	
Vitamin A	138.97mcg	Vitamin C	34.15mg
Calcium	31.77mg	Iron	0.75mg

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29927
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	5 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
CHEESE MOZZ LMPS SHRD FTHR	1 Ounce		265041
SAUCE SPAGHETTI FCY	1/4 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Steam 1 5 pound bag of frozen meatballs in a 4 inch pan for 17-20 minutes or until they reach 165 degrees. Combine meatballs with 1 can of spaghetti sauce and steam with lid for an additional 5-6 minutes. Serve on a sub bun with 1 ounce of shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		655.25	
Fat		23.11g	
Saturated Fat		7.88g	
Trans Fat		0.75g	
Cholesterol		60.00mg	
Sodium		2711.86mg	
Carbohydrates		82.05g	
Fiber		7.61g	
Total Sugar		33.63g	
Added Sugar		31.38g	
Protein		30.36g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	427.63mg	Iron	7.61mg

Nutrition - Per 100g

No 100g Conversion Available

PB&J Pouch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29969
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	1 Each		786801
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422

Preparation Instructions

Assemble all items in a bag.

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			
Amount Per Serving			
Calories		493.33	
Fat		23.17g	
Saturated Fat		6.33g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		670.00mg	
Carbohydrates		51.67g	
Fiber		5.33g	
Total Sugar		16.00g	
Added Sugar		12.00g	
Protein		18.67g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	376.33mg	Iron	1.96mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sunshine Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29993
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/4 Cup		212768
ORANGES NAVEL/VALENCIA CHC	1/4 Cup		322326

Preparation Instructions

Slice oranges. Cap strawberries. Serve 1/4 cup of strawberries and 1/4 of oranges.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.347
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

Amount Per Serving			
Calories		36.46	
Fat		0.23g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.58mg	
Carbohydrates		8.94g	
Fiber		2.08g	
Total Sugar		6.42g	
Added Sugar		0.00g	
Protein		0.78g	
Vitamin A	94.51mcg	Vitamin C	54.08mg
Calcium	24.66mg	Iron	0.27mg

Nutrition - Per 100g

No 100g Conversion Available			
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Fresh Veggie Medley

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29997
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	1/4 Cup		129631
CARROT BABY WHL CLEANED	1/4 Cup		510637
CUCUMBER SELECT	1/4 Cup		418439
RADISH SLCD 1/8IN	1/4 Cup		212733

Preparation Instructions

Assembly a 1/4 cup of each vegetable.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		29.15	
Fat		0.20g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		41.55mg	
Carbohydrates		6.75g	
Fiber		2.15g	
Total Sugar		3.75g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	5251.68mcg	Vitamin C	12.19mg
Calcium	26.91mg	Iron	0.80mg

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30000
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	30 Pound		285680
SUGAR BROWN LT	4 Cup		860311
MARGARINE SLD	1/2 Pound	READY TO EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

In four 4 inch pans distribute 30 pounds of carrots (7.5 pounds per pan). Sprinkle 1 cup of brown sugar and 1/2 stick of melted margarine. Cover and steam in combi oven for 35-40 minutes or until they reach 145 degrees. Hold at 145 degrees.

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: 120.00			
Serving Size: 120.00			
Amount Per Serving			
Calories		76.52	
Fat		1.47g	
Saturated Fat		0.60g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		73.44mg	
Carbohydrates		15.54g	
Fiber		3.92g	
Total Sugar		11.62g	
Added Sugar		6.40g	
Protein		1.31g	
Vitamin A	100.00mcg	Vitamin C	0.00mg
Calcium	52.24mg	Iron	0.47mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30042

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
BACON CKD THN SLCD	1 Slice		874124
EGG SCRMBD PTY RND 3.5IN	1 0		119493
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

Cook biscuit per instructions on the box. Steam egg patty until it reaches 165 degrees. Bake bacon until it reaches 165 degrees. Assemble egg, cheese and bacon on biscuit.

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

Amount Per Serving			
Calories		196.19	
Fat		10.11g	
Saturated Fat		5.83g	
Trans Fat		0.01g	
Cholesterol		3.87mg	
Sodium		663.53mg	
Carbohydrates		22.07g	
Fiber		1.00g	
Total Sugar		2.04g	
Added Sugar		2.00g	
Protein		4.68g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	37.39mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Berry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30045
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BERRIES BURST O IQF	1/2 Cup		244620
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	2.000
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		381.94	
Fat		10.00g	
Saturated Fat		1.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		249.70mg	
Carbohydrates		68.63g	
Fiber		4.50g	
Total Sugar		34.42g	
Added Sugar		26.69g	
Protein		8.23g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	147.83mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Express

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30047
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	8 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Portion 8 ounces of yogurt into cup. Serve yogurt, muffin and 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	2.559
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

Amount Per Serving			
Calories		685.86	
Fat		17.71g	
Saturated Fat		2.85g	
Trans Fat		0.10g	
Cholesterol		18.53mg	
Sodium		461.46mg	
Carbohydrates		120.88g	
Fiber		3.00g	
Total Sugar		66.53g	
Added Sugar		57.00g	
Protein		14.53g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	307.04mg	Iron	1.92mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Cup		764830
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
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

Amount Per Serving			
Calories		431.94	
Fat		9.75g	
Saturated Fat		1.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		253.70mg	
Carbohydrates		81.13g	
Fiber		8.00g	
Total Sugar		40.42g	
Added Sugar		26.69g	
Protein		7.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	134.33mg	Iron	1.20mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sugar Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30050
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND	1 Teaspoon		224723
SUGAR CANE GRANUL	1 Teaspoon		108642
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

Steam the donut holes until warm. Mix equal parts of cinnamon and sugar. Toss donut holes in mixture. Serve 6.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.400
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			
Amount Per Serving			
Calories		295.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Total Sugar		10.00g	
Added Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available	
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Toast K-5

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30055
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Teaspoon		758370
BREAD WGRAIN WHT 16-22Z GCHC	1 slices		266547

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.

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: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories		2.42	
Fat		0.03g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		4.09mg	
Carbohydrates		0.48g	
Fiber		0.06g	
Total Sugar		0.06g	
Added Sugar		0.06g	
Protein		0.09g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	0.91mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32966

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each		111341
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Prepare sausage and egg omelet per directions on the box. Assemble one sausage and one omelet on hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving			
Calories		390.00	
Fat		23.00g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		185.00mg	
Sodium		730.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		16.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	113.00mg	Iron	3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Melt

Servings:	46.00	Category:	Vegetable
Serving Size:	4.00 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX	24 Teaspoon		159204
CHEESE CHED MLD SHRD 4-5 LOL	20 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BEAN REFRIED SEAS DEHY	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910

Preparation Instructions

Combine 2 bags of beans with 1 gallon of boiling water and 1/2 c taco seasoning. Bake at 350 for 35 minutes with lid. Cover the top with cheese bake for an additional 3-5 minutes.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 46.00			
Serving Size: 4.00 ounces			
Amount Per Serving			
Calories		184.72	
Fat		5.01g	
Saturated Fat		2.97g	
Trans Fat		0.00g	
Cholesterol		13.04mg	
Sodium		678.10mg	
Carbohydrates		24.16g	
Fiber		7.84g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		9.92g	
Vitamin A	0.51mcg	Vitamin C	0.72mg
Calcium	127.45mg	Iron	1.95mg

Nutrition - Per 100g

No 100g Conversion Available

Lemon Bread Yogurt Bag

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 70-3.45Z SUPBAK	1 Each		300340
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	186911
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

Bag all three ingredients together.

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

Amount Per Serving			
Calories		370.00	
Fat		11.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		515.00mg	
Carbohydrates		60.00g	
Fiber		2.00g	
Total Sugar		25.00g	
Added Sugar		5.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	486.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Preschool Spaghetti w/Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	247 Ounce	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA SPAG 51 WGRAIN	5 Pound		221460

Preparation Instructions

Cook one 5 pound bag of pasta until done. Drain water. Heat cheese sauce until warm through. Add 2 1/3 bags of cheese sauce to pasta and stir.

Meal Components (SLE)

Amount Per Serving	
Meat	2.058
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: 40.00			
Serving Size: 6.00			
Amount Per Serving			
Calories		457.58	
Fat		21.58g	
Saturated Fat		12.35g	
Trans Fat		0.00g	
Cholesterol		61.75mg	
Sodium		823.33mg	
Carbohydrates		47.18g	
Fiber		4.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		23.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	392.85mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET	1 Tablespoon	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION 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. MICROWAVE 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

Preparation Instructions

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece with 1 tablespoon of BBQ sauce on each side. Continue baking for another 5 minutes or until it reaches 165 degrees. Serve on bun.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		310.00	
Fat		4.50g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		715.00mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Total Sugar		13.00g	
Added Sugar		3.00g	
Protein		27.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	42.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDISHRED	68 Ounce	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906
CEREAL CORN FLKS	6 Cup		705454
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
PAN COAT SPRAY BUTTERY	2 Teaspoon		555752

Preparation Instructions

Combine 8 liters of boiling water with 1/2 block of margarine. Stir in sauce, add 2 boxes of shredded potatoes. Bake at 350 for 40 minutes in combi oven. Stirring half way through. Cover with 6 cups of cornflakes and spray with buttermist. Bake an additional 7-10 minutes until golden brown.

