

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

Table of Contents

Assorted 2oz Cereal Bowls

Chilled Fruit Assortment

Chicken Quesadilla

Beef & Cheese Nachos

Cheeseburger on Bun

Refried Beans with Cheese

Cucumber Slices w/ dip

Fresh Fruit Variety (elem)

Chicken Biscuit Sandwich

Cereal Bar + Cheese Stick

Rotini Bake with Meat Sauce and Garlic Toast

Biscuits & Gravy w/ Sausage Links

Crispy Chicken Sandwich

Seasoned Green Beans

Cauliflower

Orange Wedges

General Tso Chicken w/ Fried Rice

Crunchy Nacho Fish Sticks w/ Cornbread Poppers

Broccoli with Cheese

Crunchy Carrots w/ dip

Yogurt & Graham Crackers

Applesauce Cups (variety)

Chicken Tenders

Arroz con Pollo

Mini Sweet Peppers

Mac & Cheese Bowl w/ garlic breadstick

Salisbury Steak w/ biscuit

Homemade PBJ

Mashed Potatoes

Mixed Veggies w/ dip

Sidekick Slushie Cups

French Toast & Sausage Links (PK-4)

Cherry Blossom Chicken over Ramen Noodles

Chicken Biscuit Sandwich (Lunch)

Roasted Broccoli

Celery Sticks w/ dip

Beef Soft Tacos

Fish Nuggets w/Onion Rings

Buttery Corn

Chicken Alfredo

Cheese Omelet w/ biscuit

Sugar Snap Peas & Cherry Tomatoes

Chicken & Waffle

Chef Salad w/ croutons & roll (Elem)

Pigs in a Blanket

Chicken Drumstick w/ mac & cheese & mini biscuit (elem)

Fresh Mixed Fruit

Garden Side Salad w/ ranch

Orange Chicken w/ Veg. Fried Rice

3-Cheese Cavatappi

Pizza Buildable (elem)

Mozzarella Sticks w/ marinara

Yogurt Lunch Box

Taco Salad w/ tortilla chips (elem)

Grilled Cheese Sandwich w/ tomato Soup

BBQ Rib Sandwich

Cheese Pizza Crunchers

Submarine Sandwich

Chicken Poppers w/ mini biscuit

Spaghetti w/ Meat Sauce

Baked Potato

Assorted 2oz Cereal Bowls



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35666
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		212.00	
Fat		3.40g	
Saturated Fat		0.20g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		296.00mg	
Carbohydrates		42.80g	
Fiber		3.80g	
Total Sugar		13.20g	
Added Sugar		7.20g	
Protein		3.60g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	132.00mg	Iron	5.26mg

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit Assortment



Servings:	3.00	Category:	Fruit
Serving Size:	0.50 0.5 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Fruit, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100212
Pears, Diced, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100225
PEACH SLCD 6-10 COMM	1/2 Cup		110710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 0.5 cup

Amount Per Serving			
Calories		61.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.00mg	
Carbohydrates		15.33g	
Fiber		1.00g	
Total Sugar		12.00g	
Added Sugar		1.33g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Pound	USE COMMODITY DICED CHICKEN WHENEVER POSSIBLE	570533
SEASONING TACO	1 Tablespoon		413429
TORTILLA FLOUR ULTRGR 9IN	10 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1. Gather all ingredients. Wash hands thoroughly and put on fresh pair of gloves.
2. Heat chicken according to package instruction to a minimum of 165F for 15 seconds. Sprinkle taco seasoning on chicken and mix well to incorporate.
3. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.
4. Scoop 2 oz of chicken onto one side of the tortilla and spread to cover half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Place on tray to serve, no need to wrap or boat.

Optional: Serve with 1 oz cupped commodity salsa and sour cream offered on the side.

Meal Components (SLE)

Amount Per Serving	
Meat	2.333
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: 10.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		352.33	
Fat		16.17g	
Saturated Fat		9.80g	
Trans Fat		0.00g	
Cholesterol		59.33mg	
Sodium		473.00mg	
Carbohydrates		32.13g	
Fiber		4.15g	
Total Sugar		2.15g	
Added Sugar		0.15g	
Protein		20.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	244.00mg	Iron	2.43mg

Nutrition - Per 100g

No 100g Conversion Available			
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Beef & Cheese Nachos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 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.	722330
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT	1 Each		745903
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330

Preparation Instructions

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.
3. Offer sour cream and commodity salsa on the side as optional.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
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 Serving

Amount Per Serving			
Calories		583.10	
Fat		27.80g	
Saturated Fat		12.30g	
Trans Fat		0.00g	
Cholesterol		84.00mg	
Sodium		995.70mg	
Carbohydrates		58.00g	
Fiber		11.00g	
Total Sugar		7.00g	
Added Sugar		0.00g	
Protein		24.80g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	296.00mg	Iron	3.98mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	
Land O'Lakes Yellow American Cheese Slice	1 Piece		499786

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.786
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		353.57	
Fat		16.29g	
Saturated Fat		6.18g	
Trans Fat		0.00g	
Cholesterol		60.89mg	
Sodium		356.07mg	
Carbohydrates		27.07g	
Fiber		2.00g	
Total Sugar		4.04g	
Added Sugar		0.00g	
Protein		24.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	76.36mg	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

Refried Beans with Cheese



Servings:	32.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28454
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	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.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.
Quickly pour 1 gallon water over beans and cover.
Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.
Sprinkle shredded cheese over the beans, 12 oz. per pan.
CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.375
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	1.079
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

Amount Per Serving			
Calories		493.07	
Fat		3.89g	
Saturated Fat		1.31g	
Trans Fat		0.00g	
Cholesterol		5.63mg	
Sodium		526.82mg	
Carbohydrates		79.12g	
Fiber		29.53g	
Total Sugar		0.38g	
Added Sugar		0.00g	
Protein		32.15g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	240.92mg	Iron	6.89mg

Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices w/ dip



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups or bags.

