

Cookbook for Prairie Crossing

Created by HPS Menu Planner

Table of Contents

[Cheeseburger](#)

[Breaded Chicken Sandwich](#)

[Assorted Cereals - Lower Sugar \(1oz\)](#)

[Assorted Graham Snacks](#)

[Assorted Yogurt](#)

[Bacon & Egg Sandwich](#)

[Bacon & Egg Biscuit](#)

[Strawberry Banana Smoothie](#)

[Powdered Donut Holes- Incomplete Recipe](#)

[Cinnamon Sugar Donut Holes- Incomplete Recipe](#)

[Donut Holes with Chocolate Syrup](#)

[Cinnamon Roll with Icing](#)

[Egg & Cheese Biscuit](#)

[Fruit Parfait](#)

Chicken Biscuit

Chicken Bacon Ranch Wrap

Chicken Alfredo (OLD BERNARD PRODUCT)

Deli (turkey) on Bun BC

Chicken Fajita Wrap

Chef Salad w/ Diced Ham

Variety of Dried Fruit

Burrito

Rosy Applesauce

Spiced Apples

Fruited Gelatin

5 Cup Salad

Hawaiian Salad

Cherry 5 Cup Salad

Chocolate Bananas

Apple Crisp

Berry Glaze Dessert

Sidekick Fruit Slushie

Potato Salad - From Scratch

Spaghetti with Meat Sauce

Garlic Biscuit Stick

Lasagna Roll-Up

Chef Salad w/ Bacon

Chef Salad w/ Diced Turkey

Pizza Burger on Bun

Salisbury Steak & Gravy

Turkey & Cheese Sandwich

Grilled Cheese Sandwich

Tomato Soup

Mashed Potatoes

Texas Straw Hat - PCE

BBQ Chicken on Bun

Texas Sheet Cake

Hot Dog on Bun

Garlic Breadstick

Fish Nugget Wrap

Baked Beans

Grilled Chicken on Bun

Turkey & Noodles

Italian Sub

Meatball Sub

Chili

Chicken Salad Sandwich on 4" Bun

Chicken Salad Sandwich on 3.5" Bun

Sloppy Joe on 4" Bun

Stromboli on Sub Bun

Tenderloin on Bun

Hamburger on Bun

Fish & Cheese on Bun

BBQ Rib on Bun

Spicy Chicken Sandwich

Smoked Sausage on Bun

Nacho Supreme - USING TEX PRO

BBQ Pork on Bun

Sausage Gravy with Biscuit

Broccoli & Cheese

Taco Meat Recipe - No Bernard

Alfredo Sauce Recipe - No Bernard - Not Finished

Powdered Sugar Icing

Spaghetti with Meat Sauce- No Bernard Seasoning mix

Pizza Burger- No Bernard Mix

Cinnamon Roll

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Rosy Applesauce

Turkey & Cheese Sandwich-BC (Commodity Turkey)

Italian Sub

Diced Ham & Cheese Wrap- BC

Quesadilla - Chicken

Lunch Kit - Turkey Ham & Cheese

Lunch Kit - Cheese Pizza Lunch Kit

Lunch Kit- Cheese & Turkey Pepperoni Pizza Lunch Kit

Hot Dog on Bun

Apple Crisp

Bacon & Egg Biscuit

Garlic Biscuit Stick

Fish & Cheese on Bun

Baked Beans

Powdered Donut Holes- Incomplete Recipe

Smoked Sausage on Bun

Chicken Fajita Wrap

Garlic Breadstick

Bosco Sticks

Donut Holes - Plain

(Cinni Mini) Pillsbury Cinnamon Mini Pull Apart

Chicken Maple Waffle Sandwich - Bake Crafters

Muffin - Assorted Flavors (Gordon Choice Fully Baked)

Calzone - Pepperoni

Pizza Sticks

Quesadilla - Cheese

Egg & Cheese Omelet on a Biscuit

Chicken Biscuit

Chicken Alfredo w/ Penne Pasta

Bacon & Egg Croissant

Fruit Parfait

Nacho Supreme- PCE

Nacho Supreme- OTT

Texas Straw Hat- USING TEX PRO

Texas Straw Hat - OTT

Burrito-BC USING TEX PRO

Burrito-PCE

Burrito-OTT

Baked Beans

Breakfast Scramble - Bacon Egg & Cheese Skillet

Breakfast Scramble - Sausage & Egg Skillet

Hot Dog on Bun

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Meatball Sub

Meatball Sub

Breaded Chicken Sandwich

Breakfast Burritos -Sausage Egg & Cheese LUNCH SERVING

Chicken Tender Wrap

Chicken Tender Wrap

Spicy Chicken Tender Wrap

Spicy Chicken Tender Wrap

Pizza Burger- No Bernard Mix

Pizza Burger- No Bernard Mix

Pizza Burger- No Bernard Mix

BBQ Rib on Bun

Fried Rice w/ Vegetables

Cornbread Loaf

Mac & Cheese Bites

Ham and Cheese Sandwich

Breakfast Scramble - Bacon Egg & Cheese Skillet LUNCH PORTION

Breakfast Burritos -Sausage Egg & Cheese BREAKFAST SERVING

BBQ Rib on Bun

Mac & Cheese Bites

Mac & Cheese Bites

Orange Chicken Dumplings

Cheeseburger

Hamburger on Bun

Texas BBQ on Sub Bun

Texas BBQ on Sub Bun

Stromboli on Sub Bun

Texas BBQ on Sub Bun

Fish & Cheese on Bun

Strawberry Banana Smoothie

Strawberry Banana Smoothie

Donut Ring - Plain

Donut Ring - Iced

Donut Ring - Powdered

Scrambled Eggs, Bacon, Toast

Sausage Egg Croissant

Egg & Cheese Omelet + Hashbrowns

Egg & Cheese Omelet + Hashbrowns

Scrambled Eggs, Bacon, Toast

Hamburger on Bun

Hot Honey Chicken Croissant

Pulled Pork Mac & Cheese Bowl

Pulled Pork Mac & Cheese

Greek Gyro on Pita Bread

Philly Cheesesteak Sandwich (JTM Meat)

Shrimp Tacos

Shrimp Tacos

Pulled Pork Street Taco

Pulled Pork Street Taco 2

Cheeseburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z	1 Each		655482
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Patty Cooking Instructions:

Place 3 rows of 10 patties in #1 pan. (Patties are stacked vertical in a row)

Put pan in Combi oven. Steam cook 15-20 minutes or until internal temperature reaches 165 degrees.

Remove pan from oven, put lid on the pans.

Place in hot pass-thru, hot hold until ready to serve.

SERVING

Place patty on bun

Add cheese as they are served (if student wants cheese)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.50	
Fat		14.10g	
Saturated Fat		5.90g	
Trans Fat		0.58g	
Cholesterol		43.50mg	
Sodium		541.40mg	
Carbohydrates		27.00g	
Fiber		3.80g	
Total Sugar		4.50g	
Added Sugar		3.00g	
Protein		20.90g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each		281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereals - Lower Sugar (1oz)

Servings:	11.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
CEREAL CHEERIOS WGRAIN BWL	1 Each		264702
CEREAL CINN CHEX BWL	1 Each		453143
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each		261557
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401
CEREAL RICE CHEX WGRAIN BWL	1 Package		268711
CEREAL RAISIN BRAN BWL	1 Each		247197
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

Updated May 22 2025 Mcorns

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		89.02**	
Fat		2.71g	
Saturated Fat		0.21g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		226.53mg	
Carbohydrates		33.82g	
Fiber		2.28g	
Total Sugar		8.27g	
Added Sugar		7.18g	
Protein		3.33g	
Vitamin A	63.64mcg**	Vitamin C	4.32mg
Calcium	113.14mg	Iron	7.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Graham Snacks

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		120.00	
Fat		3.86g	
Saturated Fat		0.93g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		103.57mg	
Carbohydrates		20.86g	
Fiber		1.43g	
Total Sugar		7.14g	
Added Sugar		5.29g	
Protein		1.86g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.86mg	Iron	1.10mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		76.00	
Fat		0.30g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.00mg	
Sodium		61.00mg	
Carbohydrates		14.60g	
Fiber		0.00g	
Total Sugar		9.40g	
Added Sugar		5.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	124.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Sandwich

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		212.86	
Fat		8.36g	
Saturated Fat		1.71g	
Trans Fat		0.00g	
Cholesterol		107.50mg	
Sodium		511.43mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.36g	
Protein		10.57g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.13mg

Nutrition - Per 100g

No 100g Conversion Available			
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Bacon & Egg Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		275.56	
Fat		14.26g	
Saturated Fat		6.21g	
Trans Fat		0.07g	
Cholesterol		109.50mg	
Sodium		712.63mg	
Carbohydrates		24.00g	
Fiber		2.60g	
Total Sugar		2.00g	
Added Sugar		1.36g	
Protein		10.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.58mg	Iron	1.31mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Smoothie

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		226.48	
Fat		2.74g	
Saturated Fat		1.50g	
Trans Fat		0.00g	
Cholesterol		14.96mg	
Sodium		131.90mg	
Carbohydrates		42.66g	
Fiber		2.50g	
Total Sugar		28.43g	
Added Sugar		8.21g	
Protein		8.98g	
Vitamin A	107.76mcg	Vitamin C	5.14mg
Calcium	302.43mg	Iron	0.21mg

Nutrition - Per 100g

No 100g Conversion Available

Powdered Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50634
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories		280.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		6.00g	
Added Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cinnamon Sugar Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50635
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		280.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		6.00g	
Added Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available			
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Donut Holes with Chocolate Syrup

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		322.75	
Fat		16.15g	
Saturated Fat		7.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		330.25mg	
Carbohydrates		41.00g	
Fiber		2.40g	
Total Sugar		16.00g	
Added Sugar		10.00g	
Protein		4.25g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.01mg	Iron	1.71mg

Nutrition - Per 100g

No 100g Conversion Available			
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Cinnamon Roll with Icing

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Powdered Sugar Icing	1 Tablespoon	Mix ingredients together until smooth. Top each cinnamon roll with 1 Tbsp. icing.	R-52547
DOUGH ROLL CINN WGRAIN	1 Each	BAKE PLACE FROZEN ROLL DOUGH, SMOOTH SIDE FACING DOWNWARD, ON PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. ROLLS ARE FULLY BAKED WHEN CENTER CURL SPRINGS BACK WHEN LIGHTLY TOUCHED. ALLOW TO COOL IF ICING OR FINISHING. Great low-prep bakery item which allows for flexible usage in the cafeteria, kiosks, grab on the go and lunch menus.	119090

Preparation Instructions

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

----- 2.5 OUNCE ROLLS CLUSTERED 14 TO 20 2.5
OUNCE ROLLS INDIVIDUAL 12 TO 15 COOL AND ICE WITH 1 TBSP ICING.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		311.04	
Fat		12.03g	
Saturated Fat		5.02g	
Trans Fat		0.00g	
Cholesterol		0.16mg	
Sodium		361.27mg	
Carbohydrates		46.11g	
Fiber		3.00g	
Total Sugar		20.78g	
Added Sugar		42.00g	
Protein		6.08g	
Vitamin A	0.10mcg	Vitamin C	0.02mg
Calcium	20.01mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available			
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Egg & Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 slices		100036
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		272.70	
Fat		13.90g	
Saturated Fat		7.00g	
Trans Fat		0.07g	
Cholesterol		104.50mg	
Sodium		631.20mg	
Carbohydrates		25.00g	
Fiber		2.60g	
Total Sugar		2.50g	
Added Sugar		1.00g	
Protein		9.90g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.58mg	Iron	1.18mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit Parfait

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1/2 Cup	Use any canned or frozen fruit of choice.	110860
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3/4 Cup		499989

Preparation Instructions

1. (use #12 scoop to put 3oz yogurt into bottom of 12 oz. cup.
2. Add 1/4 cup fruit layer onto of yogurt
3. (use #12 scoop) to put remaining 3oz yogurt into cup.
4. Top with remaining 1/4 cup fruit.
4. Cover and chill until ready to serve.

Hold in cold pass thru until served.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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		173.99	
Fat		1.12g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.62mg	
Sodium		114.49mg	
Carbohydrates		34.75g	
Fiber		2.00g	
Total Sugar		20.75g	
Added Sugar		9.00g	
Protein		6.75g	
Vitamin A	179.99mcg	Vitamin C	0.00mg
Calcium	247.49mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50640
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each		645080
DOUGH BISCUIT WGRAIN	1 Each		237390

Preparation Instructions

No Preparation Instructions available.