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: 50.00

Serving Size: 0.00

Amount Per Serving			
Calories		208.64	
Fat		7.60g	
Saturated Fat		4.16g	
Trans Fat		0.00g	
Cholesterol		6.80mg	
Sodium		422.56mg	
Carbohydrates		30.08g	
Fiber		1.46g	
Total Sugar		4.46g	
Added Sugar		0.38g	
Protein		4.27g	
Vitamin A	240.00mcg	Vitamin C	0.00mg
Calcium	81.60mg	Iron	1.36mg

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	500 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
SUGAR BROWN LT	2 Pound		860311
KETCHUP LO SOD	114 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922

Preparation Instructions

Mix one bag of ketchup and one bag of brown sugar. Spread evenly over 500 meatloaves. Cook according to package instructions.

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: 500.00			
Serving Size: 0.00			
Amount Per Serving			
Calories		204.13	
Fat		12.00g	
Saturated Fat		6.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		409.01mg	
Carbohydrates		11.26g	
Fiber		1.00g	
Total Sugar		8.26g	
Added Sugar		2.88g	
Protein		11.00g	
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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Yogurt Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
CHEESE STRING MOZZ LT IW	1 Each		786801
MUFFIN TRIX FZ	1 Serving		516703

Preparation Instructions

Serve one yogurt, one string cheese and one trix muffin #516703. Trix muffin not in system yet, counts as a 2 grain.

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			
Amount Per Serving			
Calories	140.00**		
Fat	14.10g		
Saturated Fat	3.90g		
Trans Fat	0.19g		
Cholesterol	24.00mg		
Sodium	564.90mg		
Carbohydrates	73.00g		
Fiber	7.00g		
Total Sugar	33.00g		
Added Sugar	27.00g		
Protein	15.20g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	363.20mg	Iron	1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740

Preparation Instructions

Heat Dutch waffle per instructions on the package and sprinkle with 1 teaspoon of powdered sugar.

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: 1.00

Amount Per Serving			
Calories		324.00	
Fat		13.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		350.00mg	
Carbohydrates		49.00g	
Fiber		3.00g	
Total Sugar		17.80g	
Added Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available			
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Hot Ham & Cheese K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH	2 Ounce		779160
PAN COAT/TPNG SPRY BTR	1/4 Teaspoon		758370
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice		266547

Preparation Instructions

Assemble 2 oz of ham, one slice of cheese on a 2 slices pf bread on sheet pan. Spray the top of the bread with butter mist. Cook at 302 degrees on steam bake with 100% moisture for 5-7 minutes.

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			
Amount Per Serving			
Calories		67.35	
Fat		1.56g**	
Saturated Fat		0.59g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		423.18mg	
Carbohydrates		4.11g	
Fiber		0.12g	
Total Sugar		3.12g**	
Added Sugar		3.12g	
Protein		10.36g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	7.53mg	Iron	0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Enchilada Soup

Servings:	35.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	106 Ounce		310744
BROTH CHIX NO MSG	3 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SALSA 103Z	9 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
BEANS BLACK LO SOD	2 Cup		231981
CORN SWT RSTD W/PEPR & ONION 6-2.5	2 Cup		266725
CHIX BRST STRP FAJT CKD	42 Ounce		266310

Preparation Instructions

Thaw frozen chicken. Combine all ingredients in a full size hotel pan. Cook in combi oven on steam/bake at 302 degrees until it reaches 165 degrees. Serve 6 ounces.

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: 35.00

Serving Size: 6.00

Amount Per Serving			
Calories		199.92	
Fat		10.01g	
Saturated Fat		6.06g	
Trans Fat		0.00g	
Cholesterol		54.29mg	
Sodium		748.37mg	
Carbohydrates		9.26g	
Fiber		0.94g	
Total Sugar		1.28g	
Added Sugar		0.57g	
Protein		15.35g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	162.97mg	Iron	0.39mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Jack Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice		874124
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN HAMB GLDN 4IN	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110
CHIX BRST 4Z FLLT GRLLD	1 Each	CONVECTION 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 18-22 minutes. MICROWAVE 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.	213642

Preparation Instructions

Cook thawed chicken on a sheet pan on steam/bake at 302 degrees for 12 minutes until it reaches 165 degrees. Precook bacon on bake at 350 degrees for about 5 minutes. Once chicken is cooked cover with 1 slice of cheese and 1 slice of bacon. Serve on bun.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
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			
Amount Per Serving			
Calories		428.33	
Fat		13.40g	
Saturated Fat		5.20g	
Trans Fat		0.01g	
Cholesterol		100.83mg	
Sodium		1048.53mg	
Carbohydrates		40.50g	
Fiber		1.00g	
Total Sugar		7.00g	
Added Sugar		6.00g	
Protein		36.43g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	123.00mg	Iron	2.56mg

Nutrition - Per 100g

No 100g Conversion Available	
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Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882
HAM HNY DELI SHVD FRSH	2 Ounce		779160
CHEESE AMER 160CT SLCD	1 0		350207

Preparation Instructions

Assemble 2 ounces of ham on croissant with one slice of cheese. Bake at 350 degrees for 5-10 minutes until cheese is melted and ham is 140 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

Amount Per Serving			
Calories	252.86		
Fat	9.71g		
Saturated Fat	4.13g		
Trans Fat	0.00g		
Cholesterol	30.54mg		
Sodium	680.00mg		
Carbohydrates	29.07g		
Fiber	2.00g		
Total Sugar	6.04g		
Added Sugar	6.00g		
Protein	15.25g		
Vitamin A	300.00mcg**	Vitamin C	0.00mg
Calcium	67.39mg	Iron	1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Duo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN DBL CHOC WGRAIN IW	1 Each	READY_TO_EAT Thaw and serve.	262343

Preparation Instructions

Assemble each muffin together in an Ekon-o-Pac bag. Serve 1 set.

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: 1.00			
Amount Per Serving			
Calories		370.00	
Fat		13.00g	
Saturated Fat		2.50g	
Trans Fat		0.10g	
Cholesterol		20.00mg	
Sodium		240.00mg	
Carbohydrates		57.00g	
Fiber		3.00g	
Total Sugar		29.00g	
Added Sugar		28.00g	
Protein		5.00g	
Vitamin A	14.41mcg	Vitamin C	0.05mg
Calcium	12.76mg	Iron	2.05mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sloppy Joe Elementary/Middle

Servings:	200.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT	2 Pound		508632
ONION DCD IQF	2 Pound		261521
SUGAR BROWN LT	3/4 Pound		860311
SPICE PEPR BLK REST GRIND	1/4 Cup		225061
VINEGAR APPLE CIDER 5	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP	30 Pound		255173
BUN HAMB WGRAIN 3.5 10-12CT GCHC	200 Each		266545
KETCHUP LO SOD	3 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	645922
SPICE GARLIC GRANULATED	1/2 Cup		513881

Preparation Instructions

In a tilt skillet or kettle brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add ½ cup garlic, and ¼ cup pepper. Drain well. Add 3 gallons of low sodium ketchup, ¾ lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens and temperature reaches 165. Serve 4 ounces on bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 200.00

Serving Size: 4.00

Amount Per Serving			
Calories		375.58	
Fat		17.10g	
Saturated Fat		6.60g	
Trans Fat		0.90g	
Cholesterol		33.00mg	
Sodium		528.52mg	
Carbohydrates		36.11g	
Fiber		2.05g	
Total Sugar		18.81g	
Added Sugar		11.75g	
Protein		14.80g	
Vitamin A	0.01mcg	Vitamin C	0.01mg
Calcium	25.06mg	Iron	1.01mg

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe High

Servings:	200.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT	2 Pound		508632
ONION DCD IQF	2 Pound		261521
SUGAR BROWN LT	3/4 Pound		860311
SPICE PEPR BLK REST GRIND	1/4 Cup		225061
VINEGAR APPLE CIDER 5	1 Cup		430795
BEEF GRND 77/23 MIX W/TVF	30 Pound		255173
KETCHUP LO SOD	3 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	645922
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	200 Each		266546
SPICE GARLIC GRANULATED	1/2 Cup		513881

Preparation Instructions

In a tilt skillet or kettle, brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add ½ cup garlic, and ¼ cup pepper. Drain well. Add 3 gallons of low sodium ketchup, ¾ lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens and temperature reaches 165. Serve 4 ounces on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

Amount Per Serving			
Calories		415.58	
Fat		17.60g	
Saturated Fat		7.10g	
Trans Fat		0.90g	
Cholesterol		33.00mg	
Sodium		588.52mg	
Carbohydrates		42.11g	
Fiber		3.05g	
Total Sugar		19.81g	
Added Sugar		14.75g	
Protein		15.80g	
Vitamin A	0.01mcg**	Vitamin C	0.01mg
Calcium	30.06mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	4 Package		166872
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Combine 4 bags of mashed potatoes with 1/2 stick of margarine and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans.

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	0.250

Nutrition Facts

Servings Per Recipe: 160.00			
Serving Size: 0.50			
Amount Per Serving			
Calories		90.00	
Fat		1.60g	
Saturated Fat		0.45g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		351.00mg	
Carbohydrates		17.00g	
Fiber		1.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	75.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Cook sausage per package instructions. Cook biscuits per package instructions. Assemble 1 sausage patty and 1 biscuit.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		350.00	
Fat		25.00g	
Saturated Fat		11.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		850.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.76mg

Nutrition - Per 100g

No 100g Conversion Available

Colby Omelet with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast K-5	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.	R-30055
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Prepare toast per recipe R-30055. Prepare omelets per package instructions. Serve one piece of toast and one colby omelet.