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: 0.50 Cup

Amount Per Serving			
Calories	113.90		
Fat	11.05g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	250.50mg		
Carbohydrates	3.00g		
Fiber	0.15g		
Total Sugar	1.50g		
Added Sugar	0.00g		
Protein	0.15g		
Vitamin A	27.30mcg	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety (elem)



Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28512
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
APPLE GALA	1 Each		569392
BANANA TURNING SNGL 150CT	1 Each		197769
GRAPES RED	1 Cup		280895
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEACH WHL	1 Each		829851
PEAR	1 Each		198056

Preparation Instructions

Rinse all fruit with skins well, drain.

Check fruit ripening guide for pears/peaches/plums to be sure fruit it ripe. (Should not be rock hard, fruit should be a little soft when ripe.)

Arrange in rows on tray with tongs to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.571
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		69.83**	
Fat		0.10g**	
Saturated Fat		0.01g**	
Trans Fat		0.00g**	
Cholesterol		0.00mg**	
Sodium		0.33mg**	
Carbohydrates		18.14g**	
Fiber		2.51g**	
Total Sugar		10.43g**	
Added Sugar		6.86g**	
Protein		0.74g**	
Vitamin A	79.81mcg**	Vitamin C	14.78mg**
Calcium	16.49mg**	Iron	0.27mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080

Preparation Instructions

1. Follow Prep Instructions to bake chicken and biscuits.
 2. Split biscuits and place one chicken patty onto each biscuit.
 3. Place assembled sandwiches in well and cover with lid ; hold for service.
- CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		267.70	
Fat		11.90g	
Saturated Fat		5.50g	
Trans Fat		0.07g	
Cholesterol		14.50mg	
Sodium		596.20mg	
Carbohydrates		29.00g	
Fiber		4.10g	
Total Sugar		2.00g	
Added Sugar		1.00g	
Protein		10.90g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	48.58mg	Iron	2.18mg

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar + Cheese Stick



Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265921
CHEESE STRING MOZZ IW	4 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

This recipe shows the 4 different cereal bars that can be served.

The recipe nutrient information shows the average of the 4 bars, so specific nutrient information should be obtained from the package wrapper.

To Serve: One cereal bar + one cheese stick.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		237.50	
Fat		9.50g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		315.00mg	
Carbohydrates		31.50g	
Fiber		2.75g	
Total Sugar		10.00g	
Added Sugar		8.25g	
Protein		8.25g	
Vitamin A	0.00mcg	Vitamin C	0.50mg
Calcium	448.00mg	Iron	1.75mg

Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	30 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.	728590
BREAD GARL TX TST SLC WGRAIN	60 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 8 oz (by weight) using a heaping #6 disher. 8oz pasta yields 2 oz meat and 1 oz grain.

Scoop portion directly onto tray.

Meal Components (SLE)

Amount Per Serving

Meat	2.151
Grain	2.075
Fruit	0.000
GreenVeg	0.000
RedVeg	0.269
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		437.63	
Fat		20.70g	
Saturated Fat		7.17g	
Trans Fat		1.08g	
Cholesterol		58.06mg	
Sodium		776.61mg	
Carbohydrates		39.81g	
Fiber		5.30g	
Total Sugar		9.60g	
Added Sugar		0.00g	
Protein		22.35g	
Vitamin A	659.14mcg	Vitamin C	24.73mg
Calcium	69.14mg	Iron	4.33mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Gravy w/ Sausage Links



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY	1 Package	Prepare gravy according to package directions.	455555
DOUGH BISC WGRAIN EZ SPLIT	25 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 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD	50 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740

Preparation Instructions

CCP: Hold gravy for hot service at 140° or higher.

CCP: Hold sausage links for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 2 sausage links. Place right onto the tray to serve.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. *FOR BEST RESULTS, DO NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

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: 25.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		331.35	
Fat		17.05g	
Saturated Fat		6.53g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		516.92mg	
Carbohydrates		28.21g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	120.12mg	Iron	2.32mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 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		350.00	
Fat		11.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		500.00mg	
Carbohydrates		36.00g	
Fiber		5.00g	
Total Sugar		4.00g	
Added Sugar		0.00g	
Protein		25.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	20.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	102 Fluid Ounce		273856
BASE HAM NO ADDED MSG	1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD	1 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.
- CCP: Heat until a temperature of 140° is reached for 15 seconds.
- CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.638
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving			
Calories		26.10	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		281.22mg	
Carbohydrates		3.98g	
Fiber		2.57g	
Total Sugar		1.29g	
Added Sugar		0.00g	
Protein		1.29g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.56mg	Iron	0.49mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower



Servings:	100.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	20 Pound		732486

Preparation Instructions

Thoroughly wash and dry cauliflower florets. Trim into small bite-sized pieces. Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.727
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		18.18	
Fat		0.15g	
Saturated Fat		0.15g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		21.82mg	
Carbohydrates		2.91g	
Fiber		1.45g	
Total Sugar		1.45g	
Added Sugar		0.00g	
Protein		1.45g	
Vitamin A	0.00mcg	Vitamin C	35.05mg
Calcium	16.00mg	Iron	0.31mg

Nutrition - Per 100g

Calories		16.03	
Fat		0.13g	
Saturated Fat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		19.24mg	
Carbohydrates		2.57g	
Fiber		1.28g	
Total Sugar		1.28g	
Added Sugar		0.00g	
Protein		1.28g	
Vitamin A	0.00mcg	Vitamin C	30.91mg
Calcium	14.11mg	Iron	0.27mg

Orange Wedges



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

Preparation Instructions

- 1. Wash oranges.
 - 2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
 - 3. Serve 6 wedges into a side dish container.
- CCP: Hold for cold service at 41° or less.
- Per USDA Buying Guide for138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

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 Each

Amount Per Serving			
Calories		60.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		15.00g	
Fiber		3.00g	
Total Sugar		12.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

General Tso Chicken w/ Fried Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	4 Ounce		199341
Vegetable Fried Rice	5 9/10 Ounce	STEAM 5.9 oz serving = 2 oz grain	676463