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 Each			
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	
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Chicken Bacon Ranch Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51162
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
DRESSING RNCH BTRMLK	4 Cup		426598
BACON TKY CKD	200 Slice	2 strips per wrap	834770
TORTILLA FLOUR ULTRGR 8IN	100 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250

Preparation Instructions

- Toss diced chicken and shredded cheese with ranch dressing until well mixed.
- Assemble: tortilla wrap, chicken mixture, 2 slices of turkey bacon on top.
- Wrap, fold in ends of tortilla and roll from other end until closed.
- Refrigerate until ready to serve.
- Hold at 40 degrees or less.
- Serve with lettuce on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		362.57	
Fat		18.20g	
Saturated Fat		6.94g	
Trans Fat		0.00g	
Cholesterol		59.72mg	
Sodium		564.11mg	
Carbohydrates		30.73g	
Fiber		4.00g	
Total Sugar		2.32g	
Added Sugar		0.35g	
Protein		20.56g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	125.93mg	Iron	2.13mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo (OLD BERNARD PRODUCT)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound		100101
BASE CHIX LO SOD NO MSG	1 1/2 Pound	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
Water	1 1/2 Gallon	READY_TO_DRINK	Water
SAUCE ALFREDO FZ	9 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
MARGARINE SLD	1 1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
2% White Low Fat Milk	1 1/2 Gallon	Keep refrigerated until served	2% white milk
PASTA SPAG 51 WGRAIN	25 Pound		221460

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

Deli (turkey) on Bun BC

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51164
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z	336 Ounce		656891
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	9 Package		266546
CHEESE AMER YEL 120CT SLCD	100 Slice		164216

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	2.160
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving			
Calories		400.01	
Fat		14.72g	
Saturated Fat		6.56g	
Trans Fat		0.00g	
Cholesterol		120.80mg	
Sodium		1419.61mg	
Carbohydrates		29.68g	
Fiber		3.24g	
Total Sugar		5.32g	
Added Sugar		6.60g	
Protein		33.60g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	144.40mg	Iron	3.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51165
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/5 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		339.82	
Fat		13.26g	
Saturated Fat		7.88g	
Trans Fat		0.00g	
Cholesterol		84.65mg	
Sodium		812.35mg	
Carbohydrates		32.38g	
Fiber		4.00g	
Total Sugar		3.88g	
Added Sugar		0.00g	
Protein		24.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	144.50mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ Diced Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51166
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE SWT	1 Ounce		129631
CUCUMBER SELECT	1 Ounce		361510
DICED HAM	2 1.22 OZ	THAW	
Egg, whole, cooked, hard-boiled	1 cup, chopped		1129

Preparation Instructions

1. Place 2 cups romaine in 5.75 container
2. 2 oz diced ham
3. 2 oz cheese
4. 1 oz cherry tomatoes
5. 1 oz sliced cucumbers

Prepare in Grab and Go container

Put meat in a 2 oz portion cup

Put Shredded Romaine lettuce in a Grab & Go container

top with cheese and sliced egg

put (meat on side) in container

Put your choice of mixed fresh vegetables in a bag & put in meal container

Place prepackaged grain product in the container with rest of the meal

Make sure you date each container with prepared date

Hold in the cold refrigerator @ 41 or below until ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	1.000
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		463.70	
Fat		32.59g	
Saturated Fat		16.46g	
Trans Fat		0.00g**	
Cholesterol		567.28mg	
Sodium		551.06mg	
Carbohydrates		10.63g	
Fiber		2.65g	
Total Sugar		5.31g	
Added Sugar		0.00g	
Protein		31.66g	
Vitamin A	493.40mcg	Vitamin C	5.34mg
Calcium	509.16mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Dried Fruit

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51205
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Each	READY_TO_EAT	544426
CRANBERRY DRIED WTRMLN	1 Each		121732
CRANBERRY DRIED STRAWB	1 Each		531681
Raisels-Tropical Fruit	1 Each		10569
Raisels-Sour Watermelon Shock	1 Each		5887
RAISIN SR ORNG 200-1.66Z RAISELS	1 Each		205410

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		108.33**	
Fat		0.00g**	
Saturated Fat		0.00g**	
Trans Fat		0.00g**	
Cholesterol		0.00mg**	
Sodium		2.50mg**	
Carbohydrates		26.33g**	
Fiber		1.67g**	
Total Sugar		22.50g**	
Added Sugar		0.00g**	
Protein		0.50g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	4.34mg**	Iron	0.13mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51206
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	3 9/16 Pound		100012
LETTUCE SHRD TACO 1/8CUT	14 1/4 Cup		242489
TORTILLA FLOUR ULTRGR 8IN	114 Each		882700

Preparation Instructions

For Taco Meat:

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

For burrito use a tortilla, #16 disher meat, 1 fl. oz. (2 Tbsp.) shredded cheese, and top with 1 fl. oz. (2 Tbsp.) of lettuce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 114.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		342.56	
Fat		15.80g	
Saturated Fat		7.09g	
Trans Fat		1.05g	
Cholesterol		37.23mg	
Sodium		526.43mg	
Carbohydrates		36.81g	
Fiber		6.10g	
Total Sugar		4.19g	
Added Sugar		0.00g**	
Protein		19.87g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	46.25mg	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

Rosy Applesauce

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

Ingredients

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

Preparation Instructions

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

Hold in cold pass thru until served.

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available	
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Spiced Apples

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51214
School:	Prairie Crossing		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 20.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		95.17	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.83mg	
Carbohydrates		23.80g	
Fiber		2.37g	
Total Sugar		20.25g	
Added Sugar		9.60g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fruited Gelatin

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 76.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		135.98	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		80.12mg	
Carbohydrates		32.02g	
Fiber		2.00g	
Total Sugar		29.02g	
Added Sugar		7.00g	
Protein		0.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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5 Cup Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 45.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		60.47	
Fat		1.06g	
Saturated Fat		1.13g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		29.23mg	
Carbohydrates		12.22g	
Fiber		0.41g	
Total Sugar		9.03g	
Added Sugar		5.20g	
Protein		0.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

Hawaiian Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 4.00 Fluid Ounce			
Amount Per Serving			
Calories		185.09	
Fat		1.92g	
Saturated Fat		2.16g	
Trans Fat		0.02g	
Cholesterol		0.00mg	
Sodium		106.65mg	
Carbohydrates		37.49g	
Fiber		0.50g	
Total Sugar		30.19g	
Added Sugar		20.03g	
Protein		0.82g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	28.55mg	Iron	0.81mg

Nutrition - Per 100g

No 100g Conversion Available

Cherry 5 Cup Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 45.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		92.87	
Fat		1.06g	
Saturated Fat		1.13g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		29.23mg	
Carbohydrates		20.14g	
Fiber		1.85g	
Total Sugar		15.51g	
Added Sugar		5.20g	
Protein		0.84g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Bananas

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
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: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		197.27	
Fat		5.64g	
Saturated Fat		2.14g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		53.75mg	
Carbohydrates		36.49g	
Fiber		2.53g	
Total Sugar		24.42g	
Added Sugar		3.62g	
Protein		2.02g	
Vitamin A	342.86mcg	Vitamin C	0.00mg
Calcium	5.30mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Berry Glaze Dessert

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		127.32	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.54mg	
Carbohydrates		29.96g	
Fiber		5.62g	
Total Sugar		20.71g	
Added Sugar		11.34g**	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		27.50mg	
Carbohydrates		22.50g	
Fiber		0.00g	
Total Sugar		20.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	590.00mcg	Vitamin C	60.00mg
Calcium	85.00mg	Iron	0.70mg

Nutrition - Per 100g

No 100g Conversion Available	
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Potato Salad - From Scratch

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	9 1/3 Pound	Cooked & diced	322385
MAYONNAISE LT	3 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
Celery	3 3/4 Cup	Chopped	00856
ONION YELLOW JUMBO	1 Cup	Diced	109620
EGG SHL LRG A GRD	12 Each	Diced	206539
RELISH SWT PICKLE	2/3 Cup		485586
SALT SEA	1 Tablespoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
MUSTARD YELLOW	3 Tablespoon		807651

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories		110.42	
Fat		2.26g	
Saturated Fat		0.36g	
Trans Fat		0.00g	
Cholesterol		54.00mg	
Sodium		251.97mg	
Carbohydrates		19.91g	
Fiber		2.09g	
Total Sugar		2.74g	
Added Sugar		0.42g**	
Protein		3.24g	
Vitamin A	1.75mcg	Vitamin C	16.89mg
Calcium	20.50mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51364
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
SAUCE SPAGHETTI BF REDC FAT	12 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
PASTA SPAG 51 WGRAIN	20 Pound		221460
SAUCE TOMATO	8 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
Spaghetti Sauce Mix	2 Package		307085
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	1.000
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: 300.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		343.96	
Fat		13.82g	
Saturated Fat		4.94g	
Trans Fat		1.36g	
Cholesterol		51.33mg	
Sodium		961.68mg	
Carbohydrates		43.60g	
Fiber		4.62g	
Total Sugar		10.43g	
Added Sugar		1.13g**	
Protein		19.17g	
Vitamin A	525.82mcg	Vitamin C	10.78mg
Calcium	25.76mg	Iron	2.74mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Garlic Biscuit Stick

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	2 Pound		733061
SPICE PAPRIKA	3 Tablespoon		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
DOUGH BISC STICK 250-1.25Z RICH	300 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		101.33	
Fat		7.45g	
Saturated Fat		3.96g	
Trans Fat		0.05g	
Cholesterol		0.00mg	
Sodium		173.47mg	
Carbohydrates		13.00g	
Fiber		0.30g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		2.10g	
Vitamin A	160.00mcg	Vitamin C	0.00mg
Calcium	15.99mg	Iron	0.95mg

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Up

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	1 Package	Case =110count	234041
Marinara Sauce	3 1/2 #10 CAN	#10 can = 105 oz each	592714
CHEESE MOZZ SHRD	40 Ounce	These are 5lb bags. 108 servings=1/2 of a bag	645170

Preparation Instructions

Spray #1 pan with non-stick spray.

Layer marinara in the bottom of the pan, Spread thinly

Add 15 roll-ups, overlapping in the pan.

Top the roll-ups with the remaining sauce.

Cover the pan

Put in a Combi oven with 50% moisture @ 350 degrees for 20-25 minutes.

Remove from oven and sprinkle top with 1- 1 1/2 cups shredded cheese.

Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.016
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	256.40
Fat	7.09g
Saturated Fat	4.14g
Trans Fat	0.00g
Cholesterol	22.73mg
Sodium	422.86mg
Carbohydrates	29.19g
Fiber	2.00g
Total Sugar	5.18g
Added Sugar	0.00g
Protein	16.27g
Vitamin A 400.04mcg**	Vitamin C 6.00mg**
Calcium 337.31mg	Iron 1.08mg

**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/ Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE SWT	1 Ounce		129631
CUCUMBER SELECT	1 Ounce		361510
Egg, whole, cooked, hard-boiled	1 cup, chopped		1129
Jennie-O Dark/White Meat 12/50 Count Turkey Bacon, Cooked, Frozen, 50 Ct Package, 12/Case	2 Ounce	BAKE CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770

Preparation Instructions

1. Place 2 cups romaine in 5.75 container
2. 2 oz diced ham
3. 2 oz cheese
4. 1 oz cherry tomatoes
5. 1 oz sliced cucumbers

Prepare in Grab and Go container

Put meat in a 2 oz portion cup

Put Shredded Romaine lettuce in a Grab & Go container

top with cheese and sliced egg

put (meat on side) in container

Put your choice of mixed fresh vegetables in a bag & put is meal container

Placed prepackaged grain product in the container with rest of the meal

Make sure you date each container with prepared date

Hold in the cold refrigerator @ 41 or below until ready to serve

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.158
OtherVeg	1.000
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	706.70
Fat	48.59g
Saturated Fat	20.46g
Trans Fat	0.00g**
Cholesterol	637.28mg
Sodium	1811.06mg
Carbohydrates	12.63g
Fiber	2.65g
Total Sugar	7.31g
Added Sugar	2.00g
Protein	51.66g
Vitamin A	493.40mcg**
Vitamin C	5.34mg**
Calcium	509.16mg
Iron	3.39mg

**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/ Diced Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51457

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
TOMATO GRAPE SWT	1 Ounce		129631
CUCUMBER SELECT	1 Ounce		361510
Egg, whole, cooked, hard-boiled	1 cup, chopped		1129
Diced Turkey	2 Ounce		

Preparation Instructions

1. Place 2 cups romaine in 5.75 container
2. 2 oz diced ham
3. 2 oz cheese
4. 1 oz cherry tomatoes
5. 1 oz sliced cucumbers

Prepare in Grab and Go container

Put meat in a 2 oz portion cup

Put Shredded Romaine lettuce in a Grab & Go container

top with cheese and sliced egg

put (meat on side) in container

Put your choice of mixed fresh vegetables in a bag & put in meal container

Place prepackaged grain product in the container with rest of the meal

Make sure you date each container with prepared date

Hold in the cold refrigerator @ 41 or below until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		537.17	
Fat		33.41g	
Saturated Fat		16.87g	
Trans Fat		0.00g**	
Cholesterol		599.93mg	
Sodium		1032.69mg	
Carbohydrates		13.07g	
Fiber		2.65g	
Total Sugar		5.31g	
Added Sugar		0.00g	
Protein		46.35g	
Vitamin A	493.40mcg	Vitamin C	5.34mg
Calcium	509.16mg	Iron	4.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51525
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
ONION DEHY CHPD	1/2 Cup		263036
SEASONING ITAL HRB	1 1/2 Tablespoon		428574
SAUCE TOMATO	3/4 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
SUGAR BROWN MED	1/2 Cup	UNSPECIFIED	108626
Pizza Sauce Mix	1/3 Package		306245
Shredded Mozzarella Cheese, Part Skim	50 Ounce		100021
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	100 Each		266546

Preparation Instructions

- 1.Cook ground beef & dry onions then drain.
 2. Add remaining ingredients.
 3. Simmer for 15-20 minutes. Cook until 165 degrees.
 4. Put in hot pass-thru and hold at 165 degrees or higher.
 5. Make up sandwiches on line as needed. Hold cheese in cold pass-thru and on ice when you serve sandwiches.
- Serving Size= #16 disher with 1 fl. oz. scoop cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.97	
Fat		12.67g	
Saturated Fat		5.39g	
Trans Fat		1.19g	
Cholesterol		43.54mg	
Sodium		638.38mg	
Carbohydrates		29.20g	
Fiber		3.41g	
Total Sugar		6.73g	
Added Sugar		3.00g**	
Protein		16.76g	
Vitamin A	98.21mcg**	Vitamin C	0.00mg
Calcium	30.38mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak & Gravy

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

Ingredients

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

Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 180 degrees.
 2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51529
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 3/5 ounces		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

1. Slice turkey, portion in 1.59 oz. servings.
2. Place 1.59 oz. turkey and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		246.00	
Fat		6.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		35.50mg	
Sodium		649.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Total Sugar		4.50g	
Added Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51531
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 9/13 Pound		100036
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650
BUTTER ALT LIQ PREPOIL	3 1/8 Cup	BAKE This product is recommended for sauteing, grilling, pan frying, broiling, basting, baking, and as a buttery spread for breads.	425532

Preparation Instructions

1. Spread one side of the bread with 0.50 Tbsp. of the Whirl.
2. Place prepared bread on paper lined cookie sheet. Top with 3 slices of cheese.
3. Add another slice of prepared bread to the cheese.
4. Bake in 375 degree oven for 15-20 minutes or until golden brown.
5. Hold in hot pass thru at 165 degrees or higher until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		380.26	
Fat		23.53g	
Saturated Fat		7.01g	
Trans Fat		0.00g	
Cholesterol		22.51mg	
Sodium		730.40mg	
Carbohydrates		27.00g	
Fiber		4.00g	
Total Sugar		3.50g	
Added Sugar		2.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		102.26	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		545.38mg	
Carbohydrates		22.72g	
Fiber		1.14g	
Total Sugar		13.63g	
Added Sugar		7.95g	
Protein		2.27g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.72mg	Iron	0.68mg

Nutrition - Per 100g

No 100g Conversion Available			
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Mashed Potatoes

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		180.01	
Fat		2.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		820.03mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Texas Straw Hat - PCE

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51566
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
Tap Water	4 Gallon		
SEASONING TACO SLT FR	9 Cup		605062
Cheese, Cheddar Reduced fat, Shredded	12 Pound		100012
CHIP CORN	300 Serving		210170

Preparation Instructions

For Taco Meat:

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

For Texas straw hat use 1 oz. corn chips and top with #16 disher meat, 1 fl. oz. (2 Tbsp.) shredded cheese.
Lettuce Optional: and 1 fl. oz. (2 Tbsp.) of lettuce.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		356.15	
Fat		23.39g	
Saturated Fat		7.24g	
Trans Fat		1.59g	
Cholesterol		54.19mg	
Sodium		342.20mg	
Carbohydrates		19.52g	
Fiber		1.72g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		17.62g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Nutrition - Per 100g

No 100g Conversion Available	
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BBQ Chicken on Bun

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51568
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound		100101
SAUCE BBQ	5 Cup	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	64 Each		266546

Preparation Instructions

1. Put the thawed chicken in steam table pans, pour BBQ sauce over chicken and mix until well coated.
2. Heat in the Combi oven, steam for 35-45 minutes. Stir and take the temperature. Cook to 165 degrees.
3. Hold in hot pass-thru until serving.