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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		122.42	
Fat		10.03g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		304.09mg	
Carbohydrates		1.48g	
Fiber		0.06g	
Total Sugar		0.06g	
Added Sugar		0.06g	
Protein		7.09g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	83.91mg	Iron	1.03mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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

Amount Per Serving			
Calories		280.00	
Fat		14.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		830.00mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	42.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tropical Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
PINEAPPLE TIDBITS IN JCE	1/4 Cup		189979

Preparation Instructions

Drain pineapple and mandarin oranges. Assemble 1/4 cup of oranges and 1/4 cup of pineapples to make one 1/2 cup 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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		59.85	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.00mg	
Carbohydrates		14.46g	
Fiber		0.37g	
Total Sugar		11.84g	
Added Sugar		4.50g	
Protein		0.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	12.61mg	Iron	0.35mg

Nutrition - Per 100g

No 100g Conversion Available	
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Preschool Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 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
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Prepare sausage and biscuits per manufactures instructions. Assemble one sausage and one biscuit.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		400.00	
Fat		27.00g	
Saturated Fat		13.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		690.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	170.00mg	Iron	1.86mg

Nutrition - Per 100g

No 100g Conversion Available

Preschool Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFAST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
BISCUIT WGRAIN EZ SPLIT	1 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

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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

Amount Per Serving			
Calories		330.00	
Fat		16.00g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		670.00mg	
Carbohydrates		34.00g	
Fiber		3.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	182.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Canadian Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40287
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/	1/4 Ounce		167661
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Cook biscuits and omelet per instructions on package. Assemble one slice of Canadian bacon and one egg omelet on a biscuit. Serve one sandwich.

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

Amount Per Serving			
Calories		297.50	
Fat		18.13g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		168.13mg	
Sodium		932.50mg	
Carbohydrates		23.13g	
Fiber		1.00g	
Total Sugar		2.13g	
Added Sugar		2.00g	
Protein		11.25g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.45mg

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40294
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Prepare egg omelet and biscuit per package instructions. Assemble omlete on biscuit. Serve 1.

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			
Amount Per Serving			
Calories		290.00	
Fat		18.00g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		870.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.40mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40299
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 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 REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891
EGG SCRMBD PTY RND 3.5IN	1 0		119493
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

Cook sausage, egg patty and biscuits per package instructions. Assemble sausage, egg patty and cheese slice on biscuit. Serve 1.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving			
Calories		352.86	
Fat		25.21g	
Saturated Fat		11.13g	
Trans Fat		0.00g	
Cholesterol		30.54mg	
Sodium		860.00mg	
Carbohydrates		23.07g	
Fiber		1.00g	
Total Sugar		2.04g	
Added Sugar		2.00g	
Protein		9.25g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	37.39mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH	2 Ounce		779160
CHEESE AMER 160CT SLCD	1 0		350207
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Assemble 2 ounces of ham and 1 slice of cheese on a bun. Serve one.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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

Amount Per Serving			
Calories		172.86	
Fat		3.21g	
Saturated Fat		0.63g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		590.00mg	
Carbohydrates		22.07g	
Fiber		2.00g	
Total Sugar		6.04g	
Added Sugar		3.00g	
Protein		14.25g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	32.39mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roll K-8

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT	1 Each		112401
PAN COAT/TPNG SPRY BTR	1/4 Teaspoon		758370

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
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

Amount Per Serving			
Calories		140.00	
Fat		4.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cheeseburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789

Preparation Instructions

Place approximately 15 beef patties on a lined sheet pan, evenly spaced. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and add cheese to each patty. Transfer to a clean pan. Serve with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		262.50	
Fat		12.50g**	
Saturated Fat		4.59g	
Trans Fat		0.00g	
Cholesterol		30.54mg	
Sodium		435.00mg	
Carbohydrates		20.14g	
Fiber		3.00g	
Total Sugar		3.00g**	
Added Sugar		0.00g	
Protein		16.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	30.71mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Surprise

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40487

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC	1/4 Cup		322326
GRAPES RED	1/4 Cup		280895

Preparation Instructions

Slice oranges. Serve 1/4 cup of oranges and 1/4 grapes together.

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: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories		45.83	
Fat		0.05g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		11.50g	
Fiber		1.18g	
Total Sugar		9.75g	
Added Sugar		12.00g	
Protein		0.63g	
Vitamin A	87.71mcg	Vitamin C	20.74mg
Calcium	19.34mg	Iron	0.29mg

Nutrition - Per 100g

No 100g Conversion Available			
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Berry Blast

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40490

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/4 Cup		212768
BLUEBERRY	1/4 Cup		451690

Preparation Instructions

Cap the strawberries. Assemble 1/4 cup strawberries, 1/4 blueberries to make 1/2 cup 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: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories		39.23	
Fat		0.30g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.95mg	
Carbohydrates		9.69g	
Fiber		2.06g	
Total Sugar		6.42g	
Added Sugar		0.00g	
Protein		0.68g	
Vitamin A	26.78mcg	Vitamin C	36.93mg
Calcium	11.29mg	Iron	0.33mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chicken Sandwich K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1 1		259967

Preparation Instructions

Bake chicken patties on a sheet pan without paper at 375 degrees for 15-17 minutes until it temps at 165 degrees and is crispy. Assemble chicken patty on bun. Serve 1. Hold at 145 degrees.

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			
Amount Per Serving			
Calories		110.00**	
Fat		1.50g**	
Saturated Fat		0.00g**	
Trans Fat		0.00g**	
Cholesterol		0.00mg**	
Sodium		180.00mg**	
Carbohydrates		19.00g**	
Fiber		2.00g**	
Total Sugar		3.00g**	
Added Sugar		0.00g**	
Protein		4.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	25.00mg**	Iron	1.00mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Blend

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR	1/4 Cup		581471
GRAPES RED SDLSS	1/4 Cup		197831

Preparation Instructions

Assemble 1/4 cup of pineapple and 1/4 cup of grapes. Serve 1/2 cup.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		58.13	
Fat		0.13g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.83mg	
Carbohydrates		16.33g	
Fiber		0.87g	
Total Sugar		13.67g	
Added Sugar		0.00g	
Protein		0.77g	
Vitamin A	42.00mcg	Vitamin C	1.68mg
Calcium	12.88mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available			
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Hamburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330

Preparation Instructions

Place approximately 15 beef patties on a lined sheet pan, evenly spaced. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and transfer to a clean pan. Serve with bun.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
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			
Amount Per Serving			
Calories		260.00	
Fat		12.50g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		420.00mg	
Carbohydrates		20.00g	
Fiber		3.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Penne Pasta w/Cheese Sauce

Servings:	80.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	247 Ounce	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA PENNE CKD	2 1/4 Package		835900

Preparation Instructions

Cook 2 1/4 bags of pasta until done in tilt skillet or combi oven on steam until they reach 145 degrees, approx. 10 minutes, Heat cheese sauce until warm through in combi oven on steam until it reaches 145 degrees, approx. 10 minutes. Add 2 1/3 bags of cheese sauce to pasta and stir. Serve 6 ounces. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.029
Grain	1.012
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: 80.00

Serving Size: 6.00

Amount Per Serving			
Calories		265.41	
Fat		13.33g	
Saturated Fat		6.68g	
Trans Fat		0.00g	
Cholesterol		30.88mg	
Sodium		439.51mg	
Carbohydrates		25.36g	
Fiber		1.01g	
Total Sugar		1.01g	
Added Sugar		0.00g	
Protein		12.28g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	196.49mg	Iron	1.06mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/	1 Each		168530
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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

Amount Per Serving			
Calories		182.56	
Fat		16.03g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		593.95mg	
Carbohydrates		3.44g	
Fiber		0.05g	
Total Sugar		1.07g	
Added Sugar		0.07g	
Protein		6.09g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	8.88mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Croutons

Servings:	10.00	Category:	Grain
Serving Size:	18.00 18 croutons	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	20 Each		266547
SPRAY PAN MIST GARL ZESTY	20 Teaspoon		542344
SEASONING NO SALT ORIG	5 Teaspoon		844071

Preparation Instructions

Cut 20 slices of bread into 9 pieces each. Spray bread with garlic mist. Sprinkle 5 teaspoons of Dash on cut bread. Bake at 350 degrees for 5-7 minutes turning half way through. Cook until toasted. Serve 18 croutons.

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: 10.00			
Serving Size: 18.00 18 croutons			
Amount Per Serving			
Calories		22.45	
Fat		2.46g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.18mg	
Carbohydrates		0.97g	
Fiber		0.12g	
Total Sugar		0.12g	
Added Sugar		0.12g	
Protein		0.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	1.82mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 1/2 #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	852759
PASTA SPAGHETTI 10IN	5 Pound		413370

Preparation Instructions

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.800
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 6.00 Ounce			
Amount Per Serving			
Calories		597.67	
Fat		8.95g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3738.07mg	
Carbohydrates		121.53g	
Fiber		9.95g	
Total Sugar		49.72g	
Added Sugar		47.72g	
Protein		14.95g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	198.83mg	Iron	9.75mg

Nutrition - Per 100g

Calories		351.37	
Fat		5.26g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2197.61mg	
Carbohydrates		71.45g	
Fiber		5.85g	
Total Sugar		29.23g	
Added Sugar		28.05g	
Protein		8.79g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	116.89mg	Iron	5.73mg

Preschool Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 1/2 #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	852759
PASTA SPAG 51 WGRAIN	5 Pound		221460

Preparation Instructions

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.820
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 6.00			
Amount Per Serving			
Calories		587.67	
Fat		8.95g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3738.07mg	
Carbohydrates		120.53g	
Fiber		11.95g	
Total Sugar		50.72g	
Added Sugar		47.72g	
Protein		14.95g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	208.83mg	Iron	9.95mg