Preparation Instructions

- There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.
1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.
CCP: Hold for hot service at 140° or higher.
 2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
 3. Cook rice according to package directions. CCP: Hold for hot service..
 4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
 5. To assemble, place 1/2 cup rice directly onto tray and top with #10 scoop (3-4oz) of chicken.
CCP: Hold for hot service at 140° or higher.
- RICE: 5.9 oz serving = 2 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		221.11	
Fat		7.18g**	
Saturated Fat		1.03g	
Trans Fat		0.00g	
Cholesterol		51.28mg	
Sodium		470.85mg	
Carbohydrates		25.75g	
Fiber		1.11g	
Total Sugar		14.36g**	
Added Sugar		0.07g	
Protein		12.43g	
Vitamin A	0.00mcg**	Vitamin C	0.08mg
Calcium	20.72mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Nacho Fish Sticks w/ Cornbread Poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49313

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each		963499
POLLOCK BRD STIX NACH MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

Gather fish sticks and cornbread popper boxes.

Wash hands thoroughly and apply fresh gloves.

On sheet pans, assemble fish sticks and cornbread poppers in a single layer.

Bake fish sticks and cornbread poppers according to directions.

For the fish:

COOK FROM FROZEN CONVENTIONAL OVEN: BAKE AT 475°F ABOUT 11 TO 13 MINUTES. CONVECTION OVEN: BAKE AT 400°F ABOUT 9 TO 11 MINUTES. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

CCP: Fish must reach internal temperature of 140F or higher.

Cornbread Poppers: Bake according to package directions.

CCP: Hold at 140F or higher for service.

To Serve:

Place 4 fish sticks (2 oz meat + 1 oz grain) and 3 cornbread poppers directly onto tray.

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 Serving

Amount Per Serving			
Calories		374.25	
Fat		16.55g	
Saturated Fat		4.90g	
Trans Fat		0.07g	
Cholesterol		43.00mg	
Sodium		603.80mg	
Carbohydrates		41.50g	
Fiber		3.40g	
Total Sugar		5.50g	
Added Sugar		2.00g	
Protein		14.35g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.83mg	Iron	2.24mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	15 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	120 Ounce	1 bag = 80 oz BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.549
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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		85.34	
Fat		4.40g	
Saturated Fat		2.53g	
Trans Fat		0.00g	
Cholesterol		15.38mg	
Sodium		248.37mg	
Carbohydrates		6.10g	
Fiber		3.00g	
Total Sugar		1.55g	
Added Sugar		0.00g	
Protein		6.85g	
Vitamin A	213.19mcg	Vitamin C	0.00mg
Calcium	134.32mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		154.44	
Fat		11.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		330.00mg	
Carbohydrates		12.67g	
Fiber		3.56g	
Total Sugar		6.33g	
Added Sugar		0.00g	
Protein		0.89g	
Vitamin A	19022.22mcg	Vitamin C	6.93mg
Calcium	37.33mg	Iron	0.32mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Graham Crackers



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41150

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY WGRAIN	5 Package		282471
YOGURT CHERRY TRPL L/F	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F	1 Each	Ready to eat single serving	885750

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)
The recipe nutrient information shows one serving of a packet of graham crackers and a yogurt.
To Serve: One packet of graham crackers + one container of yogurt of choice.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		166.00	
Fat		2.80g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.00mg	
Sodium		156.00mg	
Carbohydrates		31.60g	
Fiber		1.00g	
Total Sugar		13.40g	
Added Sugar		9.80g	
Protein		6.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	124.00mg	Iron	0.72mg

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups (variety)



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE MANG PCH CUP	1 Each		849531
APPLESAUCE PCH UNSWT CUP	1 Each		450564
APPLESAUCE CINN UNSWT CUP	1 Each		809402
APPLESAUCE STRAWB FF CUP	1 Each		174331

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	15.10**
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	455.42g
Fiber	32.51g
Total Sugar	390.15g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 25000.00mg**
Calcium 162.56mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	6 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

- Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- Place 6 chicken strips directly onto tray.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		520.00	
Fat		30.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		780.00mg	
Carbohydrates		32.00g	
Fiber		6.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		30.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	72.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Arroz con Pollo

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Servings:	36.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	ALWAYS USE COMMODITY CHICKEN! UNSPECIFIED Not currently available	570533
SALSA 103Z	72 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
SEASONING TACO	3/4 Cup		413429
SAUCE CHS QUESO BLANCO FZ	5 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.	722110
Rice	5 Cup	Need 18 cups COOKED rice.	722987

Preparation Instructions

1. Cook rice. Need 18 cups of cooked rice for 36 half-cup servings.
2. Cook chicken according to package instruction.
3. Once rice is done and 18 cups measured, add salsa and taco seasoning. Mix well.
4. Once chicken is cooked, stir cheese into the chicken.
5. To serve, scoop 6oz rice directly onto tray and top with chicken & cheese mixture.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.220
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		450.30	
Fat		14.37g	
Saturated Fat		7.33g	
Trans Fat		0.01g	
Cholesterol		72.96mg	
Sodium		952.59mg	
Carbohydrates		48.96g	
Fiber		0.61g	
Total Sugar		1.83g	
Added Sugar		1.83g**	
Protein		25.72g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	233.33mg	Iron	3.74mg

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

Nutrition - Per 100g

Calories		198.55	
Fat		6.34g	
Saturated Fat		3.23g	
Trans Fat		0.00g	
Cholesterol		32.17mg	
Sodium		420.02mg	
Carbohydrates		21.59g	
Fiber		0.27g	
Total Sugar		0.81g	
Added Sugar		0.81g**	
Protein		11.34g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	102.88mg	Iron	1.65mg

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

Mini Sweet Peppers



Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	20 Pound		667582
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

- Thoroughly wash and dry peppers.
- Slice mini peppers into rings.
- Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.508
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		32.31	
Fat		0.18g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.17mg	
Sodium		4.17mg	
Carbohydrates		7.14g	
Fiber		3.05g	
Total Sugar		4.08g	
Added Sugar		0.00g	
Protein		1.02g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.32mg	Iron	0.37mg

Nutrition - Per 100g

Calories		28.49	
Fat		0.16g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.15mg	
Sodium		3.67mg	
Carbohydrates		6.30g	
Fiber		2.69g	
Total Sugar		3.60g	
Added Sugar		0.00g	
Protein		0.90g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	17.92mg	Iron	0.32mg

Mac & Cheese Bowl w/ garlic breadstick



Servings:	80.00	Category:	Grain
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34029
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC CHS WGRAIN	30 Pound		527582
BREADSTICK WGRAIN GARL HERB 1Z	80 Each		512723

Preparation Instructions

Prepare mac and cheese according to package direction.
CCP: Hold at 135F or higher.