Serve Hot

Serving with #12 disher = 3oz chicken

3oz of chicken = 2oz Meat/Meat Alternate equivalent

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		283.75	
Fat		4.50g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		52.50mg	
Sodium		491.25mg	
Carbohydrates		36.25g	
Fiber		3.00g	
Total Sugar		14.63g	
Added Sugar		13.00g	
Protein		20.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Texas Sheet Cake

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

Ingredients

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

Preparation Instructions

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

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

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

For frosting:

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

8 pounds powdered sugar

Frost cake when still warm.

Cut each cake into 80 pieces.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 240.00			
Serving Size: 1.00 Piece			
Amount Per Serving			
Calories		242.90	
Fat		7.96g	
Saturated Fat		3.21g	
Trans Fat		0.00g	
Cholesterol		12.90mg	
Sodium		189.72mg	
Carbohydrates		40.52g	
Fiber		0.44g	
Total Sugar		28.70g	
Added Sugar		64.02g	
Protein		2.69g	
Vitamin A	505.25mcg	Vitamin C	0.00mg
Calcium	16.60mg	Iron	0.74mg

Nutrition - Per 100g

No 100g Conversion Available			
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Hot Dog on Bun

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

Ingredients

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

Preparation Instructions

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

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

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

Hold in hot pass thru until served.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		182.63	
Fat		17.04g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		584.04mg	
Carbohydrates		2.44g	
Fiber		0.05g	
Total Sugar		1.07g	
Added Sugar		1.05g	
Protein		6.09g	
Vitamin A	0.00mcg**	Vitamin C	0.06mg
Calcium	9.00mg	Iron	0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51593
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound		733061
SPICE PAPRIKA	3 Tablespoon		518331
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE BASIL LEAF	1/4 Cup		513628
BREADSTICK WGRAIN 1Z	300 Each		406321

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		134.00	
Fat		8.04g	
Saturated Fat		2.88g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		165.40mg	
Carbohydrates		14.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		2.00g	
Vitamin A	480.00mcg	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fish Nugget Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51619
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

Preparation Instructions

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

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

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

Serve with tartar sauce or ranch.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving			
Calories		450.00	
Fat		18.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		937.00mg	
Carbohydrates		52.50g	
Fiber		7.00g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		23.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN	BAKE	100364
ONION DEHY CHPD	2 Cup		263036
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
KETCHUP CAN 33 FCY	2 Cup		820783
Ham, Cubed Frozen	3 Cup		100188-H

Preparation Instructions

Prepare the the following ingredients in 1/2 veg pan:

1 can beans

1 cup dehydrated onion

1/2 cup brown sugar (packed)

1 cup ketchup

1/3 package of ham

Mix all ingredients together

repeat above directions in 1/2 veg pan portions for remaining ingredients.

Bake at 350 degrees in convection oven for 1/2 hour

remove pans from oven. Stir, put back in oven

Continue cooking until internal temperature reaches 135 degrees (varies from 15 minutes to 30 minutes)

Remove pans from oven. Put plastic flip lid on.

Hold in hot pass thru until served.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		135.81	
Fat		1.48g	
Saturated Fat		0.26g	
Trans Fat		0.00g	
Cholesterol		4.72mg	
Sodium		201.01mg	
Carbohydrates		25.27g	
Fiber		4.94g	
Total Sugar		9.11g	
Added Sugar		0.15g	
Protein		8.10g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	3.02mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken on Bun

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

Ingredients

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

Preparation Instructions

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

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

Hold in pass thru.

Serve hot on a whole grain bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		4.50g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		560.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		27.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	42.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Noodles

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

Ingredients

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

Preparation Instructions

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

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

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

Add meat and bring to a boil again.

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

Heat to 165 degrees and hold in pass thru.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		162.63	
Fat		8.84g	
Saturated Fat		3.30g	
Trans Fat		0.00g	
Cholesterol		65.50mg	
Sodium		690.74mg	
Carbohydrates		3.44g	
Fiber		0.05g	
Total Sugar		1.57g	
Added Sugar		14.05g	
Protein		15.09g	
Vitamin A	0.00mcg**	Vitamin C	0.06mg
Calcium	27.20mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51627
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	1 1/2 Package	3 meatballs = 1 serving	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	2 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	60 Each		270913

Preparation Instructions

1. Preportion out approx 10 servings (3 meatballs=1serving) for every 1/4 veg pan.
2. Cook meatballs in Combi oven on high steam for 12-15 minutes until internal temp reaches 165 degrees.
3. Remove meatballs from oven.
4. Add marinara sauce to pans of meatballs, mix well.
5. Place pans back into oven for 3-5 minutes
6. Remove pans from oven
7. Place pans in the hot pass thru at 170 degrees until ready to serve.

Prepare sandwiches on line:

Hot dog bun, add 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		337.54	
Fat		13.29g	
Saturated Fat		5.36g	
Trans Fat		0.46g	
Cholesterol		41.01mg	
Sodium		666.85mg	
Carbohydrates		33.53g	
Fiber		4.61g	
Total Sugar		8.18g	
Added Sugar		3.77g	
Protein		18.27g	
Vitamin A	0.00mcg**	Vitamin C	3.17mg
Calcium	84.23mg	Iron	3.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		244.95	
Fat		12.11g	
Saturated Fat		3.98g	
Trans Fat		1.99g	
Cholesterol		51.74mg	
Sodium		354.05mg	
Carbohydrates		17.07g	
Fiber		2.32g	
Total Sugar		5.89g	
Added Sugar		1.23g	
Protein		17.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	19.25mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Sandwich on 4" Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		450.88	
Fat		22.94g	
Saturated Fat		3.48g	
Trans Fat		0.00g	
Cholesterol		116.30mg	
Sodium		940.84mg	
Carbohydrates		27.54g	
Fiber		3.18g	
Total Sugar		6.00g	
Added Sugar		4.76g	
Protein		18.30g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	37.84mg	Iron	2.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Sandwich on 3.5" Bun

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51784

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, DICED, COOKED, FROZEN	3 Pound	BAKE	
Celery	1 1/2 Cup	UNSPECIFIED None	
RED ONION	1/2 Cup		15N63
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	7 Each		433153
RELISH SWT PICKLE	1 Cup		517186
MAYONNAISE LT	1/2 Gallon		659932
SUGAR BEET GRANUL	1 Tablespoon		108588
BUN HAMB WGRAIN 3.5 10-12CT GCHC	25 Each		266545

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
Calories		410.88	
Fat		22.44g	
Saturated Fat		2.98g	
Trans Fat		0.00g	
Cholesterol		116.30mg	
Sodium		880.84mg	
Carbohydrates		21.54g	
Fiber		2.18g	
Total Sugar		5.00g	
Added Sugar		1.76g	
Protein		17.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.84mg	Iron	1.03mg

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on 4" Bun

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		410.25	
Fat		16.33g	
Saturated Fat		5.28g	
Trans Fat		2.39g	
Cholesterol		62.09mg	
Sodium		657.99mg	
Carbohydrates		41.47g	
Fiber		3.05g	
Total Sugar		18.07g	
Added Sugar		11.28g	
Protein		21.76g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	30.57mg	Iron	2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stromboli on Sub Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51787
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	60 Each		276142

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		561.12	
Fat		39.80g	
Saturated Fat		14.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		894.70mg	
Carbohydrates		34.38g	
Fiber		2.84g	
Total Sugar		6.78g	
Added Sugar		4.00g	
Protein		17.84g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.87mg	Iron	5.09mg

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin on Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BEEF PTY CKD LO SOD 2.25Z	1 Each		655482

Preparation Instructions

Patty Cooking Instructions:
Place 3 rows of 10 patties in #1 pan. (Patties are stacked vertical in a row)
Put pan in Combi oven. Steam cook 15-20 minutes or until internal temperature reaches 165 degrees.
Remove pan from oven, put lid on the pans.
Place in hot pass-thru, hot hold until ready to serve.

SERVING
Place patty on bun

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.50	
Fat		11.60g	
Saturated Fat		4.40g	
Trans Fat		0.58g	
Cholesterol		36.00mg	
Sodium		401.40mg	
Carbohydrates		26.00g	
Fiber		3.80g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		17.90g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each		576255
Land O'Lakes Reduced Fat Reduced Sodium Yellow American Cheese, Sliced	1 slices		499788
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

Preheat oven to: 375 degrees

Place 15 fish on a paper lined #1 pan

Bake for 15-20 minutes

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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		332.50	
Fat		10.00g**	
Saturated Fat		1.59g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		737.50mg	
Carbohydrates		41.14g	
Fiber		5.00g	
Total Sugar		5.00g**	
Added Sugar		3.00g	
Protein		16.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	35.71mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY	1 Each		451660
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place 30 ribs in #1 pan, heat to 165 degrees 8-10 minutes in the steamer.
Remove from steamer and drain off broth. Add warmed BBQ sauce to top.
Hold in pass thru @ 165 degrees or higher.
Serve on a bun.

Meal Components (SLE)

Amount Per Serving	
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		360.00	
Fat		14.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		900.00mg	
Carbohydrates		37.00g	
Fiber		4.00g	
Total Sugar		13.00g	
Added Sugar		8.00g	
Protein		18.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Smoked Sausage on Bun

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

Ingredients

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

Preparation Instructions

- SAUSAGE INSTRUCTIONS
- Place thawed sausage in #1 pan (approx. 30 will fit in a pan)
 - Place pan in Combi oven, steam cook for 8-10 minutes or until internal temperature reaches 165 Degrees F.
 - Place lid on #1 pan
 - Label pan with item name and quantity
 - Put in pass thru to hot hold 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		420.03	
Fat		26.00g	
Saturated Fat		9.00g	
Trans Fat		0.50g	
Cholesterol		60.00mg	
Sodium		1060.05mg	
Carbohydrates		26.01g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00mcg**	Vitamin C	3.27mg
Calcium	35.61mg	Iron	2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme - USING TEX PRO

Servings:	114.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52440
School:	Prairie Crossing		

Ingredients

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

Preparation Instructions

For Taco Meat:

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 114.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		386.64	
Fat		22.30g	
Saturated Fat		8.90g	
Trans Fat		1.05g	
Cholesterol		61.25mg	
Sodium		760.64mg	
Carbohydrates		28.31g	
Fiber		4.10g	
Total Sugar		2.69g	
Added Sugar		0.00g**	
Protein		23.88g	
Vitamin A	194.00mcg	Vitamin C	0.00mg
Calcium	135.25mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork on Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	10 Pound		110730*
SAUCE BBQ	1 Cup	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	32 Each		266546

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		397.50	
Fat		14.50g	
Saturated Fat		5.50g	
Trans Fat		0.00g	
Cholesterol		90.00mg	
Sodium		817.50mg	
Carbohydrates		29.50g	
Fiber		3.00g	
Total Sugar		8.25g	
Added Sugar		7.00g	
Protein		32.50g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy with Biscuit

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52443
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK GRND 75 LEAN	10 Pound		259373
SAUSAGE PURE PORK BULK TUBE	10 Pound		456411
SALT SEA	1/4 Cup		748590
SPICE SAGE GRND	1/4 Cup		513911
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
FLOUR HR A/P	9 1/2 Cup		227528
1% White Milk	4 1/2 Gallon		13871
SAUCE WORCESTERSHIRE	1/4 Cup		109843
DOUGH BISCUIT WGRAIN	125 Each		237390

Preparation Instructions

Brown ground pork and sausage in steam kettle to 165 degrees.
Drain off the fat. Add salt, sage, and black pepper.
Cook to incorporate into meat for about 5 minutes.
Add flour to meat, stir in, and start adding milk. Simmer until thickened.
Heat to 165 degrees and hold in the pass thru until serving.
Serve 6 fl. oz. of gravy over biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	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: 125.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		575.19	
Fat		34.20g	
Saturated Fat		13.94g	
Trans Fat		0.07g	
Cholesterol		72.40mg	
Sodium		913.52mg	
Carbohydrates		55.83g	
Fiber		3.07g	
Total Sugar		8.85g	
Added Sugar		1.00g	
Protein		23.48g	
Vitamin A	5.76mcg	Vitamin C	1.15mg
Calcium	64.96mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
SAUCE CHS CHED	1 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat Recipe - No Bernard

Servings:	60.00	Category:	Entree
Serving Size:	2.00 fl. oz.	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
SEASONING TACO SLT FR	2 1/4 Cup	Meat: Brown meat & drain excess fat.	605062
Water	7 1/2 Cup	READY_TO_DRINK	Water

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 2.00 fl. oz.

