

Cookbook for FRANKLIN COMMUNITY MIDDLE SCHOOL

Created by HPS Menu Planner

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Chicken & Waffle



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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 135F or higher.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders



Servings:	75.00	Category:	Entree
Serving Size:	6.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR HOT SPCY WG FC 1.13Z	450 Each	1 case= 450 strips BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

Spicy Chicken Strip: There are about 19 servings of 6 strips per bag, and 4 bags per case. 75 servings per case.
Cook per package directions and assemble strips in a boat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 6.00 Strips

Amount Per Serving			
Calories		520.00	
Fat		30.00g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		780.00mg	
Carbohydrates		34.00g	
Fiber		6.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		30.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	78.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING CAESAR REGAL	1/4 Cup	Portion 2 oz into a 2 oz souffle cup.	726079

Preparation Instructions

1. Cook and cool chicken according to package instruction.
2. Place chicken in bowl and toss to coat with Caesar dressing.
3. Lay tortilla on prep table and sprinkle lettuce across it, then top with cooked fajita chicken and cheese.
4. Wrap like a burrito, folding in sides as you roll.

Serve with side of Caesar sauce.

CCP: Serve chilled at 41° or below for cold service.

Meal Components (SLE)

Amount Per Serving	
Meat	2.867
Grain	2.250
Fruit	0.000
GreenVeg	0.011
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 Wrap			
Amount Per Serving			
Calories		598.83	
Fat		41.03g	
Saturated Fat		10.24g	
Trans Fat		0.00g	
Cholesterol		88.42mg	
Sodium		1133.00mg	
Carbohydrates		37.12g	
Fiber		1.50g	
Total Sugar		2.75g	
Added Sugar		1.00g	
Protein		23.18g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	175.65mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Cinnamon-Butter Carrots



Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	20 Pound		175706
SUGAR BROWN LT	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE	1 Cup		842061
SPICE CINNAMON GRND	1 Cup		224723
MARGARINE BTR BLND EURO UNSLTD	1 Pound	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		133.32	
Fat		6.40g	
Saturated Fat		2.67g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		44.78mg	
Carbohydrates		20.33g	
Fiber		1.99g	
Total Sugar		17.35g	
Added Sugar		13.33g	
Protein		0.00g	
Vitamin A	540.30mcg	Vitamin C	1.99mg
Calcium	1.68mg	Iron	0.00mg

Nutrition - Per 100g

Calories		117.57	
Fat		5.64g	
Saturated Fat		2.35g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		39.49mg	
Carbohydrates		17.93g	
Fiber		1.75g	
Total Sugar		15.30g	
Added Sugar		11.76g	
Protein		0.00g	
Vitamin A	476.46mcg	Vitamin C	1.75mg
Calcium	1.48mg	Iron	0.00mg

Cherry Tomatoes & Celery Sticks w/ dip



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49541

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	10 Pound		169275
CELERY STIX	6 Pound		781592
SAUCE RNCH DIPN CUP	96 Each		182265

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.318
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		126.07	
Fat		11.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		292.22mg	
Carbohydrates		5.41g	
Fiber		1.64g	
Total Sugar		3.27g	
Added Sugar		0.00g	
Protein		0.82g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.18mg	Iron	0.11mg

Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad w/ ranch



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Watermelon Wedge



Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Each	*Order Piazza #01815*	326089

Preparation Instructions

- 1. Thoroughly wash and dry watermelon.
 - 2. Place watermelon on a clean cutting board and put on cutting gloves.
 - 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.

Order Piazza #01815

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		22.80	
Fat		0.10g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.75mg	
Carbohydrates		5.50g	
Fiber		0.30g	
Total Sugar		4.50g	
Added Sugar		0.00g	
Protein		0.45g	
Vitamin A	432.44mcg	Vitamin C	6.16mg
Calcium	5.32mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety (elem)



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

Ingredients

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

Preparation Instructions

Rinse all fruit with skins well, drain.

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

Arrange in rows on tray with tongs to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Lg



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		543822

Preparation Instructions

DO NOT THAW OVERNIGHT.

Thaw 60 minutes and they are ready to serve.

The day of serving: remove only enough for the first lunch or two.