Nutrition - Per 100g

No 100g Conversion Available

MCHS Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CARROT BABY WHL CLEANED	1/2 Cup		510637
APPLE VARIETY BULK 113-138CT	1 Piece		810730
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Assemble all ingredients in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	581.60		
Fat	26.70g		
Saturated Fat	8.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	656.30mg		
Carbohydrates	71.00g		
Fiber	10.10g		
Total Sugar	31.00g		
Added Sugar	12.00g		
Protein	18.30g		
Vitamin A	9764.12mcg	Vitamin C	7.89mg
Calcium	366.68mg	Iron	2.87mg

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40680

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	1 Slice		680656
TURKEY BRST DELI SLCD CKD	1 Slice		680613
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CARROT BABY WHL CLEANED	1/4 Cup		510637
DRESSING RNCH CUP	1 Each		353536
TREAT RICE KRISPIE CHOC CHP	1 Each		645331
APPLE DELICIOUS RED	1 Piece		256662
TOMATO GRAPE SWT	1/4 Cup		129631
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each		433153

Preparation Instructions

- In box, assemble:
- 1 slice of ham, rolled
 - 1 slice of turkey, rolled
 - 1 pkg. colby jack cheese cubes
 - 1 boiled egg, sliced, sprinkled with 1/4 teaspoon of pepper
 - 1 pkg. of Cheez-it's
 - 1 Chocolate Chip Rice Krispies Treat
 - 1/4 c. grape tomatoes
 - 1/4 c. baby carrots
 - 1 apple
 - 1 ranch cup

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	554.70**
Fat	20.43g**
Saturated Fat	8.65g**
Trans Fat	0.00g**
Cholesterol	213.75mg
Sodium	896.05mg
Carbohydrates	72.50g**
Fiber	6.65g**
Total Sugar	30.25g**
Added Sugar	0.50g**
Protein	22.20g**
Vitamin A 5291.47mcg**	Vitamin C 13.06mg**
Calcium 357.18mg	Iron 4.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Express 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40681

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR KERN	1 Ounce		504180
BERRIES BURST O IQF	1/2 Cup		244620
MUFFIN TRIX FZ	1 Each		516703
YOGURT GRK STRAWB	1 Each		704912

Preparation Instructions

In box, assemble:
1 greek yogurt cup
1 pkg. of sunflower seeds
1/2 cup Berry Blend, thawed or mixed berry cup
Trix Muffin

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		290.00**	
Fat		26.35g	
Saturated Fat		4.40g	
Trans Fat		0.19g	
Cholesterol		14.00mg	
Sodium		454.90mg	
Carbohydrates		83.50g	
Fiber		11.50g	
Total Sugar		40.00g	
Added Sugar		30.00g	
Protein		19.70g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	156.70mg	Iron	3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1 1		259967

Preparation Instructions

Bake chicken patties on a sheet pan without paper at 375 degrees for 15-17 minutes until it temps at 165 degrees and is crispy. Assemble chicken patty on bun. Serve 1. Hold at 145 degrees.

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		150.00**	
Fat		2.00g**	
Saturated Fat		0.50g**	
Trans Fat		0.00g**	
Cholesterol		0.00mg**	
Sodium		240.00mg**	
Carbohydrates		25.00g**	
Fiber		3.00g**	
Total Sugar		4.00g**	
Added Sugar		3.00g**	
Protein		5.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	30.00mg**	Iron	2.00mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli Soup

Servings:	45.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40708

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES W/SKIN NAT	5 Pound	Thaw	412060
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	106 Ounce	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
MILK WHT FF	2 Quart		557862
ONION DCD IQF	2 Cup		261521
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SPICE GARLIC POWDER	1 Teaspoon		224839
BROCCOLI CUTS IQF	5 Cup	Thawed	285590
SAUCE HOT	2 Teaspoon		790835

Preparation Instructions

Combine potatoes, Ultimate Creamy White Cheese Sauce, milk, onions, shredded cheddar, and garlic powder in 6 inch pan or divide evenly between two 4 inch pans. Cover. Heat on full steam in combi oven for about 45 minutes until potatoes are tender. Add broccoli and hot pepper sauce. Cover and continue cooking for 15 minutes until soup reaches 165 degrees. Hold at 145 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.111
RedVeg	0.000
OtherVeg	0.025
Beans, Peas, and Lentils	0.000
Starch	0.444

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		219.66	
Fat		11.88g	
Saturated Fat		6.73g	
Trans Fat		0.00g	
Cholesterol		31.11mg	
Sodium		571.77mg	
Carbohydrates		18.45g	
Fiber		1.84g	
Total Sugar		3.14g	
Added Sugar		0.00g	
Protein		10.86g	
Vitamin A	88.85mcg	Vitamin C	0.00mg
Calcium	255.89mg	Iron	0.64mg

Nutrition - Per 100g

Calories		129.14	
Fat		6.98g	
Saturated Fat		3.95g	
Trans Fat		0.00g	
Cholesterol		18.29mg	
Sodium		336.14mg	
Carbohydrates		10.85g	
Fiber		1.08g	
Total Sugar		1.85g	
Added Sugar		0.00g	
Protein		6.39g	
Vitamin A	52.24mcg	Vitamin C	0.00mg
Calcium	150.44mg	Iron	0.38mg

Cheeseburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40999

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789

Preparation Instructions

Thaw hamburger buns to room temperature. Place a grate on a sheet pan. Place a pan liner on the grate. Poke holes throughout the pan liner for grease to drain. Place approximately 15 beef patties on the pan liner, evenly spaced. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and add cheese to each patty. Transfer to a clean pan. Serve with 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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		302.50	
Fat		13.00g**	
Saturated Fat		5.09g	
Trans Fat		0.00g	
Cholesterol		30.54mg	
Sodium		495.00mg	
Carbohydrates		26.14g	
Fiber		4.00g	
Total Sugar		4.00g**	
Added Sugar		3.00g	
Protein		17.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	35.71mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20 HMSTYL	1 Each		179050
SEASONING NO SALT ORIG	1 Teaspoon		844071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Thaw hamburger buns to room temperature. Place a grate on a sheet pan. Place a pan liner on the grate. Poke holes throughout the pan liner for grease to drain. Place approximately 15 beef patties on the pan liner, evenly spaced. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and transfer to a clean pan. Serve with bun.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		380.00	
Fat		20.00g	
Saturated Fat		7.50g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		290.00mg	
Carbohydrates		25.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/	1 Each		168530
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		182.63	
Fat		16.04g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		594.04mg	
Carbohydrates		3.44g	
Fiber		0.05g	
Total Sugar		1.07g	
Added Sugar		0.05g	
Protein		6.09g	
Vitamin A	0.00mcg**	Vitamin C	0.06mg
Calcium	8.94mg	Iron	0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Brookwood Pork BBQ Chopped - Texas Western Sauce - Low Sodium Sauce	4 Ounce		498702

Preparation Instructions

Thaw pork BBQ in cooler overnight. Place bag in a perforated pan and steam in combi for 30-45 minutes until it reached 165 degrees. Serve 4 ounces on bun.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		340.00	
Fat		11.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		610.00mg	
Carbohydrates		39.00g	
Fiber		3.00g	
Total Sugar		16.00g	
Added Sugar		3.00g**	
Protein		17.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cold Cut Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44617

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
BOLOGNA SLCD	2 Slice		612550
HAM VIRGINIA BKD DELI SLCD	1 1/2 Slice		680656
CHEESE CHED MLD SLCD .75Z	1 Slice		726524
SALAMI GENOA SLCD	2 Slice	BAKE Not Currently Available UNSPECIFIED Preparation Instructions Coming Soon	430460

Preparation Instructions

Completely thaw sub buns. Assemble 2 slices of bologna, 1 1/2 slices of ham, 2 slices of salami, and one slice of cheese on sub bun. Serve 1 each. Hold between 33-39 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			
Amount Per Serving			
Calories		395.92	
Fat		20.95g	
Saturated Fat		8.38g	
Trans Fat		0.00g	
Cholesterol		57.58mg	
Sodium		1050.23mg	
Carbohydrates		31.46g	
Fiber		2.00g	
Total Sugar		5.28g	
Added Sugar		4.78g	
Protein		20.38g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	208.69mg	Iron	2.42mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog Chili

Servings:	192.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP LO SOD	1 1/2 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	645922
TOMATO PASTE FCY	2 #10 CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
ONION DCD IQF	4 Pound		261521
SUGAR CANE GRANUL	1/2 Cup		108642
SPICE CHILI POWDER 38Z MEXENE	1/2 Cup		847171
BEEF CRMBL CKD IQF	30 Pound	BAKE For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940

Preparation Instructions

Brown beef, drain grease. Add onion, chili powder, brown sugar, tomato paste, and ketchup. Simmer. Serve 3 ounces.