To serve:
Scoop 6 oz into bowl #688490 and top with garlic breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	2.836
Grain	2.289
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 Ounce

Amount Per Serving			
Calories		482.81	
Fat		17.00g	
Saturated Fat		8.25g	
Trans Fat		0.00g	
Cholesterol		41.25mg	
Sodium		1111.24mg	
Carbohydrates		56.34g	
Fiber		3.06g	
Total Sugar		9.28g	
Added Sugar		0.00g	
Protein		27.78g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	633.90mg	Iron	1.79mg

Nutrition - Per 100g

Calories		283.84	
Fat		9.99g	
Saturated Fat		4.85g	
Trans Fat		0.00g	
Cholesterol		24.25mg	
Sodium		653.30mg	
Carbohydrates		33.12g	
Fiber		1.80g	
Total Sugar		5.46g	
Added Sugar		0.00g	
Protein		16.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	372.67mg	Iron	1.05mg

Salisbury Steak w/ biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY BF RSTD	2 Ounce	CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F	232424
DOUGH BISC 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 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

Pour 2oz gravy over patties.
Bake for 15-20 minutes.
CCP: Heat until internal temp. reaches 165° for 15 sec.
Serve directly onto tray with biscuit.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		440.00	
Fat		24.50g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		1080.00mg	
Carbohydrates		38.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		2.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	125.00mg	Iron	1.60mg

Nutrition - Per 100g

No 100g Conversion Available			
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Homemade PBJ



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51602

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
PEANUT BUTTER CRMY	4 Tablespoon	*Use commodity peanut butter!*	279013
JELLY GRP	1 Tablespoon		531811

Preparation Instructions

1. Lay out two slices of bread on a parchment lined counter.
2. Place peanut butter on one slice of bread and spread to cover slice.
3. Top second slice with jelly and spread over bread.
4. Put both slices together. Cut in half on the diagonal and stack both triangles on top of each other.
9. Wrap in clear plastic wrap and hold for service.

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 Sandwich

Amount Per Serving			
Calories		550.00	
Fat		32.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		415.00mg	
Carbohydrates		53.00g	
Fiber		6.00g	
Total Sugar		19.00g	
Added Sugar		11.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.44mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1/5 Pound		733061
POTATO MASH REAL PREM	2 Package		166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions
Add margarine and then slowly add potatoes mix until all potatoes are wet.
Let stand for 1 minute. Stir and serve
Put on serving line or in pass through.
CCP: Hold for hot service at 135° or higher

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	0.556

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		187.11	
Fat		2.14g	
Saturated Fat		0.42g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		765.82mg	
Carbohydrates		37.78g	
Fiber		2.22g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.44g	
Vitamin A	70.00mcg	Vitamin C	0.00mg
Calcium	44.44mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available

Mixed Veggies w/ dip



Servings:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	9 1/3 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	7 1/3 Pound	Rinse	732486
CUCUMBER SELECT	13 1/3 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	200 Each		52976
BROCCOLI FLORET BITE SIZE	8 Pound		732451
CELERY STIX	8 Pound		781592
CARROT BABY WHL CLEANED	8 Pound		510637

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.312
OtherVeg	0.471
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		171.48	
Fat		16.17g	
Saturated Fat		2.55g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		221.24mg	
Carbohydrates		7.98g	
Fiber		2.37g	
Total Sugar		3.60g	
Added Sugar		0.00g	
Protein		1.52g	
Vitamin A	3323.37mcg	Vitamin C	69.88mg
Calcium	36.47mg	Iron	0.63mg

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups



Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG	1 Each	READY_TO_EAT No prep needed.	863890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		30.00mg	
Carbohydrates		22.33g	
Fiber		0.00g	
Total Sugar		19.67g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	976.67mcg	Vitamin C	60.00mg
Calcium	83.33mg	Iron	0.47mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast & Sausage Links (PK-4)



Servings:	46.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKfst CKD	92 Each	Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1” apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F	352740
FRENCH TST STIX WGRAIN	140 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021

Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 3 sticks and 2 links directly on tray.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.283
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: 46.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		383.77	
Fat		16.12g	
Saturated Fat		3.01g	
Trans Fat		0.00g	
Cholesterol		70.14mg	
Sodium		474.20mg	
Carbohydrates		42.61g	
Fiber		2.03g	
Total Sugar		14.20g	
Added Sugar		14.20g	
Protein		18.09g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.94mg	Iron	1.43mg

Nutrition - Per 100g

No 100g Conversion Available

Cherry Blossom Chicken over Ramen Noodles



Servings:	30.00	Category:	Entree
Serving Size:	1.00 servings	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51623

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK JAPANESE CHRY BLSSM	120 Ounce		653342
Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case	10 Each		481514
SAUCE MIX ASIAN STIR FRD RICE	3 Ounce		149961