Amount Per Serving			
Calories		181.19	
Fat		11.94g	
Saturated Fat		3.98g	
Trans Fat		1.99g	
Cholesterol		51.74mg	
Sodium		67.75mg	
Carbohydrates		3.60g	
Fiber		0.90g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		13.93g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available			
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Alfredo Sauce Recipe - No Bernard - Not Finished

Servings:	400.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO	4 Package		283580
PASTA NOODL KLUSKI AMISH	4 Package		456632
BASE CHIX NO ADDED MSG	1 Teaspoon	UNSPECIFIED To enhance scratch stocks, add Base to reach desired flavor level. To make an instant fully seasoned stock broth, add Base to water and stir. 3 4 tsp base + 1 cup water, 1 Tbsp base + 1 quart water, 1 lb base (1 container) + 5 gallons water	106216
Chicken, Diced, Cooked, Frozen	50 Pound		100101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00

Amount Per Serving			
Calories		310.43	
Fat		9.68g	
Saturated Fat		3.12g	
Trans Fat		0.00g	
Cholesterol		158.81mg	
Sodium		97.69mg	
Carbohydrates		31.20g	
Fiber		0.80g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		21.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.38mg	Iron	2.11mg

Nutrition - Per 100g

No 100g Conversion Available

Powdered Sugar Icing

Servings:	48.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52547
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X	4 Cup		108693
1% White Milk	1/2 Cup	1/2 carton	13871
FLAVORING VANILLA IMIT	1 Teaspoon		110736

Preparation Instructions

Mix ingredients together until smooth.

Top each cinnamon roll with 1 Tbsp. icing.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 1.00 Tablespoon			
Amount Per Serving			
Calories		41.04	
Fat		0.03g	
Saturated Fat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.16mg	
Sodium		1.27mg	
Carbohydrates		10.11g	
Fiber		0.00g	
Total Sugar		9.78g	
Added Sugar		32.00g	
Protein		0.08g	
Vitamin A	0.10mcg	Vitamin C	0.02mg
Calcium	0.31mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce- No Bernard Seasoning mix

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	359.12
Fat	16.03g
Saturated Fat	5.34g
Trans Fat	1.56g
Cholesterol	56.51mg
Sodium	494.93mg
Carbohydrates	34.08g
Fiber	4.62g
Total Sugar	9.52g
Added Sugar	1.13g
Protein	20.56g
Vitamin A 367.09mcg	Vitamin C 10.78mg
Calcium 39.95mg	Iron 2.88mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger- No Bernard Mix

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52555
School:	Prairie Crossing		

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52580
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		170.00	
Fat		1.50g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		135.00mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Total Sugar		10.00g	
Added Sugar		10.00g	
Protein		5.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.87mg	Iron	1.51mg

Nutrition - Per 100g

No 100g Conversion Available

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT	18 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
PASTA PENNE RIGATE 51 WGRAIN	25 Pound		221482
SPICE PEPR BLK REG FINE GRIND	1/2 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	1 Tablespoon		224839
Shredded Mozzarella Cheese, Part Skim	15 Pound		100021
JUICE TOMATO 100	9 Each		302414
SAUCE TOMATO	9 #10 CAN		306347

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	382.85
Fat	16.33g
Saturated Fat	7.73g
Trans Fat	0.73g
Cholesterol	56.53mg
Sodium	792.45mg
Carbohydrates	38.78g
Fiber	5.07g
Total Sugar	11.34g
Added Sugar	1.46g
Protein	20.53g
Vitamin A 471.98mcg	Vitamin C 13.86mg
Calcium 33.43mg	Iron 3.19mg

Nutrition - Per 100g

No 100g Conversion Available

Rosy Applesauce

Servings:	23.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53155
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT	3 #10 CAN		271497
GELATIN MIX STRAWB	1 1/2 Cup		524581

Preparation Instructions

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

Hold in cold pass thru until served.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 23.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		190.86	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		75.22mg	
Carbohydrates		49.00g	
Fiber		6.17g	
Total Sugar		36.65g	
Added Sugar		0.00g	
Protein		0.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.96mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Turkey & Cheese Sandwich-BC (Commodity Turkey)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
TURKEY BRST DELI 40 COMM	3 Ounce	CN Crediting: Approximately 1.59 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate. 3.25oz = 2oz crediting of M/MA CN Crediting: Approximately 1.59 ounces of turkey deli breast credit as 1 ounce equivalent meat/meat alternate.	110550
Land O'Lakes Yellow American Cheese Slice	1 Slice		499786

Preparation Instructions

1. Slice turkey into 1.5oz portions using deli slicer
 2. Put 2 slices per serving to make 3 oz total turkey.
 3. Place 3 oz. turkey and 1 slice of cheese on bun.
 4. Wrap with film wrap
 5. Place in #1 pan
- Label pan with item name in quantity
- Cold hold until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		355.01	
Fat		13.75g	
Saturated Fat		7.38g	
Trans Fat		0.00g	
Cholesterol		77.50mg	
Sodium		1194.43mg	
Carbohydrates		28.88g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		3.00g	
Protein		26.88g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	180.02mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53186
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD	3 Ounce	3oz = 2oz crediting M/MA	199721
Land O'Lakes Yellow American Cheese Slice	1 Slice	1 slice=.5 Crediting M/MA	499786
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		283.57	
Fat		9.09g	
Saturated Fat		2.48g	
Trans Fat		0.00g	
Cholesterol		58.89mg	
Sodium		752.77mg	
Carbohydrates		31.07g	
Fiber		2.00g	
Total Sugar		5.04g	
Added Sugar		18.00g	
Protein		17.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	88.03mg	Iron	2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham & Cheese Wrap- BC

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 Ounce	1.22 oz portion = 1oz M/MA credit 2 oz portion = 1.5 M/MA credit 2.44oz portion = 2oz M/MA credit	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	.25 cup = 1M/MA credit	150250
TORTILLA FLOUR ULTRGR 9IN	1 Each	1 tortilla = 2.25 grain credit	523610

Preparation Instructions

- 1. Portion ham in 2oz. servings.
- 2. Place 2oz. ham and 1/4 cup of cheese on wrap.
- 3. Wrap into torilla
- 4.Serve cold.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		340.66	
Fat		16.78g	
Saturated Fat		10.14g	
Trans Fat		0.00g	
Cholesterol		59.51mg	
Sodium		720.33mg	
Carbohydrates		33.28g	
Fiber		3.00g	
Total Sugar		3.64g	
Added Sugar		0.00g	
Protein		18.20g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	239.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Quesadilla - Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX WGRAIN	1 Each		231750

Preparation Instructions

- 1. Pan up on a lined bakers sheet pan (14 servings per sheet pan)
 - 2. Heat in combi oven 375 degrees for 8 - 10 minutes
 - 3. Hold in hot Pass thru at 170 degrees until ready to serve
- OPTIONAL: Serve with Salsa on the side

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		280.00	
Fat		8.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		660.00mg	
Carbohydrates		38.00g	
Fiber		4.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.70mg

Nutrition - Per 100g

No 100g Conversion Available			
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Lunch Kit - Turkey Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM CHS	1 Each		588400

Preparation Instructions

Thaw & 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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		360.00	
Fat		17.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		720.00mg	
Carbohydrates		33.00g	
Fiber		1.00g	
Total Sugar		8.00g	
Added Sugar		10.00g	
Protein		18.00g	
Vitamin A	200.00mcg	Vitamin C	1.20mg
Calcium	200.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available			
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Lunch Kit - Cheese Pizza Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53310

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS WGRAIN	1 Each		555960

Preparation Instructions

Thaw & Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		360.00	
Fat		17.00g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		750.00mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Total Sugar		7.00g	
Added Sugar		0.00g	
Protein		13.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	600.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available			
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Lunch Kit- Cheese & Turkey Pepperoni Pizza Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT PIZZA CHS&TKY PEPP	1 Each		588391

Preparation Instructions

Thaw & 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: 1.00			
Serving Size: 1.00			
Amount Per Serving			
Calories		350.00	
Fat		15.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		880.00mg	
Carbohydrates		35.00g	
Fiber		4.00g	
Total Sugar		7.00g	
Added Sugar		2.00g	
Protein		15.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	450.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available			
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Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53339
School:	Otterbein Elementary		

Ingredients

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

Preparation Instructions

Remove hotdog from freezer the night before, place in cooler.

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

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

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

Hold in hot pass thru until served.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		182.63	
Fat		17.04g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		584.04mg	
Carbohydrates		2.44g	
Fiber		0.05g	
Total Sugar		1.07g	
Added Sugar		1.05g	
Protein		6.09g	
Vitamin A	0.00mcg**	Vitamin C	0.06mg
Calcium	9.00mg	Iron	0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	35.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53341
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHOLE WHEAT STONE GROUND	2 5/6 Cup	1.5 cups for topping 1.33 cups for filling	330094
OATS QUICK HOT CEREAL	1 3/4 Cup		100800
SPICE CINNAMON GRND	4 Teaspoon	1 tsp. for topping 1 Tbsp. for filling	224723
SPICE NUTMEG GRND	1/2 Tablespoon	Optional	224944
MARGARINE SLD	1 Cup	Softened	733061
SUGAR BROWN MED	2 Cup	UNSPECIFIED	108626
SUGAR BEET GRANUL	2/3 Cup		108588
APPLE SLCD W/P	2 #10 CAN		117773

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.566
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: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		225.34	
Fat		5.64g	
Saturated Fat		2.14g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		65.26mg	
Carbohydrates		42.22g	
Fiber		4.39g	
Total Sugar		27.90g	
Added Sugar		3.62g	
Protein		2.02g	
Vitamin A	342.86mcg	Vitamin C	0.00mg
Calcium	5.30mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53342
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		275.56	
Fat		14.26g	
Saturated Fat		6.21g	
Trans Fat		0.07g	
Cholesterol		109.50mg	
Sodium		712.63mg	
Carbohydrates		24.00g	
Fiber		2.60g	
Total Sugar		2.00g	
Added Sugar		1.36g	
Protein		10.47g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.58mg	Iron	1.31mg

Nutrition - Per 100g

No 100g Conversion Available

Garlic Biscuit Stick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53343
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SPICE GARLIC POWDER	1/2 Cup		224839
DOUGH BISC STICK 250-1.25Z RICH	300 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		101.33	
Fat		7.45g	
Saturated Fat		3.96g	
Trans Fat		0.05g	
Cholesterol		0.00mg	
Sodium		173.47mg	
Carbohydrates		13.00g	
Fiber		0.30g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		2.10g	
Vitamin A	160.00mcg	Vitamin C	0.00mg
Calcium	15.99mg	Iron	0.95mg

Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53344
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each		576255
Land O'Lakes Reduced Fat Reduced Sodium Yellow American Cheese, Sliced	1 slices		499788
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE
COOKING INSTRUCTIONS FROM FROZEN:
Preheat oven to: 375 degrees
Placee 15 fish on a paper lined #1 pan
Bake for 15-20 minutes
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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		332.50	
Fat		10.00g**	
Saturated Fat		1.59g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		737.50mg	
Carbohydrates		41.14g	
Fiber		5.00g	
Total Sugar		5.00g**	
Added Sugar		3.00g	
Protein		16.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	35.71mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53345
School:	Otterbein Elementary		

Ingredients

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

Preparation Instructions

Prepare the the following ingredients in 1/2 veg pan:

1 can beans

1 cup dehydrated onion

1/2 cup brown sugar (packed)

1 cup ketchup

1/3 package of ham

Mix all ingredients together

repeat above directions in 1/2 veg pan portions for remaining ingredients.

Bake at 350 degrees in convection oven for 1/2 hour

remove pans from oven. Stir, put back in oven

Continue cooking until internal temperature reaches 135 degrees (varies from 15 minutes to 30 minutes)

Remove pans from oven. Put plastic flip lid on.

Hold in hot pass thru until served.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		132.57	
Fat		1.31g	
Saturated Fat		0.17g	
Trans Fat		0.00g	
Cholesterol		3.15mg	
Sodium		180.73mg	
Carbohydrates		25.10g	
Fiber		4.94g	
Total Sugar		9.03g	
Added Sugar		0.15g	
Protein		7.66g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	3.02mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Powdered Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53346
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories		280.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		6.00g	
Added Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available			
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Smoked Sausage on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53347
School:	Otterbein Elementary		

Ingredients

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

Preparation Instructions

- Remove from freezer the day before, put in cooler.
- SAUSAGE INSTRUCTIONS
- Place thawed sausage in #1 pan (approx. 30 will fit in a pan)
- Place pan in Combi oven, steam cook for 8-10 minutes or until internal temperature reaches 165 Degrees F.
- Place lid on #1 pan
- Label pan with item name and quantity
- Put in pass thru to hot hold 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		420.03	
Fat		26.00g	
Saturated Fat		9.00g	
Trans Fat		0.50g	
Cholesterol		60.00mg	
Sodium		1060.05mg	
Carbohydrates		26.01g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00mcg**	Vitamin C	3.27mg
Calcium	35.61mg	Iron	2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53348
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/5 Ounce	Steam meat in #2 long pan. BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		339.82	
Fat		13.26g	
Saturated Fat		7.88g	
Trans Fat		0.00g	
Cholesterol		84.65mg	
Sodium		812.35mg	
Carbohydrates		32.38g	
Fiber		4.00g	
Total Sugar		3.88g	
Added Sugar		0.00g	
Protein		24.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	144.50mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	300.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53349
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	6 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SPICE PAPRIKA	3 Tablespoon		518331
SPICE GARLIC POWDER	1/2 Cup		224839
BREADSTICK WGRAIN 1Z	300 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		134.00	
Fat		8.04g	
Saturated Fat		2.88g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		165.40mg	
Carbohydrates		14.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		2.00g	
Vitamin A	480.00mcg	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53499

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each		235411

Preparation Instructions

CONVECTION
Convection Oven

1. Preheat oven to 400°F.
2. Place Bosco Sticks on a baking sheet.

THAWED: 7-9 minutes.

Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.

THAW
Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing
3. Bosco Sticks have 8 days shelf life when refrigerated.

Oven temperatures may vary.

Adjust baking time andor temperature as necessary.

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		300.00	
Fat		10.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		440.00mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	444.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Donut Holes - Plain

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

- 6 donut holes = 2 Grain
1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
 2. Heat in oven at 375 F for 2-3 minutes.
 3. Finish: Can serve plain, glaze or roll in granulated sugar

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.400
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 6.00 Each			
Amount Per Serving			
Calories		280.00	
Fat		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		320.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		6.00g	
Added Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

Nutrition - Per 100g

No 100g Conversion Available	
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(Cinni Mini) Pillsbury Cinnamon Mini Pull Apart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53501

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch per directions below:

Oven: Preheat oven to 350° F. Place pouches flat on a baking sheet and heat per chart below:

HEATING CHART:

Convection Oven: 5-7 minutes ****DO NOT** place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Conventional Oven: 10-12 minutes

Warming Unit: Preheat Warming Unit to 150° F. Heat for 1 hour & 30 minutes.