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: 192.00			
Serving Size: 3.00			
Amount Per Serving			
Calories		237.94	
Fat		12.09g	
Saturated Fat		4.61g	
Trans Fat		0.74g	
Cholesterol		43.03mg	
Sodium		289.53mg	
Carbohydrates		17.13g	
Fiber		3.28g	
Total Sugar		12.53g	
Added Sugar		5.00g	
Protein		12.81g	
Vitamin A	0.00mcg	Vitamin C	0.35mg
Calcium	30.74mg	Iron	1.48mg

Nutrition - Per 100g

No 100g Conversion Available			
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Salisbury Steak with Gravy

Servings:	25.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY BF RSTD	150 Ounce	Place 3 cans of gravy in a 6 inch pan. Cover and steam for 15-20 minutes until it reaches 145 degrees.	232424
BEEF STK SALIS CHARB	50 Each	Place 25 salisbury on a sheet pan. Steam bake at 302 degrees for 12-15 minutes until it reaches 165 degrees.	485649

Preparation Instructions

Once gravy is at 145 degrees and salisbury steaks are at 165 degrees stack (slanted) 50 salisbury steaks in the 6 inch pan with gravy. Serve 2 salisbury steaks. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
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: 2.00			
Amount Per Serving			
Calories		570.00	
Fat		42.50g	
Saturated Fat		15.50g	
Trans Fat		1.00g	
Cholesterol		100.00mg	
Sodium		2020.00mg	
Carbohydrates		24.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		29.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Macaroni and Cheese

Servings:	144.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	10 Pound		654550
MILK WHT FF	3 Quart		557862
MARGARINE SLD	2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
Land O Lakes® 50% Reduced Fat American Cheese Slices	10 Pound		499789

Preparation Instructions

In a kettle/tilt skillet prepare and drain macaroni according to manufacturer's directions leave slightly firm. Reserve 4 cups of pasta water. Combine cooked macaroni, 4 cups of pasta water, 10 pounds of sliced cheese, 3 quarts of milk and 2 pounds of margarine. Add 8 oz. of milk to macaroni on the serving line if it has thickened. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 144.00

Serving Size: 4.00

Amount Per Serving	
Calories	168.04
Fat	5.46g**
Saturated Fat	2.21g
Trans Fat	0.00g
Cholesterol	1.61mg
Sodium	90.74mg
Carbohydrates	24.65g
Fiber	1.11g
Total Sugar	2.11g**
Added Sugar	0.00g
Protein	4.98g
Vitamin A 374.98mcg**	Vitamin C 0.00mg**
Calcium 37.59mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN & PORK XFCY	2 #10 CAN		179903
SAUCE BBQ SWEET	4 Cup	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
ONION DCD IQF	2 Cup		261521
SUGAR BROWN LT	2 Cup		860311

Preparation Instructions

Drain 2 cans of beans and remove any fat. Place beans in a 4 inch pan. Mix in 2 cups of onions, 2 cups of brown sugar and 4 cups of BBQ sauce. Cover and cook at 350 degrees for 45 minutes to 1 hour, until the temp is 145. Hold at 140 degrees.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 0.50			
Amount Per Serving			
Calories		238.70	
Fat		1.16g	
Saturated Fat		0.26g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		900.47mg	
Carbohydrates		49.09g	
Fiber		6.41g	
Total Sugar		21.40g	
Added Sugar		1.60g	
Protein		9.44g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	78.96mg	Iron	2.34mg

Nutrition - Per 100g

No 100g Conversion Available

Oreo Pudding

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48755

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC	1/2 Cup		163554
TOPPING OREO PCS MED	1 Tablespoon		709970

Preparation Instructions

Serve 4 oz. of yogurt. Top with 1 tablespoon of Oreo crumbs. Serve 1 each.

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

Amount Per Serving			
Calories		142.50	
Fat		2.75g	
Saturated Fat		0.38g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		222.50mg	
Carbohydrates		28.00g	
Fiber		1.25g	
Total Sugar		17.75g	
Added Sugar		2.75g	
Protein		1.25g	
Vitamin A	0.00mcg	Vitamin C	17.00mg
Calcium	2.50mg	Iron	1.28mg

Nutrition - Per 100g

No 100g Conversion Available			
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Scrambled Eggs w/ Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	3 Ounce	Boil eggs in bag per package instructions.	465798
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Cook eggs and sausage per package instructions. Serve eggs with a 3 oz. spoodle and 1 piece of sausage.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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

Amount Per Serving			
Calories		277.50	
Fat		22.25g	
Saturated Fat		7.50g	
Trans Fat		0.00g	
Cholesterol		172.50mg	
Sodium		617.50mg	
Carbohydrates		3.25g	
Fiber		0.00g	
Total Sugar		1.50g	
Added Sugar		0.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.50mg	Iron	1.11mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chili on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	4 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.	661891

Preparation Instructions

Prepare chili per instructions. Serve 4 ounces of chili on WG bun.

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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		235.83	
Fat		6.24g	
Saturated Fat		1.79g	
Trans Fat		0.30g	
Cholesterol		33.40mg	
Sodium		453.17mg	
Carbohydrates		28.32g	
Fiber		4.56g	
Total Sugar		6.88g	
Added Sugar		0.00g	
Protein		15.57g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	71.60mg	Iron	2.82mg

Nutrition - Per 100g

No 100g Conversion Available	
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Parmesan Baby Bakers

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	5 Pound	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVENBake potatoes at 375°F for 15 minutes in a single layer on a greased sheet pan. Remove from oven and let stand for 2 minutes. DEEP FRYERFry frozen potatoes at 345°F for 9 ½ minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes. MICROWAVE (1100 WATTS)Microwave ½ bag of potatoes on HIGH for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.	697990
MARGARINE SLD	1/2 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
CHEESE PARM GRTD	2 Cup		252948
SPICE PARSLEY FLAKES	1/4 Cup		513989

Preparation Instructions

Bake baby bakers per oven directions. Melt butter. Combine baby bakers, melted butter, parmesan cheese and parsley in a 4 inch pan. Stir to cover. Hold at 140 degrees.

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: 22.00

Serving Size: 0.50

Amount Per Serving			
Calories		190.53	
Fat		9.48g	
Saturated Fat		3.82g	
Trans Fat		0.00g	
Cholesterol		10.91mg	
Sodium		358.97mg	
Carbohydrates		18.79g	
Fiber		1.11g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		5.50g	
Vitamin A	272.73mcg	Vitamin C	0.00mg
Calcium	104.89mg	Iron	0.88mg

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49190

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
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789

Preparation Instructions

Cook fish in oven per instructions until it reaches 165 degrees and is crispy. Serve one fish patty and one slice of cheese on a 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

Amount Per Serving			
Calories		332.50	
Fat		10.00g**	
Saturated Fat		1.59g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		745.00mg	
Carbohydrates		41.14g	
Fiber		5.00g	
Total Sugar		5.00g**	
Added Sugar		3.00g	
Protein		16.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	35.71mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49284

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664
PEACH DCD IN JCE	1/2 Cup		610372

Preparation Instructions

Thaw berries. Place 2 oz. of peaches on the bottom, 4 oz. of yogurt in the middle and 2 oz. of peaches on top. Serve with 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	2.000
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		401.94	
Fat		9.75g	
Saturated Fat		1.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		249.70mg	
Carbohydrates		73.13g	
Fiber		3.00g	
Total Sugar		40.42g	
Added Sugar		26.69g	
Protein		8.73g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	143.33mg	Iron	1.20mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262
GLAZE DONUT HNY DIPT	1 Tablespoon		613789

Preparation Instructions

Bake cinnamon rolls per package instructions. Add 1 tablespoon of glaze.

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: 1.00

Amount Per Serving			
Calories		235.00	
Fat		1.50g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		135.00mg	
Carbohydrates		52.00g	
Fiber		3.00g	
Total Sugar		25.50g	
Added Sugar		21.50g	
Protein		5.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.87mg	Iron	1.51mg

Nutrition - Per 100g

No 100g Conversion Available			
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Scrambled Eggs with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast K-5	1 1	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.	R-30055
EGG WHL LIQ W/CITRIC	1 Ounce		849370

Preparation Instructions

Prepare toast per recipe R-30055. Prepare eggs per package instructions. Serve one piece of toast and 3 oz. spoodle of eggs.

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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		25.76	
Fat		1.53g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		25.76mg	
Carbohydrates		0.48g	
Fiber		0.06g	
Total Sugar		0.06g	
Added Sugar		0.06g	
Protein		2.09g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.58mg	Iron	0.36mg

Nutrition - Per 100g

No 100g Conversion Available	
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Toast 8-12

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Teaspoon		758370
BREAD WGRAIN WHT 16-22Z GCHC	2 slices		266547

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.

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: 2.00 Each

Amount Per Serving			
Calories		4.85	
Fat		0.06g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.18mg	
Carbohydrates		0.97g	
Fiber		0.12g	
Total Sugar		0.12g	
Added Sugar		0.12g	
Protein		0.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	1.82mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs with Toast 6-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49288

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast 8-12	1 Each	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.	R-49287
EGG WHL LIQ W/CITRIC	3 Ounce		849370

Preparation Instructions

Prepare toast per recipe R-49287. Prepare eggs per package instructions. Serve two pieces of toast and 3 oz. spoodle of eggs.

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			
Amount Per Serving			
Calories		72.42	
Fat		4.53g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		170.00mg	
Sodium		69.09mg	
Carbohydrates		0.48g	
Fiber		0.06g	
Total Sugar		0.06g	
Added Sugar		0.06g	
Protein		6.09g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	26.91mg	Iron	1.03mg

Nutrition - Per 100g

No 100g Conversion Available	
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Colby Omelet with Cinnamon Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49289

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
TOAST TEXAS APPL CINN IW	1 Slice		152504

Preparation Instructions

Prepare omelets per package instructions. Serve one omelet with one piece of warm apple cinnamon toast.