Preparation Instructions

- There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce. One bag = 30 servings of chicken.
1. Spread chicken pieces on a lined sheet pan. Bake frozen in convection oven for 30 minutes at 350° or until golden brown and very crispy. Temperature should be 165° or higher.
CCP: Hold for hot service at 140° or higher.
 2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
 3. 15 minutes before serving time, add all 10 ramen pucks to a hotel pan. Sprinkle half a packet Asian seasoning over noodles. Cover with hot water from hot water dispenser and allow noodles to hydrate.
 4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
CCP: Hold for hot service at 140° or higher.
 5. To assemble, place 1/2 cup ramen directly on the tray and top with #10 scoop (3-4oz) of chicken.
- **RAMEN SERVING SIZE: 28g dry noodles =1/3 of a noodle cake= 1/2 cup cooked noodles = 1 oz grain****

Meal Components (SLE)

Amount Per Serving

Meat	2.051
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: 30.00

Serving Size: 1.00 servings

Amount Per Serving			
Calories		335.21	
Fat		9.15g	
Saturated Fat		1.53g	
Trans Fat		0.00g	
Cholesterol		46.15mg	
Sodium		653.52mg	
Carbohydrates		39.21g	
Fiber		4.07g	
Total Sugar		14.71g	
Added Sugar		0.35g**	
Protein		16.72g	
Vitamin A	0.00mcg	Vitamin C	2.46mg
Calcium	9.60mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich (Lunch)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
DOUGH BISC 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 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

- Gather chicken and biscuits from the freezer.
- Lay chicken and biscuits out on their own sheet pans and bake according to package instruction.

Once biscuits are ready, place into a well and hold for service.

Once chicken reaches 160F or higher internal temperature, place in a well and hold for service.

CCP: Hold for hot service at 140° or higher.

Just before service:

Split biscuits and place one chicken patty onto each biscuit.

Serve.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.500
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 Serving			
Amount Per Serving			
Calories		410.00	
Fat		18.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		620.00mg	
Carbohydrates		37.00g	
Fiber		5.00g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.60mg

Nutrition - Per 100g

No 100g Conversion Available			
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Roasted Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
 2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
 3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.
- CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		51.96	
Fat		2.24g	
Saturated Fat		0.16g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		72.52mg	
Carbohydrates		6.54g	
Fiber		3.78g	
Total Sugar		1.26g	
Added Sugar		0.00g	
Protein		3.78g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.40mg	Iron	1.26mg

Nutrition - Per 100g

No 100g Conversion Available	
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Celery Sticks w/ dip



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	12 Pound		781592
SAUCE RNCH DIPN CUP	96 Each		182265

Preparation Instructions

serve chilled

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		125.00	
Fat		11.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		330.00mg	
Carbohydrates		5.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Soft Tacos



Servings:	50.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	10 Pound	10# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6IN	100 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.
CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.
2. Cut open bags and pour into serving pans. Cover.
CCP: Hold for hot service at 135F or higher.
- To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese.
May hold assembled tacos in a well, do not wrap or boat to serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.971
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: 50.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		508.89	
Fat		28.41g	
Saturated Fat		17.53g	
Trans Fat		0.00g	
Cholesterol		92.88mg	
Sodium		819.38mg	
Carbohydrates		37.00g	
Fiber		6.02g	
Total Sugar		4.02g	
Added Sugar		0.00g	
Protein		28.63g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	486.92mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fish Nuggets w/Onion Rings



Servings:	40.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22657

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z	160 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	344271
ONION RING BRD WGRAIN	200 Each	Bake in 350° convection oven for approximately 10-11 minutes.	234061

Preparation Instructions

Cook fish and onion rings according to package direction.
CCP: Hold fish and onion rings for hot service at minimum of 135°.
Place 4 fish nuggets and 5 onion rings directly onto the tray to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Piece

Amount Per Serving			
Calories		410.00	
Fat		16.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		530.00mg	
Carbohydrates		51.00g	
Fiber		5.00g	
Total Sugar		6.00g	
Added Sugar		1.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	2.58mg

Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	24 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE SLD	8 Ounce	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

Add margarine to hot corn.

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

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	0.687

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		98.76	
Fat		2.86g	
Saturated Fat		0.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		18.33mg	
Carbohydrates		16.42g	
Fiber		2.05g	
Total Sugar		6.16g	
Added Sugar		0.00g	
Protein		2.05g	
Vitamin A	125.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo



Servings:	70.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	*Use commodity diced chicken whenever possible!* Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA PENNE RIGATE 100 WHLWHE	8 3/4 Pound		654571

Preparation Instructions

- CCP: Heat sauce with chicken to 165° for 15 seconds.
- CCP: Hold for hot service at 135° or higher.
- Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.
- To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	2.076
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: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		294.76	
Fat		6.27g	
Saturated Fat		1.69g	
Trans Fat		0.01g	
Cholesterol		44.98mg	
Sodium		156.37mg	
Carbohydrates		41.45g	
Fiber		6.00g	
Total Sugar		2.51g	
Added Sugar		0.00g	
Protein		14.69g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	52.46mg	Iron	2.46mg

Nutrition - Per 100g

Calories		173.29	
Fat		3.68g	
Saturated Fat		0.99g	
Trans Fat		0.00g	
Cholesterol		26.44mg	
Sodium		91.93mg	
Carbohydrates		24.37g	
Fiber		3.53g	
Total Sugar		1.48g	
Added Sugar		0.00g	
Protein		8.64g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.84mg	Iron	1.44mg

Cheese Omelet w/ biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC 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 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

Cook both egg omelet and biscuits according to package instructions.

CCP: Hold at 135F or higher.

Serve one omelet with a biscuit right onto the tray.

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 Serving			
Amount Per Serving			
Calories		330.00	
Fat		19.00g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		630.00mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	203.00mg	Iron	2.60mg

Nutrition - Per 100g

No 100g Conversion Available	
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Sugar Snap Peas & Cherry Tomatoes



Servings:	80.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	12 Pound		09090
TOMATO GRAPE/CHERRY MEDLEY	6 Pound		870169

Preparation Instructions

Mix sugar snap peas and cherry tomatoes together. Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.225
OtherVeg	0.300
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	14.79		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	3.08g		
Fiber	1.05g		
Total Sugar	2.03g		
Added Sugar	0.00g		
Protein	1.05g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	12.15mg	Iron	0.50mg

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

Nutrition - Per 100g

Calories	13.04		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.98mg		
Carbohydrates	2.71g		
Fiber	0.93g		
Total Sugar	1.79g		
Added Sugar	0.00g		
Protein	0.93g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	10.71mg	Iron	0.44mg

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

Chicken & Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Whole Grain Waffle	1 Each	BAKE Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.	138652

Preparation Instructions

Bake chicken and waffles on sheet trays according to package instruction.