Microwave: Place one pouch in microwave and heat on HIGH for 15 seconds. If needed, additional time can be added in 5 second increments. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating.

Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Maple Waffle Sandwich - Bake Crafters

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND CHIX MAPLE WAFFLE WGRAIN IW 3Z	1 Each		497498

Preparation Instructions

Follow packaging instructions.

FROM THAWED: Heat product at 350 degrees F for 10-12 minutes.

FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes.

Product is in ovenable film, it is not necessary to remove from film before heating.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		56.67	
Fat		2.00g	
Saturated Fat		0.33g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		143.33mg	
Carbohydrates		7.00g	
Fiber		0.33g	
Total Sugar		1.67g	
Added Sugar		1.00g	
Protein		2.67g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	13.33mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin - Assorted Flavors (Gordon Choice Fully Baked)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		280021
MUFFIN BAN WGRAIN IW	1 Each		280030
MUFFIN CHOC WGRAIN IW	1 Each		280001

Preparation Instructions

1 muffin is 1 serving. 3 different flavor options.
Thaw and Serve

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		176.67	
Fat		8.33g	
Saturated Fat		1.83g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		230.00mg	
Carbohydrates		24.00g	
Fiber		0.00g	
Total Sugar		13.00g	
Added Sugar		12.33g	
Protein		3.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Calzone - Pepperoni

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53505

Ingredients

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

Preparation Instructions

Follow packaging instructions.

Cook for 10-12 minutes in a 350° F convection oven.

Cook to an internal temperature of 165°F as measured by a food thermometer.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
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 Each			
Amount Per Serving			
Calories		350.00	
Fat		14.00g	
Saturated Fat		7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Total Sugar		6.00g	
Added Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Pizza Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD	2 Each		789310

Preparation Instructions

CONVECTION OVEN:
PREHEAT OVEN TO 375°F.
BAKE ON PARCHMENT LINED PAN 10 - 15 MINUTES.
NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT.
PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.
OPTIONAL: Serve with Marinara Sauce

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		300.00	
Fat		12.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		460.00mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	360.00mg	Iron	2.40mg

Nutrition - Per 100g

No 100g Conversion Available	
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Quesadilla - Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53508

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA PIZZA CHS WGRAIN	1 Each		231771

Preparation Instructions

- 1. Pan up on a lined bakers sheet pan (14 servings per sheet pan)
 - 2. Heat in combi oven 375 degrees for 8 - 10 minutes
 - 3. Hold in hot Pass thru at 170 degrees until ready to serve
- OPTIONAL: Serve with Salsa on the side

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		300.00	
Fat		10.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		670.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.90mg

Nutrition - Per 100g

No 100g Conversion Available	
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Egg & Cheese Omelet on a Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
BISCUIT WGRAIN EZ SPLIT	1 Each		631902

Preparation Instructions

Egg Omelet:

Bake:

Preheat Temp 350°F

Time from Frozen 34 - 39 min

Time from Thawed 18 - 22 min

Preheat oven. Place a single layer of product in a full-size steamer pan sprayed with non-stick cooking spray; Bake until thoroughly heated.

Convection: Preheat Temp 250°F; Time from Frozen 19 - 22 min; Time from Thawed 15 - 18 min; Place a single layer of product in full-size steamer pan sprayed with non-stick cooking spray; do not cover. Bake until thoroughly heated.

Microwave: Time from Frozen 65 - 75 sec; Time from Thawed 30 - 40 sec; Place product in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power (1200 watt microwave).

Steam: Time from Frozen 9 min; Time from Thawed 5 min; Place single layer of product in an ungreased full-size steamer pan; do not cover.

Steam: Place full load of heated product in a steam table pan. Set temperature at medium. Hold up to 1 hour maximum.

BISCUIT:

Place the white bakeable tray on a sheet pan for stability. Heating times will vary by oven type/microwave wattage and quantity.

Heating Instructions:

Convection Oven: 325°F, 6-7 minutes.

Standard/Reel Oven: 375°F, 8-10 minutes.

Food Warmer: 150°F, 50-60 minutes.

Microwave: 1 biscuit – 15 seconds; 2 biscuits – 20 seconds; 3 biscuits – 30 seconds; 4 biscuits – 40 seconds; 5 biscuits – 50 seconds.

1. Bake both egg and biscuit seperatly.
- 2.
3. Hold in hot pass thru 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		340.00	
Fat		20.00g	
Saturated Fat		10.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		710.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	253.00mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53515
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		315.00	
Fat		14.50g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		625.00mg	
Carbohydrates		33.00g	
Fiber		3.50g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	191.00mg	Iron	2.50mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo w/ Penne Pasta

Servings:	350.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53989

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SAUCE ALFREDO FZ	60 Pound	5 pound bags	155661
PASTA PENNE RIGATE 51 WGRAIN	30 Pound	10 pound bags.	221482

Preparation Instructions

Place chicken and alfredo sauce together in big kettle pot.

In a seperate kettle pot, bring water to a boil for noodles.

Once water is boiling, put pasta in water. Cook to aldenta (approx 10 minutes depending on amount of noodles)

Use strainer to remove pasta from water. Add drained pasta to chicken/alfredo sauce mixture in kettle.

Once all pasta has been drained and added to chicken/alfredo mixture, mix well.

Close lid of pot and simmer mixture to internal temp of 165 degrees.

Use sauce pan to "dip" the finished chicken alfredo into #2 pans.

Place lid on pans

Label with name of item and quantity.

Place in hot pass-thru until ready to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00			
Serving Size: 6.00 Fluid Ounce			
Amount Per Serving			
Calories		214.92	
Fat		3.66g	
Saturated Fat		0.65g	
Trans Fat		0.01g	
Cholesterol		42.08mg	
Sodium		128.91mg	
Carbohydrates		28.93g	
Fiber		2.74g	
Total Sugar		2.67g	
Added Sugar		0.00g	
Protein		16.94g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.69mg	Iron	1.37mg

Nutrition - Per 100g

No 100g Conversion Available	
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Bacon & Egg Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54311
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
BACON TKY CKD	2 Piece		834770
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		310.00	
Fat		16.00g	
Saturated Fat		5.50g	
Trans Fat		0.00g	
Cholesterol		117.50mg	
Sodium		690.00mg	
Carbohydrates		27.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		3.50g	
Protein		13.00g	
Vitamin A	300.00mcg	Vitamin C	0.00mg
Calcium	78.00mg	Iron	1.62mg

Nutrition - Per 100g

No 100g Conversion Available			
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Fruit Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54330
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1/2 Cup	Use any canned or frozen fruit of choice.	110860
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3/4 Cup		499989

Preparation Instructions

1. (use #12 scoop to put 3oz yogurt into bottom of 12 oz. cup.
2. Add 1/4 cup fruit layer onto of yogurt
3. (use #12 scoop) to put remaining 3oz yogurt into cup.
4. Top with remaining 1/4 cup fruit.
4. Cover and chill until ready to serve.

Hold in cold pass thru until served.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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		173.99	
Fat		1.12g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.62mg	
Sodium		114.49mg	
Carbohydrates		34.75g	
Fiber		2.00g	
Total Sugar		20.75g	
Added Sugar		9.00g	
Protein		6.75g	
Vitamin A	179.99mcg	Vitamin C	0.00mg
Calcium	247.49mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme- PCE

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54343
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
Tap Water	30 Cup		
SEASONING TACO SLT FR	9 Cup		605062
CHIP TORTL RND YEL	300 Serving	1 serving = 2oz	163020
SAUCE CHS CHED	300 Fluid Ounce		271081

Preparation Instructions

For Taco Meat:

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

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

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		444.29	
Fat		22.95g	
Saturated Fat		6.71g	
Trans Fat		1.59g	
Cholesterol		56.78mg	
Sodium		430.58mg	
Carbohydrates		43.98g	
Fiber		4.72g	
Total Sugar		0.55g	
Added Sugar		0.00g	
Protein		18.99g	
Vitamin A	213.19mcg	Vitamin C	0.00mg
Calcium	176.99mg	Iron	2.72mg

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme- OTT

Servings:	180.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54344
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	24 Pound		100158
Tap Water	18 Cup		
SEASONING TACO SLT FR	5 2/5 Cup		605062
CHIP TORTL RND YEL	180 Serving	1 serving = 2oz	163020
SAUCE CHS CHED	180 Fluid Ounce		271081

Preparation Instructions

For Taco Meat:

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

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

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: 180.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		444.29	
Fat		22.95g	
Saturated Fat		6.71g	
Trans Fat		1.59g	
Cholesterol		56.78mg	
Sodium		430.58mg	
Carbohydrates		43.98g	
Fiber		4.72g	
Total Sugar		0.55g	
Added Sugar		0.00g	
Protein		18.99g	
Vitamin A	213.19mcg	Vitamin C	0.00mg
Calcium	176.99mg	Iron	2.72mg

Nutrition - Per 100g

No 100g Conversion Available

Texas Straw Hat- USING TEX PRO

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54345

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
Tex-Pro Five Taco Filling Mix	1 Package		201183
Cheese, Cheddar Reduced fat, Shredded	3 9/16 Pound		100012
LETTUCE SHRD TACO 1/8CUT	14 1/4 Cup		242489
CHIP CORN	152 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh UNSPECIFIED	210170

Preparation Instructions

For Taco Meat:

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

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

Texas Straw Hat - OTT

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54346
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
Tap Water	2 Gallon		
SEASONING TACO SLT FR	4 1/2 Cup		605062
Cheese, Cheddar Reduced fat, Shredded	5 Pound		100012
CHIP CORN	150 Serving		210170

Preparation Instructions

For Taco Meat:

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

For Texas straw hat use 1 oz. corn chips and top with #16 disher meat, & 1 fl. oz. (2 Tbsp.) shredded cheese.
Lettuce Optional: and 1 fl. oz. (2 Tbsp.) of lettuce.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		347.62	
Fat		22.75g	
Saturated Fat		6.82g	
Trans Fat		1.59g	
Cholesterol		52.06mg	
Sodium		320.87mg	
Carbohydrates		19.41g	
Fiber		1.72g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		16.88g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Nutrition - Per 100g

No 100g Conversion Available	
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Burrito-BC USING TEX PRO

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54347

Ingredients

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

Preparation Instructions

For Taco Meat:

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		428.83	
Fat		20.70g	
Saturated Fat		8.64g	
Trans Fat		1.57g	
Cholesterol		55.84mg	
Sodium		719.15mg	
Carbohydrates		39.21g	
Fiber		6.15g	
Total Sugar		5.28g	
Added Sugar		0.00g**	
Protein		26.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	41.88mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito-PCE

Servings:	152.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54348
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
Tap Water	2 Gallon		
SEASONING TACO SLT FR	4 1/2 Cup		605062
Cheese, Cheddar Reduced fat, Shredded	5 Pound		100012
TORTILLA FLOUR ULTRGR 8IN	152 Each		882700

Preparation Instructions

Preferred Method: Thaw meat in refrigerator prior to cooking

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat mixture to internal temperature of 165 degrees or more.
3. Move (dip) meat mixture from puts into veg or 1/2 veg pan. Cover, lable & date.
4. Hold pans in hot pass thru until served.

For burrito assembly:

using 1 tortilla

Place #16 disher of meat (approx 2-2.25 oz) in the tortilla

Add 1 fl. oz. (approx 2 Tbsp.) shredded cheese on top of meat mixture

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		355.15	
Fat		17.58g	
Saturated Fat		8.25g	
Trans Fat		1.57g	
Cholesterol		51.37mg	
Sodium		305.75mg	
Carbohydrates		33.37g	
Fiber		4.71g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		19.68g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.71mg

Nutrition - Per 100g

No 100g Conversion Available

Burrito-OTT

Servings:	76.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54349
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
Tap Water	1 Gallon		
SEASONING TACO SLT FR	2 1/4 Cup		605062
Cheese, Cheddar Reduced fat, Shredded	3 Pound		100012
TORTILLA FLOUR ULTRGR 8IN	76 Each		882700

Preparation Instructions

Preferred Method: Thaw meat in refrigerator prior to cooking

For Taco Meat:

1. Cook the beef and drain.
2. Add the water and the taco mix, simmer. Heat meat mixture to internal temperature of 165 degrees or more.
3. Move (dip) meat mixture from puts into veg or 1/2 veg pan. Cover, lable & date.
4. Hold pans in hot pass thru until served.

For burrito assembly:

using 1 tortilla

Place #16 disher of meat (approx 2-2.25 oz) in the tortilla

Add 1 fl. oz. (approx 2 Tbsp.) shredded cheese on top of meat mixture

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		363.57	
Fat		18.22g	
Saturated Fat		8.67g	
Trans Fat		1.57g	
Cholesterol		53.48mg	
Sodium		326.81mg	
Carbohydrates		33.47g	
Fiber		4.71g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		20.42g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.71mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54385
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	3 #10 CAN	BAKE	100364
ONION DEHY CHPD	3 Cup		263036
SUGAR BROWN MED	1 1/2 Cup	UNSPECIFIED	108626
KETCHUP CAN 33 FCY	3 Cup		820783
Ham, Cubed Frozen	1 Package		100188-H

Preparation Instructions

Prepare the the following ingredients in 1/2 veg pan:

1 can beans

1 cup dehydrated onion

1/2 cup brown sugar (packed)

1 cup ketchup

1/3 package of ham

Mix all ingredients together

repeat above directions in 1/2 veg pan portions for remaining ingredients.

Bake at 350 degrees in convection oven for 1/2 hour

remove pans from oven. Stir, put back in oven

Continue cooking until internal temperature reaches 135 degrees (varies from 15 minutes to 30 minutes)

Remove pans from oven. Put plastic flip lid on.