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

Amount Per Serving			
Calories		380.00	
Fat		16.00g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		590.00mg	
Carbohydrates		46.00g	
Fiber		2.00g	
Total Sugar		17.00g	
Added Sugar		13.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	136.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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Breakfast Strawberry Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		543822
APPLE DELICIOUS RED	1 Piece		256662
JUICE BOX FRT PNCH 100	1 Each		698240

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
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

Amount Per Serving			
Calories		726.60	
Fat		33.20g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		536.30mg	
Carbohydrates		97.00g	
Fiber		10.10g	
Total Sugar		57.00g	
Added Sugar		27.00g	
Protein		18.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	96.68mg	Iron	2.15mg

Nutrition - Per 100g

No 100g Conversion Available			
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Fudge Poptart Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fudge Pop-Tarts	1		452082
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
Fruit	1.000
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

Amount Per Serving			
Calories		416.60	
Fat		6.20g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		241.30mg	
Carbohydrates		91.00g	
Fiber		9.10g	
Total Sugar		42.00g	
Added Sugar		0.00g**	
Protein		5.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Trix Muffin Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49300

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Trix Muffin, Grape Juice Box, Fresh Apple.
Assemble one of each item in a bag.
Trix Muffin is not available in program yet. Counts as 2 grain. 516703.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	1.000
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			
Amount Per Serving			
Calories		146.60	
Fat		0.20g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.30mg	
Carbohydrates		38.00g	
Fiber		3.10g	
Total Sugar		32.00g	
Added Sugar		0.00g	
Protein		0.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	17.68mg	Iron	0.15mg

Nutrition - Per 100g

No 100g Conversion Available			
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Breakfast Grape Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49301

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
SAND UNCRUST PBJ GRP WGRAIN	1 Each		516761
JUICE BOX VERY BRY	1 Each		698391

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
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

Amount Per Serving			
Calories		726.60	
Fat		33.20g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		541.30mg	
Carbohydrates		99.00g	
Fiber		10.10g	
Total Sugar		58.00g	
Added Sugar		26.00g	
Protein		18.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	105.68mg	Iron	2.15mg

Nutrition - Per 100g

No 100g Conversion Available			
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Strawberry Poptart Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031
JUICE BOX VERY BRY	1 Each		698391

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	1.000
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

Amount Per Serving			
Calories		466.60	
Fat		5.20g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		241.30mg	
Carbohydrates		108.00g	
Fiber		9.10g	
Total Sugar		57.00g	
Added Sugar		28.00g	
Protein		4.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	277.68mg	Iron	3.75mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cinnamon Toast Crunch Muffin Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
JUICE BOX VERY BRY	1 Each		698391
MUFFIN CINN TST CRUNCH FZ	1 Serving		516700

Preparation Instructions

Cinnamon Toast Crunch Muffin, Berry Juice Box, Fresh Apple.
Assemble one of each item in a bag.
Cinnamon Toast Crunch Muffin is not available in program yet. Counts as 2 grain. 516700.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	1.000
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			
Amount Per Serving			
Calories		126.60**	
Fat		13.00g	
Saturated Fat		3.20g	
Trans Fat		0.20g	
Cholesterol		9.00mg	
Sodium		309.30mg	
Carbohydrates		92.00g	
Fiber		10.10g	
Total Sugar		52.00g	
Added Sugar		23.00g	
Protein		4.40g	
Vitamin A	69.12mcg**	Vitamin C	5.89mg**
Calcium	47.10mg	Iron	1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Platter

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD	1 Piece		702595
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CARROT BABY WHL CLEANED	1/4 Cup		510637
TOMATO GRAPE SWT	1/4 Cup		129631
CRACKER CAPTAINS WAFER	4 Package	READY_TO_EAT None	607941
GRAPES RED SDLSS	1 Package		770791
TREAT RICE KRISPIE CHOC CHP	1 Each		645331
SALAD CHIX	3 Ounce		127710

Preparation Instructions

Place leaf lettuce in the box and add 3 oz. of chicken salad on the leaf lettuce. Add cheese cubes, 1/4 c. tomatoes, 1/4 c. carrots, 1 package of grapes, 1 chocolate rice krispies treat, and 4 packs of captain wafer crackers.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	854.45
Fat	40.06g
Saturated Fat	11.18g
Trans Fat	0.00g
Cholesterol	51.50mg
Sodium	1243.49mg
Carbohydrates	100.63g
Fiber	4.01g
Total Sugar	36.75g
Added Sugar	7.75g
Protein	23.04g
Vitamin A 5605.41mcg**	Vitamin C 9.99mg**
Calcium 236.82mg	Iron 5.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CHEESE PARM SHVD	1 Ounce		140560
TOMATO GRAPE SWT	1/2 Cup		129631
CHIX BRST STRP FAJT CKD	3 Ounce		266310
CARROT MATCHSTICK SHRED	1/4 Cup		198161

Preparation Instructions

Add 2 cups of chopped romaine, 3 oz. of grilled chicken, 1 oz. parmesan cheese, 1/2 cup of grape tomatoes, 1/4 cup of matchstick carrots.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		268.70	
Fat		10.20g	
Saturated Fat		5.05g	
Trans Fat		0.00g	
Cholesterol		85.00mg	
Sodium		977.00mg	
Carbohydrates		12.50g	
Fiber		4.10g	
Total Sugar		7.00g	
Added Sugar		1.00g	
Protein		30.05g	
Vitamin A	6099.75mcg	Vitamin C	14.28mg
Calcium	323.50mg	Iron	1.06mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Casserole

Servings:	48.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	10 Pound	BAKE	285590
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	106 Ounce		310668
CRUMB CRACKER	4 Cup		194810
MARGARINE SLD	8 Tablespoon	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
PAN COAT/TPNG SPRY BTR	1 Each		758370

Preparation Instructions

Steam 10 pounds of broccoli in perforated pans until tender. Spray 4 inch pan with pan spray. Combine 10 pounds of steamed broccoli and 1 bag of cheese sauce. Stir. Melt butter in microwave, combine with cracker crumbs. Spread crackers over the top bake at 350 degrees until it reaches 145 degrees and the crackers are crunchy. Serve 4 ounces.

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: 48.00

Serving Size: 0.00

Amount Per Serving			
Calories		72.25	
Fat		4.10g	
Saturated Fat		1.29g	
Trans Fat		0.00g	
Cholesterol		0.71mg	
Sodium		94.22mg	
Carbohydrates		7.48g	
Fiber		2.00g	
Total Sugar		1.17g	
Added Sugar		0.51g	
Protein		2.68g	
Vitamin A	125.00mcg**	Vitamin C	0.00mg
Calcium	39.20mg	Iron	0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Meat Sauce

Servings:	200.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 CHUCK	25 Pound	PAN_FRY Crumble meat in a single layer in a preheated skillet and stir constantly until meat is cooked through and a meat thermometer reads 160F. To measure internal temperature of ground product, place crumbles into a mound and insert meat thermometer into center, being careful not to touch skillet. Ground beef should be cooked thoroughly to ensure food safety.	764710
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	9 #10 CAN		592714

Preparation Instructions

Brown 25 pounds of ground beef. Drain grease (not in the drain). Add 9 cans of sauce. Heat until it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.755
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00

Amount Per Serving			
Calories		140.44	
Fat		10.51g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		37.50mg	
Sodium		35.93mg	
Carbohydrates		0.07g	
Fiber		0.00g	
Total Sugar		0.04g	
Added Sugar		0.04g	
Protein		10.52g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.18mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	13.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49783

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF	20 Ounce		617760
SAUCE HOT	3/4 Cup		790835
CHEESE CREAM LOAF	16 Ounce	READY_TO_EAT ready to eat	163562
DRESSING RNCH BTRMLK	1 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
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Heat chicken and hot sauce over medium heat until heated through. Stir in softened cream cheese and ranch dressing. Cook and stir until blended. Mix in cheddar cheese. Serve 3 ounces.

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: 13.00

Serving Size: 3.00

Amount Per Serving			
Calories		326.31	
Fat		26.87g	
Saturated Fat		11.74g	
Trans Fat		0.00g	
Cholesterol		81.03mg	
Sodium		935.58mg	
Carbohydrates		3.54g	
Fiber		0.00g	
Total Sugar		0.62g	
Added Sugar		0.00g	
Protein		19.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	125.64mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Local Beefy Taco

Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 CHUCK	25 Pound	PAN_FRY Crumble meat in a single layer in a preheated skillet and stir constantly until meat is cooked through and a meat thermometer reads 160F. To measure internal temperature of ground product, place crumbles into a mound and insert meat thermometer into center, being careful not to touch skillet. Ground beef should be cooked thoroughly to ensure food safety.	764710
SEASONING TACO MIX	40 1/2 Fluid Ounce		159204

Preparation Instructions

Thaw beef. Brown 25 lbs. of beef with a little water in kettle/tilt skillet. Crumble beef. Drain grease and water. Mix 4.5 package of taco seasoning with 5 quarts of water. Combine beef and seasoning mixer, simmer until heated to 165 degrees and most of the liquid is cooked off. Hold at 145 degrees.

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: 3.00

Amount Per Serving			
Calories		284.05	
Fat		21.00g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		75.00mg	
Sodium		158.15mg	
Carbohydrates		0.81g	
Fiber		0.41g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.95mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Parfait

Servings:	16.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51281

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	64 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	8 Cup	READY_TO_EAT Follow instruction on the package	711664
SYRUP CHOC JUG	3/4 Cup		763632
Fresh Strawberries	8 Cup	Thaw strawberries, rinse fruit and take of stem and cut strawberry in halves	212768

Preparation Instructions

Mix 1 bag of yogurt with 3/4 cup of chocolate syrup. Place 4 oz. of yogurt in the cup. Top with 1/2 cup topped and halved strawberries. Serve with 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	2.000
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: 16.00

Serving Size: 1.00

Amount Per Serving			
Calories		390.13	
Fat		9.75g	
Saturated Fat		1.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		253.45mg	
Carbohydrates		71.25g	
Fiber		2.75g	
Total Sugar		38.58g	
Added Sugar		26.69g**	
Protein		7.84g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	138.10mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/ Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	10 Pound	BAKE	285590
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	106 Ounce		310668

Preparation Instructions

Steam 10 pounds of broccoli in perforated pans until tender. Combine 10 pounds of steamed broccoli and 1 bag of cheese sauce. Stir. Serve 4 ounces.