CCP: Hold at 135F or higher.

Place 1 prepared chicken breast on top of 1 waffle and serve directly onto tray.

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

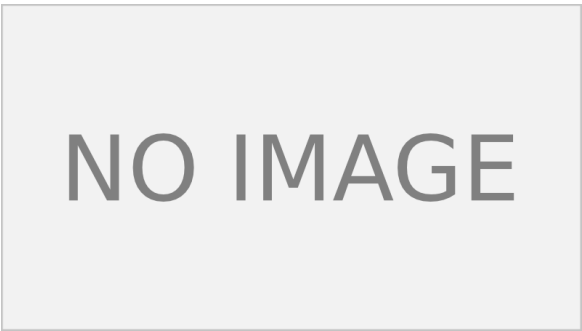
Amount Per Serving			
Calories		261.54	
Fat		11.31g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		48.85mg	
Sodium		378.46mg	
Carbohydrates		18.23g	
Fiber		3.77g	
Total Sugar		1.54g	
Added Sugar		0.77g	
Protein		20.54g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	48.85mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ croutons & roll (Elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, Cubed Frozen	1 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1/2 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce	*Order diced tomatoes from Piazza*	786543
CUCUMBER SELECT	3 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Dinner Roll	1 Each	Ready to eat	3920
DRESSING RNCH ORIG PKT	1 Ounce		554693

Preparation Instructions

1. Arrange lettuce in container.
 2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, 1/2 sliced egg, diced tomatoes, sliced cucumber.
 3. Serve with 2 pkgs croutons + 1 dinner roll.
- CCP: Hold for cold service at 40F.

Serve with ranch dressing.

Meal Components (SLE)

Amount Per Serving	
Meat	2.820
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.333
OtherVeg	0.188
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		546.79	
Fat		31.16g	
Saturated Fat		9.57g	
Trans Fat		0.00g	
Cholesterol		142.25mg	
Sodium		1075.35mg	
Carbohydrates		42.51g	
Fiber		3.39g	
Total Sugar		9.17g	
Added Sugar		2.00g	
Protein		22.49g	
Vitamin A	10.24mcg	Vitamin C	0.27mg
Calcium	306.06mg	Iron	3.37mg

Nutrition - Per 100g

No 100g Conversion Available	
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Pigs in a Blanket



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51604

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN	25 Each		262670
FRANKS 3 MEAT CLASSIC 8/	25 Each		304913

Preparation Instructions

Gather all ingredients needed. Wash hands and apply fresh pair of gloves.

THE DAY BEFORE:

Pull sub dough from freezer the night before. Lay out the number needed on a sheet pan lined with parchment paper sprayed with buttermist, and place pan in cooler to thaw overnight.

1. Take sheet pans of thawed dough and set on counter. Take a piece of dough and stretch it out a little to wrap.
 2. Take 1 hot dog and twist the dough around the hot dog from end to end. Replace onto sheet pan.
 3. Continue until all hot dogs are wrapped.
 4. Bake at 350F for 10-15 minutes, until the dough is golden brown. Hot dogs should reach 165F when temped.
- CCP: Hold baked pigs-in-a-blanket at 145F in warmer covered with foil until ready to serve.

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		331.70	
Fat		18.80g	
Saturated Fat		5.50g	
Trans Fat		0.03g	
Cholesterol		45.00mg	
Sodium		760.10mg	
Carbohydrates		30.00g	
Fiber		3.30g	
Total Sugar		5.00g	
Added Sugar		5.00g	
Protein		12.20g	
Vitamin A	0.07mcg	Vitamin C	0.00mg
Calcium	53.01mg	Iron	2.33mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick w/ mac & cheese & mini biscuit (elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35788
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p>BAKE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>HEATING INSTRUCTIONS</p> <p>OVEN TEMP. TIME</p> <p>CONVECTION 325°F 4-5 M</p> <p>STANDARD 375°F 5-6 M</p> <p>FOOD WARMER 150°F 45-55 M</p> <p>MICROWAVE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S</p> <p>READY_TO_EAT</p> <p>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard</p> <p>reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p>	521782

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 2/3 cup =2oz M/MA and 1 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	3.815
Grain	2.825
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 Serving

Amount Per Serving			
Calories		577.20	
Fat		25.56g	
Saturated Fat		11.44g	
Trans Fat		0.33g	
Cholesterol		109.70mg	
Sodium		1663.60mg	
Carbohydrates		51.36g	
Fiber		3.32g	
Total Sugar		7.94g	
Added Sugar		2.00g	
Protein		35.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	489.86mg	Iron	2.26mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Mixed Fruit



Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
GRAPES RED SDLSS	4 Cup		197831
STRAWBERRY	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.
Portion into 4 oz cups.
CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.778
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		89.13	
Fat		0.38g	
Saturated Fat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.90mg	
Carbohydrates		23.22g	
Fiber		2.45g	
Total Sugar		17.29g	
Added Sugar		0.00g	
Protein		0.98g	
Vitamin A	145.24mcg	Vitamin C	19.18mg
Calcium	24.71mg	Iron	0.35mg

Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad w/ ranch



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

- 1. Place 1C lettuce in boat.
 - 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		156.57	
Fat		13.36g	
Saturated Fat		3.52g	
Trans Fat		0.00g	
Cholesterol		17.50mg	
Sodium		299.87mg	
Carbohydrates		6.25g	
Fiber		1.59g	
Total Sugar		3.37g	
Added Sugar		0.00g	
Protein		2.94g	
Vitamin A	381.53mcg	Vitamin C	6.35mg
Calcium	71.29mg	Iron	0.14mg