Hold in hot pass thru until served.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		165.05	
Fat		2.82g	
Saturated Fat		0.91g	
Trans Fat		0.00g	
Cholesterol		16.39mg	
Sodium		357.30mg	
Carbohydrates		27.60g	
Fiber		5.15g	
Total Sugar		10.13g	
Added Sugar		0.16g	
Protein		11.62g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	3.14mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble - Bacon Egg & Cheese Skillet

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMB EGG BCN CHED	1/2 Cup		760900

Preparation Instructions

PREHEAT OVEN.
REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY.
TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET.
PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME.
CONVECTION:
325°F, THAWED: 45-55 MIN,
FROZEN: 60-70 MIN,
*cook until internal temperature reaches 165
CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.)
Hot hold until ready to serve
Serve in 1/2 cup servings = #8 Scoop

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		180.00	
Fat		10.50g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		97.50mg	
Sodium		330.00mg	
Carbohydrates		10.50g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		9.00g	
Vitamin A	375.00mcg	Vitamin C	3.00mg
Calcium	125.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble - Sausage & Egg Skillet

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE EGG-SAUS BKFST	1/2 Cup		174998

Preparation Instructions

PREHEAT OVEN.
REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY.
TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET.
PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME.
CONVECTION:
325°F, THAWED: 45-55 MIN,
FROZEN: 60-70 MIN,
*cook until internal temperature reaches 165
CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.)
Hot hold until ready to serve
Serve in 1/2 cup servings = #8 Scoop

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		160.00	
Fat		10.50g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		132.50mg	
Sodium		420.00mg	
Carbohydrates		7.50g	
Fiber		0.50g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	51.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54388
School:	Benton Jr -Sr High		

Ingredients

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

Preparation Instructions

HOTDOG INSTRUCTIONS:

Place 30-35 hot dogs in #1 pans. Steam 7-8 minutes (thawed) or 15 minutes (frozen) until internal temperature reaches 165 degrees.

Remove pans from oven

Place heated hot dogs in a veggie pan.

Hold in a hot pass thru at 165 degrees or higher 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.03	
Fat		19.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		810.05mg	
Carbohydrates		27.01g	
Fiber		3.00g	
Total Sugar		5.00g	
Added Sugar		4.00g	
Protein		11.00g	
Vitamin A	0.00mcg**	Vitamin C	3.17mg
Calcium	38.48mg	Iron	2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54390
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup		292702
SAUCE SPAGHETTI BF REDC FAT	15 Package		573201
PASTA PENNE RIGATE 51 WGRAIN	20 Pound		221482
SPICE PEPR BLK REG FINE GRIND	1/2 Cup		225037
SEASONING ITAL HRB	1/2 Cup		428574
SPICE GARLIC POWDER	2 Tablespoon		224839
Shredded Mozzarella Cheese, Part Skim	15 Pound		100021
JUICE TOMATO 100	8 Each		302414
SAUCE TOMATO	8 #10 CAN		306347

Preparation Instructions

Turn on Pots

NOODLE INSTRUCTIONS:

1. In 1 pot, heat water and oil for noodles
2. Add noodles to pot once boiling
3. boil for 15 minutes or until al dente
4. See sauce instructions for 2nd pot
5. Dip noodles out (using a strainer), add noodles to sauce pot

SAUCE INSTRUCTIONS:

1. In 2nd pot, add all other ingredients (except for noodles) into pot.
2. Mix until combined.
3. Once noodles are finished in pot 1, dip noodles out of pot 1 (using a strainer) and add noodles to this sauce pot.
4. Simmer mixture until temperature reaches 165, and noodles have had time to marinate.

- 5. Dip finished mixture (using a handheld pot) into #2 pans (leave room for cheese topping).
- 6. Top with cheese.
- 7. Hold in hot pass thru until ready to serve.
- 8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00
Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	388.83
Fat	17.53g
Saturated Fat	8.29g
Trans Fat	0.71g
Cholesterol	58.30mg
Sodium	819.70mg
Carbohydrates	37.31g
Fiber	4.93g
Total Sugar	11.29g
Added Sugar	1.42g
Protein	20.70g
Vitamin A	458.87mcg
Vitamin C	13.48mg
Calcium	32.37mg
Iron	3.09mg

Nutrition - Per 100g

No 100g Conversion Available	
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Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Servings:	200.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54392
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	2/3 Cup		292702
SAUCE SPAGHETTI BF REDC FAT	10 Package		573201
PASTA PENNE RIGATE 51 WGRAIN	15 Pound		221482
SPICE PEPR BLK REG FINE GRIND	1/3 Cup		225037
SEASONING ITAL HRB	1/3 Cup		428574
SPICE GARLIC POWDER	1 1/3 Tablespoon		224839
Shredded Mozzarella Cheese, Part Skim	10 Pound		100021
JUICE TOMATO 100	6 Each		302414
SAUCE TOMATO	6 #10 CAN		306347

Preparation Instructions

Turn on Pots

NOODLE INSTRUCTIONS:

1. In 1 pot, heat water and oil for noodles
2. Add noodles to pot once boiling
3. boil for 15 minutes or until al dente
4. See sauce instructions for 2nd pot
5. Dip noodles out (using a strainer), add noodles to sauce pot

SAUCE INSTRUCTIONS:

1. In 2nd pot, add all other ingredients (except for noodles) into pot.
2. Mix until combined.
3. Once noodles are finished in pot 1, dip noodles out of pot 1 (using a strainer) and add noodles to this sauce pot.
4. Simmer mixture until temperature reaches 165, and noodles have had time to marinate.

- 5. Dip finished mixture (using a handheld pot) into #2 pans (leave room for cheese topping).
- 6. Top with cheese.
- 7. Hold in hot pass thru until ready to serve.
- 8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00
Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	405.35
Fat	17.61g
Saturated Fat	8.29g
Trans Fat	0.71g
Cholesterol	58.30mg
Sodium	872.89mg
Carbohydrates	40.81g
Fiber	5.37g
Total Sugar	11.90g
Added Sugar	1.42g
Protein	21.36g
Vitamin A	458.87mcg
Vitamin C	13.48mg
Calcium	33.23mg
Iron	3.30mg

Nutrition - Per 100g

No 100g Conversion Available	
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Mostaccioli with Meat Sauce- No Bernard Seasoning mix

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54394
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1/3 Cup		292702
SAUCE SPAGHETTI BF REDC FAT	5 Package		573201
PASTA PENNE RIGATE 51 WGRAIN	7 Pound		221482
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon		225037
SEASONING ITAL HRB	2 Tablespoon		428574
SPICE GARLIC POWDER	2 Teaspoon		224839
Shredded Mozzarella Cheese, Part Skim	5 Pound		100021
JUICE TOMATO 100	3 Each		302414
SAUCE TOMATO	3 #10 CAN		306347

Preparation Instructions

Turn on Pots

NOODLE INSTRUCTIONS:

1. In 1 pot, heat water and oil for noodles
2. Add noodles to pot once boiling
3. boil for 15 minutes or until al dente
4. See sauce instructions for 2nd pot
5. Dip noodles out (using a strainer), add noodles to sauce pot

SAUCE INSTRUCTIONS:

1. In 2nd pot, add all other ingredients (except for noodles) into pot.
2. Mix until combined.
3. Once noodles are finished in pot 1, dip noodles out of pot 1 (using a strainer) and add noodles to this sauce pot.
4. Simmer mixture until temperature reaches 165, and noodles have had time to marinate.

- 5. Dip finished mixture (using a handheld pot) into #2 pans (leave room for cheese topping).
- 6. Top with cheese.
- 7. Hold in hot pass thru until ready to serve.
- 8. Serve with 6 fl. ounce spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	397.86
Fat	17.58g
Saturated Fat	8.29g
Trans Fat	0.71g
Cholesterol	58.30mg
Sodium	872.89mg
Carbohydrates	39.17g
Fiber	5.21g
Total Sugar	11.78g
Added Sugar	1.42g
Protein	21.08g
Vitamin A	458.87mcg
Vitamin C	13.48mg
Calcium	32.83mg
Iron	3.22mg

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54395
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	10/13 Package	15 pounds. 39 servings per 5 pound bag.	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	30 Each		270913
Shredded Mozzarella Cheese, Part Skim	1 Pound		100021

Preparation Instructions

1. Preportion out approx 10 servings (3 meatballs=1serving) for every 1/4 veg pan.
2. Cook meatballs in Combi oven on high steam for 12-15 minutes until internal temp reaches 165 degrees.
3. Remove meatballs from oven.
4. Add marinara sauce to pans of meatballs, mix well.
5. Place pans back into oven for 3-5 minutes
6. Remove pans from oven
7. Place pans in the hot pass thru at 170 degrees until ready to serve.

Prepare sandwiches on line:

Hot dog bun, add 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		355.84	
Fat		13.76g	
Saturated Fat		5.29g	
Trans Fat		0.45g	
Cholesterol		40.35mg	
Sodium		827.24mg	
Carbohydrates		36.80g	
Fiber		5.44g	
Total Sugar		10.26g	
Added Sugar		3.75g	
Protein		18.90g	
Vitamin A	0.00mcg**	Vitamin C	3.17mg
Calcium	92.02mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54396
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	1 1/2 Package	3 meatballs = 1 serving	785860
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	2 Pound		100021
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	60 Each		270913

Preparation Instructions

1. Preportion out approx 10 servings (3 meatballs=1serving) for every 1/4 veg pan.
2. Cook meatballs in Combi oven on high steam for 12-15 minutes until internal temp reaches 165 degrees.
3. Remove meatballs from oven.
4. Add marinara sauce to pans of meatballs, mix well.
5. Place pans back into oven for 3-5 minutes
6. Remove pans from oven
7. Place pans in the hot pass thru at 170 degrees until ready to serve.

Prepare sandwiches on line:

Hot dog bun, add 3 meatballs with sauce, and top with 1/2 ounce sprinkle of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		337.54	
Fat		13.29g	
Saturated Fat		5.36g	
Trans Fat		0.46g	
Cholesterol		41.01mg	
Sodium		666.85mg	
Carbohydrates		33.53g	
Fiber		4.61g	
Total Sugar		8.18g	
Added Sugar		3.77g	
Protein		18.27g	
Vitamin A	0.00mcg**	Vitamin C	3.17mg
Calcium	84.23mg	Iron	3.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54397
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each		281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burritos -Sausage Egg & Cheese

LUNCH SERVING

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54400
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/BEAN/CHS	2 Each		187412

Preparation Instructions

Prepare per packaging instructions.

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: 2.00 Each			
Amount Per Serving			
Calories		440.00	
Fat		18.00g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		80.00mg	
Sodium		620.00mg	
Carbohydrates		50.00g	
Fiber		8.00g	
Total Sugar		4.00g	
Added Sugar		2.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54401
School:	Otterbein Elementary		

Ingredients

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

Preparation Instructions

CHICKEN INSTRUCTIONS:

Place 25 servings (75 single tenders) on paper lined baking sheet

Heat tenders in oven at 375°F for 8 –10 minutes or until internal temperature reaches 165 °F.

Hold in hot pass-thru until ready to serve

CHEESE AND LETTUCE INSTRUCTIONS:

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

When ready to serve, put lettuce and cheese on cold holding item of choice (ice pack/pan with icepack in bottom)

<DO NOT PLACE CHEESE ON HOT WELLS>

ASSEMBLY:

On line place 3 tenders on tortilla wrap, with 2 Tbsp cheese per wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		470.00	
Fat		22.50g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		640.00mg	
Carbohydrates		45.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		22.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54402
School:	Prairie Crossing		

Ingredients

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

Preparation Instructions

CHICKEN INSTRUCTIONS:

Place 25 servings (75 single tenders) on paper lined baking sheet

Heat tenders in oven at 375°F for 8 –10 minutes or until internal temperature reaches 165 °F.

Hold in hot pass-thru until ready to serve

CHEESE AND LETTUCE INSTRUCTIONS:

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

When ready to serve, put lettuce and cheese on cold holding item of choice (ice pack/pan with icepack in bottom)

<DO NOT PLACE CHEESE ON HOT WELLS>

ASSEMBLY:

On line place 3 tenders on tortilla wrap, with 2 Tbsp cheese per wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		470.00	
Fat		22.50g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		640.00mg	
Carbohydrates		45.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		22.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	76.00mg	Iron	3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54403
School:	Prairie Crossing		

Ingredients

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

Preparation Instructions

CHICKEN INSTRUCTIONS:

Place 25 servings (75 single tenders) on paper lined baking sheet
Heat tenders in oven at 375°F for 8 –10 minutes or until internal temperature reaches 165 °F.
Hold in hot pass-thru until ready to serve

CHEESE AND LETTUCE INSTRUCTIONS:

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve
When ready to serve, put lettuce and cheese on cold holding item of choice (ice pack/pan with icepack in bottom)
<DO NOT PLACE CHEESE ON HOT WELLS>

ASSEMBLY:

On line place 3 tenders on tortilla wrap, with 2 Tbsp cheese per wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		470.00	
Fat		22.50g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		640.00mg	
Carbohydrates		46.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		22.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	79.00mg	Iron	3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54404
School:	Otterbein Elementary		

Ingredients

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

Preparation Instructions

CHICKEN INSTRUCTIONS:

Place 25 servings (75 single tenders) on paper lined baking sheet
Heat tenders in oven at 375°F for 8 –10 minutes or until internal temperature reaches 165 °F.
Hold in hot pass-thru until ready to serve

CHEESE AND LETTUCE INSTRUCTIONS:

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve
When ready to serve, put lettuce and cheese on cold holding item of choice (ice pack/pan with icepack in bottom)
<DO NOT PLACE CHEESE ON HOT WELLS>

ASSEMBLY:

On line place 3 tenders on tortilla wrap, with 2 Tbsp cheese per wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		470.00	
Fat		22.50g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		640.00mg	
Carbohydrates		46.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		22.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	79.00mg	Iron	3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger- No Bernard Mix

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54405
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
SAUCE TOMATO	2 #10 CAN		306347
ONION DEHY CHPD	1 Cup		263036
SEASONING PIZZA ITAL MIX	1 Cup		413461
SUGAR BROWN MED	1 Cup		108626
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	150 Each		266546
Shredded Mozzarella Cheese, Part Skim	1 Package		100021

Preparation Instructions

1. Put grate in bottom of pot.
2. Add raw ground beef to pot.
3. Break apart ground beef chunks while cooking.
4. Cook ground beef in pot until internal temperature reaches 165 degrees
5. Drain ground beef
6. Add remaining ingredients except for cheese and bun.
7. Combine ingredients in pot until mixed thoroughly.
8. Simmer for 15-20 minutes. Cook until 165 degrees.
9. Dip cooked mixture into veggie pans. Cover, label, and date.
10. Put in hot pass-thru and hold at 165 degrees or higher.

ASSEMBLY:

Put #12 disher of meat onto bun with 1 fl. oz. scoop cheese.