Meal Components (SLE)

Amount Per Serving	
Meat	0.500
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: 48.00			
Serving Size: 0.00			
Amount Per Serving			
Calories		20.23	
Fat		0.25g	
Saturated Fat		0.16g	
Trans Fat		0.00g	
Cholesterol		0.71mg	
Sodium		20.33mg	
Carbohydrates		3.44g	
Fiber		2.00g	
Total Sugar		0.67g	
Added Sugar		0.00g	
Protein		2.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	29.10mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1/4 Cup		280895
GRAPES GREEN SEEDLESS	1/4 Cup		197858

Preparation Instructions

Combine 1/4 red grapes and 1/4 green grapes. Serve in par pack.

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: 1.00

Serving Size: 0.50

Amount Per Serving			
Calories		55.63	
Fat		0.13g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.83mg	
Carbohydrates		14.33g	
Fiber		0.62g	
Total Sugar		12.67g	
Added Sugar		12.00g	
Protein		0.52g	
Vitamin A	42.00mcg	Vitamin C	1.68mg
Calcium	9.63mg	Iron	0.37mg

Nutrition - Per 100g

No 100g Conversion Available			
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Green Peas

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
PEAS SWT 4SV	2 #10 CAN		118443

Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans, margarine, tuscan seasoning and pepper . Steam covered with lid for 45 minutes. Temperature should be at least 145 degrees. Stir.

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: 40.00			
Serving Size: 0.50			
Amount Per Serving			
Calories		130.53	
Fat		5.05g	
Saturated Fat		1.80g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		225.07mg	
Carbohydrates		15.52g	
Fiber		3.88g	
Total Sugar		7.76g	
Added Sugar		2.59g	
Protein		5.17g	
Vitamin A	300.00mcg	Vitamin C	0.00mg
Calcium	32.33mg	Iron	1.81mg

Nutrition - Per 100g

No 100g Conversion Available	
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Chicken Noodle Soup

Servings:	20.00	Category:	Condiments or Other
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CHIX NOODL	3 #5 CAN	UNPREPARED Mix Soup + 1 Can Of Water. Stove: Heat, Stirring Occasionally.	101176
Water	2 #5 CAN	READY_TO_DRINK	Water

Preparation Instructions

In a half 6 inch pan combine 3 cans of chicken noodle soup and 2 cans of water. Cook in combi oven on steam with a lid for 30 minutes or until it reaches 145 degrees. Serve 6 oz.

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: 20.00

Serving Size: 6.00

Amount Per Serving	
Calories	63.91
Fat	2.13g
Saturated Fat	0.53g
Trans Fat	0.00g
Cholesterol	10.65mg
Sodium	905.41mg
Carbohydrates	8.52g
Fiber	1.07g
Total Sugar	1.07g
Added Sugar	0.00g
Protein	3.20g
Vitamin A	426.08mcg
Vitamin C	0.00mg
Calcium	319.56mg
Iron	0.38mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51897

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hot and Spicy Whole Muscle Breaded Chicken Filet	1 Each	COMBI_HEAT	812380
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Bake chicken patty in combi oven at 350 degrees for 10-15 minutes until it reaches 165 degrees. Serve on a thawed bun.

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

Amount Per Serving			
Calories		680.01	
Fat		19.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		1320.01mg	
Carbohydrates		73.00g	
Fiber		8.00g	
Total Sugar		6.00g	
Added Sugar		0.00g	
Protein		61.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	58.00mg	Iron	7.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TERIYAKI GLAZE	1 Tablespoon		311502
CHEESE SWS 160CT SLCD PROC	1 Slice		164348
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST 4Z FLLT GRLLD	1 Each	CONVECTION 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 18-22 minutes. MICROWAVE 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.	213642

Preparation Instructions

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece on both sides with 1 tablespoon of Teriyaki sauce. Continue baking for another 5 minutes or until it reaches 165 degrees. Serve on 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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		385.00	
Fat		11.50g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		97.50mg	
Sodium		1350.00mg	
Carbohydrates		34.00g	
Fiber		3.00g	
Total Sugar		10.50g	
Added Sugar		3.00g	
Protein		34.50g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	122.50mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Mushrooms

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51928

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: 1.00			
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	
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MoCo Haystack Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52747

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330
CHEESE CHED MLD SLCD .75Z	1 Slice		726524
ONION FREN FRIED	2 Tablespoon	READY_TO_EAT Ready to Use	403592
SAUCE BBQ SWEET	1 Tablespoon	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
BACON CKD THN SLCD	1 Slice		874124

Preparation Instructions

Thaw hamburger buns to room temperature. Place a grate on a sheet pan. Place a pan liner on the grate. Poke holes throughout the pan liner for grease to drain. Place approximately 15 beef patties on the pan liner, evenly spaced. Add 1 tablespoon of BBQ sauce. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and add cheese to each patty and 2 tablespoons of fried onions and one piece of cooked bacon. Place on bun and wrap.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving			
Calories		496.67	
Fat		25.90g	
Saturated Fat		9.70g	
Trans Fat		0.01g	
Cholesterol		53.33mg	
Sodium		873.53mg	
Carbohydrates		41.33g	
Fiber		4.00g	
Total Sugar		13.00g	
Added Sugar		3.00g	
Protein		23.43g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	182.67mg	Iron	2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD	3 Ounce	Thaw chicken before adding to salad	266310
LETTUCE ROMAINE CHOP	2 Cup		735787
TOMATO GRAPE SWT	1/2 Cup	Wash	129631
CORN FLME RSTD W/JALAP	1/2 Ounce	Thaw corn before adding to salad	853921
BEAN BLACK	1/2 Cup	Drain and rinse before adding to salad	557714
CHEESE CHED MLD SHRD 4-5 LOL	3 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

In a salad container add two cups of chopped romaine lettuce. In the center add 3 ounces of chicken (see prep instructions). In each corner add 1/2 cup grape tomatoes, 1/2 cup jalapeno corn (see prep instructions), 1/2 cup black beans (see prep instructions), and 3 ounces of cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		490.17	
Fat		18.88g	
Saturated Fat		10.93g	
Trans Fat		0.00g	
Cholesterol		114.00mg	
Sodium		1316.47mg	
Carbohydrates		37.02g	
Fiber		9.58g	
Total Sugar		7.78g	
Added Sugar		1.48g	
Protein		40.08g	
Vitamin A	749.70mcg	Vitamin C	12.33mg
Calcium	467.20mg	Iron	4.04mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Ranch Spread

Servings:	48.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53840

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF	48 Ounce	Room temperature	163562
BACON CRUMBLES CKD	1 1/2 Cup		791252
DRESSING MIX RNCH	1 Package	RECONSTITUTE Add dry mix to 1 2 gallon buttermilk and mix with wire whip or electric mixer at low speed. Add 1 2 gallon mayonnaise and continue mixing until smooth. Refrigerate 12 hours for optimum flavor and thickness. Keep refrigerate. Stir before using. Using fresh ingredients, GFS Ranch Dressing will stay fresh for 3 -4 weeks in the refrigerator. Yields	766130

Preparation Instructions

Allow cream cheese to come to room temperature. Mix cream cheese, 1.5 cups of bacon crumbles and 1 package of ranch powder until well combined. Refrigerate any that is unused.

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: 48.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories		112.50	
Fat		10.75g	
Saturated Fat		6.25g	
Trans Fat		0.00g	
Cholesterol		32.50mg	
Sodium		344.01mg	
Carbohydrates		2.00g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		3.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	27.60mg	Iron	0.00mg

Nutrition - Per 100g

Calories		396.83	
Fat		37.92g	
Saturated Fat		22.05g	
Trans Fat		0.00g	
Cholesterol		114.64mg	
Sodium		1213.47mg	
Carbohydrates		7.05g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		12.35g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	97.36mg	Iron	0.00mg

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CKD OVEN RSTD	3 Ounce	READY_TO_EAT For Cold Entrees: Slice and serve refrigerated product. If product is frozen, thaw slowly and thoroughly in a refrigerator for approximately 24 hours. For Hot Entrees: Slice product and place in pan with gravy. Heat until internal temperature reaches 165F.	199900
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
SPINACH BABY CLND	1/4 Cup		560545
TOMATO 5X6 XL	1 Slice		206032
Bacon Ranch Spread	1 Ounce	Allow cream cheese to come to room temperature. Mix cream cheese, 1.5 cups of bacon crumbles and 1 package of ranch powder until well combined. Refrigerate any that is unused.	R-53840

Preparation Instructions

Spread 1 ounce of Bacon Ranch Spread onto tortilla. Add 3 ounces of deli chicken, 1/4 cup of baby spinach and one slice of tomato (sliced in half, use both halves). "Wrap" tortilla.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
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		376.99	
Fat		16.79g	
Saturated Fat		9.26g	
Trans Fat		0.00g	
Cholesterol		77.50mg	
Sodium		1323.16mg	
Carbohydrates		34.45g	
Fiber		4.47g	
Total Sugar		4.00g	
Added Sugar		0.00g	
Protein		28.41g	
Vitamin A	149.94mcg	Vitamin C	2.47mg
Calcium	81.90mg	Iron	2.84mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53842