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken w/ Veg. Fried Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce	PREPARE FROM FROZEN STATE	791710
Vegetable Fried Rice	5 9/10 Ounce	STEAM	676463

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.
CCP: Hold for hot service at 140° or higher.
2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
3. Cook rice according to package directions. CCP: Hold for hot service..
4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
5. To assemble, place 1/2 cup rice directly onto tray and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		200.60	
Fat		4.10g**	
Saturated Fat		1.03g	
Trans Fat		0.00g	
Cholesterol		46.15mg	
Sodium		399.05mg	
Carbohydrates		26.77g	
Fiber		2.14g	
Total Sugar		13.33g**	
Added Sugar		13.40g	
Protein		14.49g	
Vitamin A	0.00mcg**	Vitamin C	0.08mg
Calcium	0.21mg	Iron	1.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

3-Cheese Cavatappi



Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	30 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.	149193
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	80 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

Bake pasta and breadsticks according to package direction.
CCP: Hold at 135F or higher.
To Serve: Scoop 6 oz cavatappi onto tray with a twisty breadstick.

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: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	454.00
Fat	21.00g
Saturated Fat	10.70g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	1691.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	3.00g**
Added Sugar	0.00g
Protein	32.00g
Vitamin A 616.00mcg**	Vitamin C 0.00mg**
Calcium 384.00mg	Iron 2.00mg

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

Nutrition - Per 100g

Calories	266.91
Fat	12.35g
Saturated Fat	6.29g
Trans Fat	0.00g
Cholesterol	55.85mg
Sodium	994.14mg
Carbohydrates	16.46g
Fiber	1.18g
Total Sugar	1.76g**
Added Sugar	0.00g
Protein	18.81g
Vitamin A 362.15mcg**	Vitamin C 0.00mg**
Calcium 225.75mg	Iron 1.18mg

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

Pizza Buildable (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it!	959048
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
Sliced Pepperoni	10 Slice		394085

Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.
Use large boat to place all items in.
(Thaw flatbreads the night before)
 2. Tear flatbreads at the seams to break apart.
 3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.
 4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.
- CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.714
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 Serving

Amount Per Serving			
Calories		1690.00	
Fat		17.00g**	
Saturated Fat		47.00g	
Trans Fat		0.00g	
Cholesterol		280.00mg	
Sodium		6100.00mg	
Carbohydrates		48.00g	
Fiber		2.00g	
Total Sugar		10.00g**	
Added Sugar		3.00g	
Protein		82.00g	
Vitamin A	0.20mcg**	Vitamin C	0.06mg**
Calcium	532.18mg	Iron	6.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks w/ marinara

NO IMAGE

Servings:	84.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35686
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	84 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

Preparation Instructions

Bake mozzarella sticks according to package direction.
Assemble 6 mozz sticks in a boat with a marinara cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 84.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories		345.24	
Fat		11.48g	
Saturated Fat		3.33g	
Trans Fat		0.00g	
Cholesterol		14.29mg	
Sodium		773.33mg	
Carbohydrates		41.43g	
Fiber		2.86g	
Total Sugar		7.90g	
Added Sugar		1.00g	
Protein		20.10g	
Vitamin A	0.00mcg	Vitamin C	0.93mg
Calcium	491.43mg	Iron	2.39mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunch Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51626

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F	1 Each		200612
CHEESE STIX CHED MLD R/F IW	1 Each	READY_TO_EAT Ready to Eat	786830
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM HNY WGRAIN	1 Package		282471

Preparation Instructions

Arrange all items in 1# boat #537273 .
Serve immediately or hold at 40F for service.

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		370.00	
Fat		13.50g	
Saturated Fat		5.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		450.00mg	
Carbohydrates		52.00g	
Fiber		2.00g	
Total Sugar		22.00g	
Added Sugar		18.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	304.00mg	Iron	1.42mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad w/ tortilla chips (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	USE COMMODITY SHREDDED CHEESE WHENEVER POSSIBLE	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND YEL	2 Ounce	Weigh out 1 ounce to get number of chips per ounce. Serve 2 oz chips on side in boat or baggie.	163020
SOUR CREAM PKT	1 Each		745903
SAUCE TACO MILD PKT	1 Each		192007

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/4 Cup	Commodity Salsa only	100330

Preparation Instructions

- 1. Portion romaine lettuce into the bottom of a bowl. Use Earthchoice bowl #688490.
- 2. Add 2 oz shredded cheddar cheese.
- CCP: Hold for cold service at 40F until ready to serve.
- 4. Prepare taco meat according to package direction.
- CCP: Hold for hot service at 140F or above.
- To Serve:
- 5. Add #12 Scoop of taco meat to boat with lettuce and cheese.
- 6. Serve with 2 oz of chips on the side, directly onto tray.
- 1 commodity salsa cup, 1 sour cream packet, and taco sauce are optional, place available for self service.

Meal Components (SLE)

Amount Per Serving	
Meat	4.050
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		670.95	
Fat		36.92g	
Saturated Fat		18.35g	
Trans Fat		0.00g	
Cholesterol		114.86mg	
Sodium		983.16mg	
Carbohydrates		55.13g	
Fiber		10.05g	
Total Sugar		6.05g	
Added Sugar		0.00g	
Protein		31.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	562.26mg	Iron	4.03mg

Nutrition - Per 100g

No 100g Conversion Available			
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Grilled Cheese Sandwich w/ tomato Soup

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22505
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	Commodity Cheese	100036
SOUP TOMATO	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

Preparation Instructions

1. Gather all ingredients needed. Wash hands and put on fresh pair of gloves.
 2. Generously spray the sheet pan with buttery pan spray and lay out slices of bread for first layer.
 3. Arrange 4 slices of cheese, layered on overlapping so the whole surface of the bread is covered.
 4. Add the top slice of bread.
 5. Generously spray top layer of bread with buttery spray and place a second sheet pan on the top of the sandwiches to toast.
 6. Bake at 350F for 10-15 minutes until bread is golden and toasty and the cheese is melted.
- CCP: Hold for hot service at 135F or higher.
- Do not wrap. Place directly on tray to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.260
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		480.00	
Fat		14.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1500.00mg	
Carbohydrates		64.00g	
Fiber		4.00g	
Total Sugar		24.00g	
Added Sugar		0.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.24mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22696
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z	1 Each	BAKE 1. Do not thaw. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat in a conventional oven preheated @ 350 degrees F for 12-14 minutes OR heat in a convection oven preheated @350 degrees F for 10-12 minutes.	661921
5" Split Top Whole Grain Hoagie Bun	1 Each	READY_TO_DRINK	3737

Preparation Instructions

Bake pork patties according to package direction.
CCP: Hold at 135F or higher.