Make up sandwiches on line as needed.

Hold cheese in cold pass-thru and on ice when you serve sandwiches.

Serving Size= #12 disher with 1 fl. oz. scoop cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.125
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		349.20	
Fat		15.29g	
Saturated Fat		6.35g	
Trans Fat		1.59g	
Cholesterol		54.73mg	
Sodium		621.64mg	
Carbohydrates		30.05g	
Fiber		3.73g	
Total Sugar		7.22g	
Added Sugar		3.00g	
Protein		20.07g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.50mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger- No Bernard Mix

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54406
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
SAUCE TOMATO	2 #10 CAN		306347
ONION DEHY CHPD	1 Cup		263036
SEASONING PIZZA ITAL MIX	1 Cup		413461
SUGAR BROWN MED	1 Cup		108626
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	150 Each		266546
Shredded Mozzarella Cheese, Part Skim	1 Package		100021

Preparation Instructions

1. Put grate in bottom of pot.
2. Add raw ground beef to pot.
3. Break apart ground beef chunks while cooking.
4. Cook ground beef in pot until internal temperature reaches 165 degrees
5. Drain ground beef
6. Add remaining ingredients except for cheese and bun.
7. Combine ingredients in pot until mixed thoroughly.
8. Simmer for 15-20 minutes. Cook until 165 degrees.
9. Dip cooked mixture into veggie pans. Cover, label, and date.
10. Put in hot pass-thru and hold at 165 degrees or higher.

ASSEMBLY:

Put #12 disher of meat onto bun with 1 fl. oz. scoop cheese.

Make up sandwiches on line as needed.

Hold cheese in cold pass-thru and on ice when you serve sandwiches.

Serving Size= #12 disher with 1 fl. oz. scoop cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.125
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		349.20	
Fat		15.29g	
Saturated Fat		6.35g	
Trans Fat		1.59g	
Cholesterol		54.73mg	
Sodium		621.64mg	
Carbohydrates		30.05g	
Fiber		3.73g	
Total Sugar		7.22g	
Added Sugar		3.00g	
Protein		20.07g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.50mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger- No Bernard Mix

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54407
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
SAUCE TOMATO	1 #10 CAN		306347
ONION DEHY CHPD	1/2 Cup		263036
SEASONING PIZZA ITAL MIX	1/2 Cup		413461
SUGAR BROWN MED	1/2 Cup		108626
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	75 Each		266546
Shredded Mozzarella Cheese, Part Skim	1/2 Package		100021

Preparation Instructions

1. Put grate in bottom of pot.
2. Add raw ground beef to pot.
3. Break apart ground beef chunks while cooking.
4. Cook ground beef in pot until internal temperature reaches 165 degrees
5. Drain ground beef
6. Add remaining ingredients except for cheese and bun.
7. Combine ingredients in pot until mixed thoroughly.
8. Simmer for 15-20 minutes. Cook until 165 degrees.
9. Dip cooked mixture into veggie pans. Cover, label, and date.
10. Put in hot pass-thru and hold at 165 degrees or higher.

ASSEMBLY:

Put #12 disher of meat onto bun with 1 fl. oz. scoop cheese.

Make up sandwiches on line as needed.

Hold cheese in cold pass-thru and on ice when you serve sandwiches.

Serving Size= #12 disher with 1 fl. oz. scoop cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.125
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		349.20	
Fat		15.29g	
Saturated Fat		6.35g	
Trans Fat		1.59g	
Cholesterol		54.73mg	
Sodium		621.64mg	
Carbohydrates		30.05g	
Fiber		3.73g	
Total Sugar		7.22g	
Added Sugar		3.00g	
Protein		20.07g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.50mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54408
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY	1 Each		451660
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place 30 ribs in #1 pan, heat to 165 degrees 8-10 minutes in the steamer.
Remove from steamer and drain off broth.
Hold in pass thru @ 165 degrees or higher.
Serve on a bun.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		360.00	
Fat		14.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		900.00mg	
Carbohydrates		37.00g	
Fiber		4.00g	
Total Sugar		13.00g	
Added Sugar		8.00g	
Protein		18.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fried Rice w/ Vegetables

Servings:	134.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54414
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	6 Package		676463

Preparation Instructions

- Get #2pans
- Lighly coat #2 pans with pan coating spray (to prevent sticking)
- Open 2 bags into a #2 pan
- Steam #2 pans in Combi on high steam until internal temperature reaches 135 degrees
- Remove pans from oven
- Cover with lid
- label with item name
- Hot hold until ready to serve
- Serve= level 4oz spoodle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		111.37	
Fat		0.00g**	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		181.15mg	
Carbohydrates		22.00g	
Fiber		1.65g	
Total Sugar		0.00g**	
Added Sugar		1.37g	
Protein		2.47g	
Vitamin A	0.00mcg**	Vitamin C	1.65mg
Calcium	4.12mg	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

Cornbread Loaf

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54415
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

Preparation Instructions

Thaw & Serve

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		180.00	
Fat		6.00g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		90.00mg	
Carbohydrates		28.00g	
Fiber		1.00g	
Total Sugar		15.00g	
Added Sugar		15.00g	
Protein		3.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Mac & Cheese Bites

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54416
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE MAC CHS WGRAIN	5 pieces		500572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories		380.00	
Fat		19.00g	
Saturated Fat		8.00g	
Trans Fat		0.50g	
Cholesterol		45.00mg	
Sodium		650.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		1.00g	
Protein		21.00g	
Vitamin A	0.00mcg**	Vitamin C	0.42mg
Calcium	510.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54419
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

- 1. Portion ham in 1.22 oz. servings.
- 2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		227.00	
Fat		6.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		25.50mg	
Sodium		612.00mg	
Carbohydrates		28.00g	
Fiber		3.00g	
Total Sugar		5.50g	
Added Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble - Bacon Egg & Cheese Skillet LUNCH PORTION

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54421
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMB EGG BCN CHED	2/3 Cup	0.67cup =2/3cup =6oz	760900

Preparation Instructions

PREHEAT OVEN.
REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY.
TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET.
PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME.
CONVECTION:
325°F, THAWED: 45-55 MIN,
FROZEN: 60-70 MIN,
*cook until internal temperature reaches 165
CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.)
Hot hold until ready to serve
LUNCH SERVING: Serve in 2/3 cup servings = #6 Scoop

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		241.20	
Fat		14.07g	
Saturated Fat		6.70g	
Trans Fat		0.00g	
Cholesterol		130.65mg	
Sodium		442.20mg	
Carbohydrates		14.07g	
Fiber		1.34g	
Total Sugar		2.68g	
Added Sugar		0.00g	
Protein		12.06g	
Vitamin A	502.50mcg	Vitamin C	4.02mg
Calcium	167.50mg	Iron	1.21mg

Nutrition - Per 100g

Calories		141.80	
Fat		8.27g	
Saturated Fat		3.94g	
Trans Fat		0.00g	
Cholesterol		76.81mg	
Sodium		259.97mg	
Carbohydrates		8.27g	
Fiber		0.79g	
Total Sugar		1.58g	
Added Sugar		0.00g	
Protein		7.09g	
Vitamin A	295.42mcg	Vitamin C	2.36mg
Calcium	98.47mg	Iron	0.71mg

Breakfast Burritos -Sausage Egg & Cheese

BREAKFAST SERVING

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54423
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/BEAN/CHS	1 Each		187412

Preparation Instructions

Prepare per packaging instructions.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		220.00	
Fat		9.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		310.00mg	
Carbohydrates		25.00g	
Fiber		4.00g	
Total Sugar		2.00g	
Added Sugar		1.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54426
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY	1 Each		451660
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place 30 ribs in #1 pan, heat to 165 degrees 8-10 minutes in the steamer.
Remove from steamer and drain off broth. Add warmed BBQ sauce to top.
Hold in pass thru @ 165 degrees or higher.
Serve on a bun.

Meal Components (SLE)

Amount Per Serving	
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		360.00	
Fat		14.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		900.00mg	
Carbohydrates		37.00g	
Fiber		4.00g	
Total Sugar		13.00g	
Added Sugar		8.00g	
Protein		18.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese Bites

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54428
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE MAC CHS WGRAIN	5 pieces		500572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories		380.00	
Fat		19.00g	
Saturated Fat		8.00g	
Trans Fat		0.50g	
Cholesterol		45.00mg	
Sodium		650.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		1.00g	
Protein		21.00g	
Vitamin A	0.00mcg**	Vitamin C	0.42mg
Calcium	510.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese Bites

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54429
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE MAC CHS WGRAIN	5 pieces		500572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 5.00 Each			
Amount Per Serving			
Calories		380.00	
Fat		19.00g	
Saturated Fat		8.00g	
Trans Fat		0.50g	
Cholesterol		45.00mg	
Sodium		650.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		1.00g	
Protein		21.00g	
Vitamin A	0.00mcg**	Vitamin C	0.42mg
Calcium	510.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Dumplings

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54430

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Vegetable Potstickers	16 Serving	8 servings per bag - 2 bags per tray 2 bags get 1 package of sauce	640331
SAUCE ORNG SESM	1 Package		341113

Preparation Instructions

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

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 16.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		292.00	
Fat		5.80g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		605.99mg	
Carbohydrates		49.00g	
Fiber		2.00g	
Total Sugar		26.00g	
Added Sugar		1.00g	
Protein		13.60g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.26mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54431
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z	1 Each		655482
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Patty Cooking Instructions:

Place 3 rows of 10 patties in #1 pan. (Patties are stacked vertical in a row)

Put pan in Combi oven. Steam cook 15-20 minutes or until internal temperature reaches 165 degrees.

Remove pan from oven, put lid on the pans.

Place in hot pass-thru, hot hold until ready to serve.

SERVING

Place patty on bun

Add cheese as they are served (if student wants cheese)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.50	
Fat		14.10g	
Saturated Fat		5.90g	
Trans Fat		0.58g	
Cholesterol		43.50mg	
Sodium		541.40mg	
Carbohydrates		27.00g	
Fiber		3.80g	
Total Sugar		4.50g	
Added Sugar		3.00g	
Protein		20.90g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54432
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z	1 Each		655482
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Patty Cooking Instructions:
Place 3 rows of 10 patties in #1 pan. (Patties are stacked vertical in a row)
Put pan in Combi oven. Steam cook 15-20 minutes or until internal temperature reaches 165 degrees.
Remove pan from oven, put lid on the pans.
Place in hot pass-thru, hot hold until ready to serve.

SERVING
Place patty on bun

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.50	
Fat		11.60g	
Saturated Fat		4.40g	
Trans Fat		0.58g	
Cholesterol		36.00mg	
Sodium		401.40mg	
Carbohydrates		26.00g	
Fiber		3.80g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		17.90g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Texas BBQ on Sub Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54434
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE BBQ	1 Gallon		655937
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	60 Each		276142

Preparation Instructions

1. Steam sausage crumbles in Combi for 15-20 minutes (heat to 165 degrees.)
2. Drain sausage
3. Add BBQ sauce to sausage crumbles.
4. Hot Hold in pass-thru at 170 degrees.

Elementary: Serve using #12 disher of meat mixture and 1 ounce of shredded cheese on a sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		689.19	
Fat		39.17g	
Saturated Fat		14.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		1348.07mg	
Carbohydrates		69.36g	
Fiber		2.00g	
Total Sugar		40.90g	
Added Sugar		38.10g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	4.67mg

Nutrition - Per 100g

No 100g Conversion Available

Texas BBQ on Sub Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54435
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE BBQ	1 Gallon		655937
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	60 Each		276142

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		689.19	
Fat		39.17g	
Saturated Fat		14.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		1348.07mg	
Carbohydrates		69.36g	
Fiber		2.00g	
Total Sugar		40.90g	
Added Sugar		38.10g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	4.67mg

Nutrition - Per 100g

No 100g Conversion Available

Stromboli on Sub Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54436
School:	Otterbein Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE MARINARA A/P	1 #10 CAN		592714
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	60 Each		276142

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		561.12	
Fat		39.80g	
Saturated Fat		14.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		894.70mg	
Carbohydrates		34.38g	
Fiber		2.84g	
Total Sugar		6.78g	
Added Sugar		4.00g	
Protein		17.84g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.87mg	Iron	5.09mg

Nutrition - Per 100g

No 100g Conversion Available

Texas BBQ on Sub Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54437
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	10 Pound		125302
SAUCE BBQ	1 Gallon		655937
Shredded Mozzarella Cheese, Part Skim	2 1/2 Pound		100021
BUN SUB SLCD WGRAIN 5IN	60 Each		276142

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		689.19	
Fat		39.17g	
Saturated Fat		14.50g	
Trans Fat		0.00g	
Cholesterol		56.67mg	
Sodium		1348.07mg	
Carbohydrates		69.36g	
Fiber		2.00g	
Total Sugar		40.90g	
Added Sugar		38.10g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	4.67mg

Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54438
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each		576255
Land O'Lakes Reduced Fat Reduced Sodium Yellow American Cheese, Sliced	1 slices		499788
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE
COOKING INSTRUCTIONS FROM FROZEN:
Preheat oven to: 375 degrees
Placee 15 fish on a paper lined #1 pan
Bake for 15-20 minutes
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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		332.50	
Fat		10.00g**	
Saturated Fat		1.59g	
Trans Fat		0.00g	
Cholesterol		25.54mg	
Sodium		737.50mg	
Carbohydrates		41.14g	
Fiber		5.00g	
Total Sugar		5.00g**	
Added Sugar		3.00g	
Protein		16.18g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	35.71mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Smoothie

Servings:	32.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54452
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Package		110860
BANANA TURNING SNGL 150CT	15 Each		197769
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3 Package		499989

Preparation Instructions

1. Add all ingredients to plastic immersion blender bucket
 2. Use Immersion blender to blend ingredients.
 3. Blend until smooth
 4. Spoon 10oz of smoothie into 12 oz cups.
 5. Cover cup with lid.
 6. Refrigerate until served. Hold for cold service at 41 degrees F or below.
- Please note that the fruit in the smoothie counts as juice. A student should not be able to take both a smoothie and juice at breakfast.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 32.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving			
Calories		228.08	
Fat		1.12g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.62mg	
Sodium		114.74mg	
Carbohydrates		48.65g	
Fiber		3.66g	
Total Sugar		27.94g	
Added Sugar		9.00g	
Protein		7.22g	
Vitamin A	215.39mcg	Vitamin C	4.81mg
Calcium	250.25mg	Iron	0.15mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Smoothie