Monitor usage and remove more sandwiches from freezer IF NEEDED as the lunch goes on.

Sandwiches will get soggy if thawed overnight and we do not want this!

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		600.00	
Fat		33.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		530.00mg	
Carbohydrates		64.00g	
Fiber		7.00g	
Total Sugar		30.00g	
Added Sugar		27.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	89.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.076
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

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

Beef & Cheese Nachos



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT	1 Each		745903
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Mini Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49251

Ingredients

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

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

- 1. Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- 2. Assemble 5 strips a boat and serve with a mini biscuit.

Meal Components (SLE)

Amount Per Serving	
Meat	3.333
Grain	2.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		523.33	
Fat		29.00g	
Saturated Fat		6.67g	
Trans Fat		0.00g	
Cholesterol		41.67mg	
Sodium		820.00mg	
Carbohydrates		37.67g	
Fiber		6.00g	
Total Sugar		2.67g	
Added Sugar		2.67g	
Protein		27.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	3.93mg

Nutrition - Per 100g

No 100g Conversion Available			
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Pizza Buildable (elem)



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.714
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		1555.00	
Fat		128.00g	
Saturated Fat		41.75g	
Trans Fat		0.00g	
Cholesterol		257.50mg	
Sodium		5830.00mg	
Carbohydrates		46.50g	
Fiber		2.00g	
Total Sugar		8.50g	
Added Sugar		3.00g	
Protein		71.50g	
Vitamin A	0.20mcg**	Vitamin C	0.06mg**
Calcium	224.68mg	Iron	6.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip



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

Ingredients

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

Preparation Instructions

Portion into 5 oz black containers..

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Winter Citrus Mix



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY	70 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY	24 Each	Order Piazza #8945 Cut into wedges using the sectionizer.	197882

Preparation Instructions

Slice all citrus into a large bowl, mix well.
Serve 6 wedges assorted citrus into a side dish container.
CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.590
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: 0.50 Cup

Amount Per Serving	
Calories	111.32
Fat	0.49g
Saturated Fat	0.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	27.18g
Fiber	5.02g
Total Sugar	8.16g
Added Sugar	0.00g
Protein	2.24g
Vitamin A 1647.72mcg	Vitamin C 97.95mg
Calcium 76.38mg	Iron 0.21mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese



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

Ingredients

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

Preparation Instructions

Use commodity broccoli whenever possible!

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

Meal Components (SLE)

Amount Per Serving

Meat	0.549
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Sriracha Boneless Chicken Wing Basket



Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	28 Pound	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: Preheat oven to 375°F. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes.	750892
CORNBREAD SNAC FORT WGRAIN IW	80 Each		159791

Preparation Instructions

Boneless Wings:
Convection Oven, From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and 2.4 oz fries in a boat and serve with cornbread.

Meal Components (SLE)

Amount Per Serving

Meat	2.047
Grain	2.039
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		479.23	
Fat		20.17g	
Saturated Fat		2.86g	
Trans Fat		0.00g	
Cholesterol		70.12mg	
Sodium		483.72mg	
Carbohydrates		50.05g	
Fiber		2.57g	
Total Sugar		18.15g	
Added Sugar		19.72g	
Protein		26.62g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	37.75mg	Iron	2.57mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich w/ tomato Soup



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

Ingredients

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

Preparation Instructions

1. Gather all ingredients needed. Wash hands and put on fresh pair of gloves.
 2. Generously spray the sheet pan with buttery pan spray and lay out slices of bread for first layer.
 3. Arrange 4 slices of cheese, layered on overlapping so the whole surface of the bread is covered.
 4. Add the top slice of bread.
 5. Generously spray top layer of bread with buttery spray and place a second sheet pan on the top of the sandwiches to toast.
 6. Bake at 350F for 10-15 minutes until bread is golden and toasty and the cheese is melted.
- CCP: Hold for hot service at 135F or higher.