Assemble onto buns just before serving. Hold short period of time unwrapped in a hotel pan with lid.
Serve onto tray unwrapped.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.190
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.00	
Fat		12.00g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		660.00mg	
Carbohydrates		34.00g	
Fiber		3.00g	
Total Sugar		9.00g	
Added Sugar		0.00g	
Protein		20.00g	
Vitamin A	100.00mcg	Vitamin C	1.20mg
Calcium	60.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza Crunchers



Servings:	92.00	Category:	Entree
Serving Size:	6.00 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	552 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

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: 92.00

Serving Size: 6.00 pieces

Amount Per Serving			
Calories		310.00	
Fat		11.00g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		560.00mg	
Carbohydrates		33.00g	
Fiber		3.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00mcg	Vitamin C	0.98mg
Calcium	516.00mg	Iron	1.77mg

Nutrition - Per 100g

No 100g Conversion Available

Submarine Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hoagie Bun	1 Each		3744
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
MEAT COMBO PK SLCD	3 Ounce		236012

Preparation Instructions

Place 2 slices cheese on the bun first, followed by 2 slices each of bologna, ham, and salami on a Klosterman sub bun.

Notes:

2.79z Bologna = 2z m/ma; 3.06z Ham = 2z m/ma; 3z Salami = 2z m/ma.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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 Serving

Amount Per Serving			
Calories		430.00	
Fat		22.50g	
Saturated Fat		7.50g	
Trans Fat		0.00g	
Cholesterol		90.00mg	
Sodium		1520.00mg	
Carbohydrates		33.50g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		0.00g	
Protein		22.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	53.57mg	Iron	10.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Poppers w/ mini biscuit



Servings:	160.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	32 Pound	12 poppers = serving BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	160 Each	<p>BAKE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>HEATING INSTRUCTIONS</p> <p>OVEN TEMP. TIME</p> <p>CONVECTION 325°F 4-5 M</p> <p>STANDARD 375°F 5-6 M</p> <p>FOOD WARMER 150°F 45-55 M</p> <p>MICROWAVE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S</p> <p>READY_TO_EAT</p> <p>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard</p> <p>reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p>	521782

Preparation Instructions

- Bake chicken according to package direction.
- CCP: Hold at 135F or higher.
- To serve: Portion 12 pieces of chicken along with a mini biscuit right onto the tray.

Meal Components (SLE)

Amount Per Serving

Meat	2.364
Grain	2.182
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: 160.00

Serving Size: 12.00 Each

Amount Per Serving			
Calories		339.36	
Fat		18.09g	
Saturated Fat		5.21g	
Trans Fat		0.00g	
Cholesterol		21.68mg	
Sodium		549.47mg	
Carbohydrates		26.18g	
Fiber		4.25g	
Total Sugar		2.08g	
Added Sugar		1.00g	
Protein		17.18g	
Vitamin A	118.18mcg	Vitamin C	0.00mg
Calcium	109.03mg	Iron	2.97mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	10 Pound	2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness.	221460
SAUCE SPAGHETTI BF REDC FAT	18 3/4 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201

Preparation Instructions

To Serve:
Place a 8 oz spoodle of noodles in bowl #688490 and top with a 6 oz of meat sauce.
1 cup cooked pasta = 2 oz grain
6 oz meat sauce = 2 oz meat

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	3.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		571.02	
Fat		17.56g	
Saturated Fat		6.28g	
Trans Fat		1.06g	
Cholesterol		57.45mg	
Sodium		387.23mg	
Carbohydrates		78.37g	
Fiber		8.53g	
Total Sugar		13.31g	
Added Sugar		2.13g	
Protein		27.16g	
Vitamin A	688.30mcg	Vitamin C	20.21mg
Calcium	54.30mg	Iron	5.33mg

Nutrition - Per 100g

Calories		251.78	
Fat		7.74g	
Saturated Fat		2.77g	
Trans Fat		0.47g	
Cholesterol		25.33mg	
Sodium		170.74mg	
Carbohydrates		34.55g	
Fiber		3.76g	
Total Sugar		5.87g	
Added Sugar		0.94g	
Protein		11.97g	
Vitamin A	303.49mcg	Vitamin C	8.91mg
Calcium	23.94mg	Iron	2.35mg

Baked Potato



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293
Shredded Cheddar Cheese	2 Ounce		100003
Ham, Cubed Frozen	2 Ounce		100188-H
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Heat diced ham according to package instruction.

CCP: Hold at 135F or higher.

To serve:

Top potatoes with 2 oz each ham and cheddar cheese. Offer sour cream packet on the side as optional. Serve potato directly onto tray with a roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.639
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		501.65	
Fat		22.48g	
Saturated Fat		13.64g	
Trans Fat		0.00g	
Cholesterol		89.51mg	
Sodium		905.53mg	
Carbohydrates		48.28g	
Fiber		4.80g	
Total Sugar		5.64g	
Added Sugar		0.00g	
Protein		26.60g	
Vitamin A	3.40mcg	Vitamin C	33.50mg
Calcium	60.40mg	Iron	2.04mg

Nutrition - Per 100g

No 100g Conversion Available