Servings:	32.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54453
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Package		110860
BANANA TURNING SNGL 150CT	15 Each		197769
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3 Package		499989

Preparation Instructions

1. Add all ingredients to plastic immersion blender bucket
 2. Use Immersion blender to blend ingredients.
 3. Blend until smooth
 4. Spoon 10oz of smoothie into 12 oz cups.
 5. Cover cup with lid.
 6. Refrigerate until served. Hold for cold service at 41 degrees F or below.
- Please note that the fruit in the smoothie counts as juice. A student should not be able to take both a smoothie and juice at breakfast.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 32.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving			
Calories		228.08	
Fat		1.12g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.62mg	
Sodium		114.74mg	
Carbohydrates		48.65g	
Fiber		3.66g	
Total Sugar		27.94g	
Added Sugar		9.00g	
Protein		7.22g	
Vitamin A	215.39mcg	Vitamin C	4.81mg
Calcium	250.25mg	Iron	0.15mg

Nutrition - Per 100g

No 100g Conversion Available

Donut Ring - Plain

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54456
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		277.30	
Fat		15.60g	
Saturated Fat		7.30g	
Trans Fat		0.12g	
Cholesterol		0.00mg	
Sodium		305.60mg	
Carbohydrates		30.00g	
Fiber		2.50g	
Total Sugar		6.00g	
Added Sugar		6.00g	
Protein		4.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

Nutrition - Per 100g

No 100g Conversion Available			
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Donut Ring - Iced

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54457
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	30 Each		556582
SUGAR POWDERED 6X	3 Cup		108693
1 % Lowfat Unflavored	1 8 oz		4752

Preparation Instructions

ICING:

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: 30.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		328.63	
Fat		15.68g	
Saturated Fat		7.35g	
Trans Fat		0.12g	
Cholesterol		0.50mg	
Sodium		309.60mg	
Carbohydrates		42.37g	
Fiber		2.50g	
Total Sugar		17.97g	
Added Sugar		44.40g	
Protein		4.57g	
Vitamin A	0.33mcg	Vitamin C	0.07mg
Calcium	14.88mg	Iron	1.45mg

Nutrition - Per 100g

No 100g Conversion Available	
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Donut Ring - Powdered

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54458
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	30 Each		556582
SUGAR POWDERED 6X	3/4 Cup		108693

Preparation Instructions

Donuts:
Bake from frozen.
Bake per packaging instructions
375 for 4 minutes
Use sifter to lightly sift powdered sugar on the donuts

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: 30.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		289.30	
Fat		15.60g	
Saturated Fat		7.30g	
Trans Fat		0.12g	
Cholesterol		0.00mg	
Sodium		305.60mg	
Carbohydrates		33.00g	
Fiber		2.50g	
Total Sugar		8.90g	
Added Sugar		15.60g	
Protein		4.30g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs, Bacon, Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54478
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	1 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
Jennie-O Dark/White Meat 12/50 Count Turkey Bacon, Cooked, Frozen, 50 Ct Package, 12/Case	2 Each	2pieces = 0.5oz weight= 0.25M/MA	834770
BREAD WGRAIN WHT 16-22Z GCHC	1 Slice		266547

Preparation Instructions

EGG:
Steam in Combi

Bacon:

Bread:

SERVING INSTRUCTIONS:
weight out 1oz of egg (INSERT SCOOP #)

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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		168.75	
Fat		6.88g	
Saturated Fat		1.72g	
Trans Fat		0.00g	
Cholesterol		107.60mg	
Sodium		491.81mg	
Carbohydrates		17.36g	
Fiber		2.00g	
Total Sugar		2.36g	
Added Sugar		2.36g	
Protein		9.60g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	48.00mg	Iron	1.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54504
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882
SAUSAGE PTY STHRN 1.33Z	1 Each		785880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		371.00	
Fat		22.00g	
Saturated Fat		8.20g	
Trans Fat		0.00g	
Cholesterol		126.00mg	
Sodium		552.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		3.00g	
Protein		14.00g	
Vitamin A	356.00mcg	Vitamin C	0.00mg
Calcium	94.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available			
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Egg & Cheese Omelet + Hashbrowns

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND	2 Each		389003
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Hashbrowns:
Bake in oven at 350 for 20 minutes or until golden brown

Egg Omelet:
Place in combi on 1/2 steam for 8-10 minutes or until internal temp is 145 degrees
remove from combi
hold in hot pass thru until ready to serve.

Serve: 1 omelet with 2 hashbrowns

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		210.00	
Fat		12.50g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		490.00mg	
Carbohydrates		16.00g	
Fiber		2.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.30mg

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Omelet + Hashbrowns

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54568
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND	2 Each		389003
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Hashbrowns:
Bake in oven at 350 for 20 minutes or until golden brown

Egg Omelet:
Place in combi on 1/2 steam for 8-10 minutes or until internal temp is 145 degrees
remove from combi
hold in hot pass thru until ready to serve.
Serve: 1 omelet with 2 hashbrowns

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		210.00	
Fat		12.50g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		490.00mg	
Carbohydrates		16.00g	
Fiber		2.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	93.00mg	Iron	1.30mg

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs, Bacon, Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54572
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	1 Ounce		192330
Jennie-O Dark/White Meat 12/50 Count Turkey Bacon, Cooked, Frozen, 50 Ct Package, 12/Case	2 Each	2pieces = 0.5oz weight= 0.25M/MA	834770
BREAD WGRAIN WHT 16-22Z GCHC	1 Slice		266547

Preparation Instructions

EGG:
Steam in Combi
EGG SERVING INSTRUCTIONS:
weight out 1oz of egg (INSERT SCOOP #)

Bacon:
2pieces = 0.5oz weight= 0.25M/MA eq.

Bread:

SERVING INSTRUCTIONS:
weight out 1oz of egg (INSERT SCOOP #)

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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		168.75	
Fat		6.88g	
Saturated Fat		1.72g	
Trans Fat		0.00g	
Cholesterol		107.60mg	
Sodium		491.81mg	
Carbohydrates		17.36g	
Fiber		2.00g	
Total Sugar		2.36g	
Added Sugar		2.36g	
Protein		9.60g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	48.00mg	Iron	1.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54574
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z	1 Each		655482
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Patty Cooking Instructions:

Place 3 rows of 10 patties in #1 pan. (Patties are stacked vertical in a row)

Put pan in Combi oven. Steam cook 15-20 minutes or until internal temperature reaches 165 degrees.

Remove pan from oven, put lid on the pans.

Place in hot pass-thru, hot hold until ready to serve.

SERVING

Place patty on bun

Add cheese as they are served (if student wants cheese)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.50	
Fat		11.60g	
Saturated Fat		4.40g	
Trans Fat		0.58g	
Cholesterol		36.00mg	
Sodium		401.40mg	
Carbohydrates		26.00g	
Fiber		3.80g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		17.90g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Honey Chicken Croissant

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54576
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	50 Each		110921
HONEY SQZ BTL 16Z	2 1/2 Cup		217523
SAUCE HOT REDHOT ORG	1 1/2 Cup		282944
CROISSANT WGRAIN SLCD 2.2Z	50 Each		662882

Preparation Instructions

Honey Sauce: Mix honey & hot sauce until combined.

Lay out the chicken filets on sheet pans

Steam chicken in Combi on full steam for 15-20 minutes (Or until internal temperature reaches 165 degrees)

Prepare Croissants according to packaging. - Thaw

Pour the sauce over the filets, Hot hold the sauced chicken until ready to assemble/serve.

To assemble the Croissant sandwiches: Place one chicken filet in each croissant.

1 sandwich= 2MMA/2 Grain

CN Crediting: Approximately 2.45 ounces of chicken fillet credits as 2 ounce equivalents meat/meatalternate.

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		338.00	
Fat		10.50g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		70.00mg	
Sodium		763.65mg	
Carbohydrates		39.60g	
Fiber		2.00g	
Total Sugar		16.60g	
Added Sugar		16.60g	
Protein		25.00g	
Vitamin A	588.05mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Mac & Cheese Bowl

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54577
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pork Pulled Cooked	5 Package		110730
ENTREE MACAR CHS WGRAIN ELB	12 Package		609131
CRACKER CHEEZ-IT WGRAIN IW	160 Package		282422

Preparation Instructions

PULLED PORK:
Put the pulled pork bags in steam table pans and heat in the steamer for 45-60 minutes to 165 degrees, stir.
Drain, Add BBQ Sauce
Hold in hot pass thru at 165 degrees or higher.

MAC & CHEESE:
Leave frozen, cut bags off, put 2 bags in each #2 pan, cook in combi for

SERVE: 6oz (by weight) of mac & Cheese, 2oz of pulled pork mixture on top, Cheez-Its on the side.

CN Crediting: 2 ounces of pulled pork and juices credits as 1 ounce equivalent meat/meat alternate. Confirm individual vendor crediting by using the CN Label or the product formulation statement.

MAC & CHEESE: 6 oz serving by weight provides 2 M/MA & 1 oz Equivalent Grains

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		508.97	
Fat		24.50g	
Saturated Fat		11.90g	
Trans Fat		0.00g	
Cholesterol		81.99mg	
Sodium		1001.94mg	
Carbohydrates		42.00g	
Fiber		3.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		28.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	467.00mg	Iron	1.72mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Mac & Cheese

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54578

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pork Pulled Cooked	5 Package		110730
ENTREE MACAR CHS WGRAIN ELB	12 Package		609131

Preparation Instructions

PULLED PORK:
Put the pulled pork bags in steam table pans and heat in the steamer for 45-60 minutes to 165 degrees, stir.
Drain, Add BBQ Sauce
Hold in hot pass thru at 165 degrees or higher.

MAC & CHEESE:
Leave frozen, cut bags off, put 2 bags in each #2 pan, cook in combi for

SERVE: 6oz (by weight) of mac & Cheese, 2oz of pulled pork mixture on top, Cheez-Its on the side.
CN Crediting: 2 ounces of pulled pork and juices credits as 1 ounce equivalent meat/meat alternate. Confirm individual vendor crediting by using the CN Label or the product formulation statement.
MAC & CHEESE: 6 oz serving by weight provides 2 M/MA & 1 oz Equivalent Grains

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 160.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		408.97	
Fat		21.00g	
Saturated Fat		10.90g	
Trans Fat		0.00g	
Cholesterol		81.99mg	
Sodium		851.94mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		26.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	367.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Greek Gyro on Pita Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54579

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Gyro Meat	4 slices		479863
BREAD PITA 6IN	1 Each		244351

Preparation Instructions

- MEAT:
- Heat per packaging instructions
- PITA:
- Thaw before serving.
- Place in warmer before serving
- SERVING:
- Place 4 slices of gyro meat on 1 pita

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		420.00	
Fat		18.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		110.00mg	
Sodium		750.00mg	
Carbohydrates		40.00g	
Fiber		3.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak Sandwich (JTM Meat)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54580
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD	1 Ounce		645170
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	2 3/4 ounces		516133
BUN SUB SLCD WGRAIN 5IN	1 Each		276142
PEPPERS & ONIO RSTD BLND 6-2.5	3/4 Ounce		266751

Preparation Instructions

1. Combine peppers & Onion blend with thawed beef before cooking in veg pan
2. Heat Approximately 40 minutes or until product reaches serving temperature. (to an internal temperature of 165* F for 15 seconds
3. Remove from steamer
4. Place in a hot holding cabinet covered until service.

SERVING:

Use #10 scoop to put the meat/pepper mixture on bun, top with 1oz of cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		389.05	
Fat		17.55g	
Saturated Fat		6.75g	
Trans Fat		0.71g	
Cholesterol		61.50mg	
Sodium		523.10mg	
Carbohydrates		34.31g	
Fiber		2.18g	
Total Sugar		7.04g	
Added Sugar		5.00g	
Protein		21.59g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	180.10mg	Iron	4.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shrimp Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	6 Ounce		340922
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

SHRIMP:

Line sheet pans with parchment paper

Open 2 bags of frozen shrimp in a single layer on a paper-lined tray.

Bake at 375° F for approximately 12-15 minutes. Do not overcook!

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM

Use a 2 oz spoodle to portion ¼ cup of shredded cheddar cheese over the top of the popcorn shrimp.

To assemble for just in time service, use 6 oz spoodle to measure 3 oz of baked breaded popcorn style shrimp and place in the center of each thawed tortilla.

Serve 1 Shrimp Taco and 1 portion cup of Lime Yogurt Dip.

Crediting for this recipe is based on 3 ounces of shrimp poppers providing 1.25 grain and 1 M/MA. If using a different brand, crediting may vary and recipe adjustment may be needed.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		395.00	
Fat		16.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		585.00mg	
Carbohydrates		48.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	179.50mg	Iron	2.84mg

Nutrition - Per 100g

No 100g Conversion Available

Shrimp Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	6 Ounce		340922
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

SHRIMP:

Line sheet pans with parchment paper

Open 2 bags of frozen shrimp in a single layer on a paper-lined tray.

Bake at 375° F for approximately 12-15 minutes. Do not overcook!

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM

Use a 2 oz spoodle to portion ¼ cup of shredded cheddar cheese over the top of the popcorn shrimp.

To assemble for just in time service, use 6 oz spoodle to measure 3 oz of baked breaded popcorn style shrimp and place in the center of each thawed tortilla.

Serve 1 Shrimp Taco and 1 portion cup of Lime Yogurt Dip.

Crediting for this recipe is based on 3 ounces of shrimp poppers providing 1.25 grain and 1 M/MA. If using a different brand, crediting may vary and recipe adjustment may be needed.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		395.00	
Fat		16.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		585.00mg	
Carbohydrates		48.50g	
Fiber		6.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	179.50mg	Iron	2.84mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54583
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	1 Cup	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
Corn, Whole Kernel, Frozen, No Salt added	1 Cup	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BEAN BLACK	1 Cup		557714
BEAN BLACK	1 Cup		557714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	1.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		788.00	
Fat		4.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1444.00mg	
Carbohydrates		156.00g	
Fiber		32.00g	
Total Sugar		16.00g	
Added Sugar		0.00g	
Protein		40.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	248.00mg	Iron	12.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Street Taco 2

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54584

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	1.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 1			
Amount Per Serving			
Calories		170.00	
Fat		4.50g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		150.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available	
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