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Bacon Ranch Wrap	1 Each	Spread 1 ounce of Bacon Ranch Spread onto tortilla. Add 3 ounces of deli chicken, 1/4 cup of baby spinach and one slice of tomato (sliced in half, use both halves). "Wrap" tortilla.	R-53841
CHIP GARDEN SALSA	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.	696900
CARROT BABY WHL CLEANED	1/4 Cup		510637
TOMATO GRAPE SWT	1/4 Cup		129631
APPLE DELICIOUS RED	1 Piece		256662
TREAT RICE KRISPIE CHOC CHP	1 Each		645331

Preparation Instructions

In box assemble Chicken Bacon Ranch Wrap, Garden Salsa Sun Chips, 1/4 cup baby carrots, 1/4 cup grape tomatoes, apple and rice krispie's treat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
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	794.19
Fat	28.09g
Saturated Fat	11.79g
Trans Fat	0.00g
Cholesterol	77.50mg
Sodium	1644.21mg
Carbohydrates	110.20g
Fiber	12.12g
Total Sugar	35.75g
Added Sugar	2.00g
Protein	33.11g
Vitamin A 5441.41mcg	Vitamin C 15.52mg
Calcium 115.08mg	Iron 6.71mg

Nutrition - Per 100g

No 100g Conversion Available

WG Muffin w/ Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53847

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
YOGURT RASPB RNBW L/F	1 Each	READY TO EAT Ready to eat	551770

Preparation Instructions

Assemble one muffin and one yogurt cup in bag.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		6.50g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		195.00mg	
Carbohydrates		45.00g	
Fiber		2.00g	
Total Sugar		25.00g	
Added Sugar		5.00g	
Protein		7.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	170.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chocolate Gem Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53855

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW	1 Each		738181
JUICE BOX FRT PNCH 100	1 Each		698240
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Assemble one of each in bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	1.000
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		446.60	
Fat		16.20g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		316.30mg	
Carbohydrates		75.00g	
Fiber		6.10g	
Total Sugar		46.00g	
Added Sugar		18.00g	
Protein		5.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	47.68mg	Iron	1.95mg

Nutrition - Per 100g

No 100g Conversion Available			
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Muffin Duo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53856

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
JUICE BOX VERY BRY	1 Each		698391
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Assemble one blueberry muffin and one banana muffin.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	1.000
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		506.60	
Fat		12.20g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		70.00mg	
Sodium		271.30mg	
Carbohydrates		95.00g	
Fiber		7.10g	
Total Sugar		61.00g	
Added Sugar		15.00g	
Protein		6.30g	
Vitamin A	69.12mcg	Vitamin C	5.89mg
Calcium	67.68mg	Iron	1.77mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chocolate Glazed Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582
ICING CHOC RTU HEAT NICE	1/2 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING. THAW 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711

Preparation Instructions

Thaw donuts in cooler. Bake donuts at 350 degrees for 4 minutes on a sheet pan. Cool for a couple minutes. Dip donut in 1/2 tablespoon chocolate glaze.

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: 1.00 Each

Amount Per Serving			
Calories		317.30	
Fat		16.35g	
Saturated Fat		7.68g	
Trans Fat		0.12g	
Cholesterol		0.00mg	
Sodium		305.60mg	
Carbohydrates		38.00g	
Fiber		2.50g	
Total Sugar		13.50g	
Added Sugar		13.50g	
Protein		4.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.55mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

Servings:	40.00	Category:	Entree
Serving Size:	4.00 ounces	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54063

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	40 Slice		266547
EGG SCRMBD LIQ BLND	5 Pound		465798
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	6 1/2 Cup	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SPICE MUSTARD DRY	1 Teaspoon		400018
PAN COAT/TPNG SPRY BTR	1 Teaspoon		758370

Preparation Instructions

Prepare the day before. Spray a 4 inch with butter spray. Dice two loaves of bread into small cubes (1/2 inch). Add bread, eggs, sausage, dried mustard and cheese into pan. Mix well. Refrigerate overnight. The day of service. Steam bake at 350 degrees for approximately 45 minutes or until the center reaches 165 degrees and eggs are set. Hold at 145 degrees.

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: 40.00

Serving Size: 4.00 ounces

Amount Per Serving			
Calories		418.13	
Fat		38.05g	
Saturated Fat		13.71g	
Trans Fat		0.00g	
Cholesterol		137.88mg	
Sodium		701.88mg	
Carbohydrates		3.58g	
Fiber		0.07g	
Total Sugar		0.98g	
Added Sugar		0.06g	
Protein		15.79g	
Vitamin A	0.02mcg**	Vitamin C	0.00mg
Calcium	105.34mg	Iron	3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggstravaganza w/ Honey Drizzled Croissant

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	533034
CROISSANT WGRAIN SLCD 2.2Z	1 Each	Thaw Croissant in the cooler. Heat	662882
GLAZE DONUT HNY DIPT	1/2 Tablespoon		613789

Preparation Instructions

Eggstravagazna:
For best results fully thaw. In a 4 inch pan combine 2 bags of eggs and cover. Steam bake for 20 minutes or until it reaches 165 degrees. Hold at 145 degrees.

Croissant:
For best results thaw overnight in the cooler. Place croissants on parchment lined sheet pan. Bake croissants for 5 minutes until warm. Drizzle croissants with 1/2 tablespoon of honey.

Serve 3 ounces of eggs with one honey croissant.

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: 0.00

Amount Per Serving			
Calories		402.50	
Fat		21.50g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		260.00mg	
Sodium		690.00mg	
Carbohydrates		35.50g	
Fiber		2.00g	
Total Sugar		12.25g	
Added Sugar		8.75g	
Protein		17.00g	
Vitamin A	300.00mcg	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.52mg

Nutrition - Per 100g

No 100g Conversion Available

Fried Bologna & Egg Sandwich K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BOLOGNA SLCD	1 Slice		612550
EGG PTY FRD HMSTYL CRKD PEPR	1 Each		635671
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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		367.50	
Fat		23.92g**	
Saturated Fat		4.84g	
Trans Fat		0.00g	
Cholesterol		289.29mg	
Sodium		600.00mg	
Carbohydrates		22.23g	
Fiber		2.00g	
Total Sugar		3.25g**	
Added Sugar		0.00g	
Protein		17.35g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	75.05mg	Iron	3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882
EGG OMELET CHS COLBY	1 Each		240080
BACON CKD	1 Ounce	BAKE Fully cooked. Simply heat and serve.	125141

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	450.00
Fat	30.00g
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	210.00mg
Sodium	1070.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A	300.00mcg
Vitamin C	0.00mg
Calcium	143.00mg
Iron	2.44mg

Nutrition - Per 100g

No 100g Conversion Available	
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Fried Bologna & Egg Sandwich 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BOLOGNA SLCD	1 Slice		612550
EGG PTY FRD HMSTYL CRKD PEPR	1 Each		635671
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789

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 Each			
Amount Per Serving			
Calories		367.50	
Fat		23.92g**	
Saturated Fat		4.84g	
Trans Fat		0.00g	
Cholesterol		289.29mg	
Sodium		600.00mg	
Carbohydrates		22.23g	
Fiber		2.00g	
Total Sugar		3.25g**	
Added Sugar		0.00g	
Protein		17.35g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	75.05mg	Iron	3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Greek Yogurt with Granola Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54083

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN	1 Each		209761
YOGURT GRK STRAWB	1 Each		704912

Preparation Instructions

Assemble one strawberry granola bar and one greek yogurt in a bag. Serve one bag.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		240.00	
Fat		3.50g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		180.00mg	
Carbohydrates		44.00g	
Fiber		3.00g	
Total Sugar		26.00g	
Added Sugar		21.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	240.00mg	Iron	1.90mg

Nutrition - Per 100g

No 100g Conversion Available			
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Nanny Linda's Orange Fluff

Servings:	150.00	Category:	Fruit
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54101
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ORNG	1 Package		524638
PUDDING MIX VAN INST	1 Package		106666
TOPPING WHIP W/CRM	2 Package	Thawed	881450
ORANGES MAND IN JCE	6 #10 CAN	Drained	612448
MARSHMALLOW MINI	3 Package		191736

Preparation Instructions

Whipped topping needs to be put in the cooler the night before. In a large bowl, combine orange jello and 1 quart boiling water. Stir until combined. Stir in 2 cups cold water and set aside to cool to room temperature. Do not allow jello to set. Stir in pudding mix, and and set aside for 5-10 minutes. Fold in thawed on top. Add marshmallows and mandarin oranges. Portion 6 ounces into a 9 ounce cup. Serves 150.

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: 150.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		111.14	
Fat		0.43g	
Saturated Fat		0.41g	
Trans Fat		0.00g	
Cholesterol		0.21mg	
Sodium		59.28mg	
Carbohydrates		25.39g	
Fiber		0.00g	
Total Sugar		19.71g	
Added Sugar		17.64g	
Protein		1.35g	
Vitamin A	0.00mcg	Vitamin C	0.45mg
Calcium	42.29mg	Iron	0.43mg

Nutrition - Per 100g

Calories		65.34	
Fat		0.25g	
Saturated Fat		0.24g	
Trans Fat		0.00g	
Cholesterol		0.13mg	
Sodium		34.85mg	
Carbohydrates		14.93g	
Fiber		0.00g	
Total Sugar		11.59g	
Added Sugar		10.37g	
Protein		0.80g	
Vitamin A	0.00mcg	Vitamin C	0.26mg
Calcium	24.86mg	Iron	0.25mg

Mexi Ranch

Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54355

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: 1.00			
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			
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Pickle Slaw

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54356

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: 1.00			
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			
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