Do not wrap. Place directly on tray to serve.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		480.00	
Fat		14.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1500.00mg	
Carbohydrates		66.00g	
Fiber		4.00g	
Total Sugar		24.00g	
Added Sugar		2.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	82.00mg	Iron	2.80mg

Nutrition - Per 100g

No 100g Conversion Available	
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Triple Decker Ham & Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48000
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread X	150 Slice		1292
Land O Lakes® 50% Reduced Fat American Cheese Slices	100 Slice		499789
HAM SLCD .5Z	200 Slice		294187

Preparation Instructions

- Place 50 bread slices on a paper liner.
- Put 1 slice of cheese and 2 slices ham and on top of each bottom slice of bread.
- Place another slice of bread on top.
- Put 1 more slice of cheese and 2 more slices ham and on top of each middle slice of bread.
- Slice sandwiches in half on the diagonal.
- Stack sandwich triangles on top of each other and wrap together in clear plastic wrap.
- CCP: Hold for cold service at 41° or lower.

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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		330.00	
Fat		8.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		1060.00mg	
Carbohydrates		44.00g	
Fiber		3.00g	
Total Sugar		6.00g	
Added Sugar		4.00g	
Protein		23.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	253.00mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Bell Pepper Strips



Servings:	7.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BELL ORANGE	1 Pound		460860

Preparation Instructions

- Wash bell peppers thoroughly in produce sink.
- Set up prep station with cutting board and chef knife. Put on cut glove.
- Weigh out 1# of whole peppers. 1# peppers will yield approx. 7 half-cup servings. This is usually 3-5 bell peppers.
- Slice cap off the top of the pepper and thinly slice off the bottom of the pepper so it will sit flat and upright.
- Slice each lobe off the pepper away from the core. Remove any white membrane left on the inside of the pepper lobes.
- Slice each lobe into strips and portion into 0.5 cup servings.
- CCP: Hold for cold service at 40F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		30.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.53mg	
Carbohydrates		1.71g	
Fiber		0.24g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.27g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	2.93mg	Iron	0.13mg

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit Assortment



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 0.5 cup

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos w/ chips & salsa



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35893
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	10 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED	3 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
SALSA CUP	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT	1 Each		745903

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

- Place 10 tater tots in the bottom of a boat.
 - Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving	
Meat	3.541
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.556

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		714.36	
Fat		37.51g	
Saturated Fat		14.90g	
Trans Fat		0.12g	
Cholesterol		98.33mg	
Sodium		1719.46mg	
Carbohydrates		55.81g	
Fiber		7.37g	
Total Sugar		8.31g	
Added Sugar		0.07g	
Protein		29.05g	
Vitamin A	639.56mcg	Vitamin C	0.00mg
Calcium	460.54mg	Iron	2.74mg

Nutrition - Per 100g

No 100g Conversion Available			
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Popcorn Chicken Cup w/ roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Clustered Pan Rolls x	1 Piece	READY_TO_EAT Ready to eat	3920
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120

Preparation Instructions

- 1. Cook chicken according to package instructions.
- 2. Assemble 12 chicken pieces in cup #792220
- 3. Place roll on top of chicken.

CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		340.91	
Fat		15.18g	
Saturated Fat		2.73g	
Trans Fat		0.00g	
Cholesterol		21.82mg	
Sodium		511.82mg	
Carbohydrates		33.27g	
Fiber		5.27g	
Total Sugar		3.09g	
Added Sugar		2.00g	
Protein		18.27g	
Vitamin A	118.91mcg	Vitamin C	0.00mg
Calcium	75.27mg	Iron	3.38mg

Nutrition - Per 100g

No 100g Conversion Available

Pork BBQ Smack'n & Cheese Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702

Preparation Instructions

1. Cook BBQ pork according to package direction. Steam until temperature reaches 165°.
 2. Dish out 6oz mac & cheese into bowl #688490.
 3. Scoop 2 oz oz pork over the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		644.50	
Fat		26.50g	
Saturated Fat		10.25g	
Trans Fat		0.38g	
Cholesterol		84.25mg	
Sodium		1301.50mg	
Carbohydrates		71.00g	
Fiber		2.50g	
Total Sugar		29.75g	
Added Sugar		15.00g	
Protein		30.75g	
Vitamin A	825.00mcg	Vitamin C	0.00mg
Calcium	527.75mg	Iron	3.28mg

Nutrition - Per 100g

No 100g Conversion Available

Vanilla Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28453
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRIES BURST O IQF	1/2 Cup	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT	1 Cup	1 cup granola = 2 oz grain	711664
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	8 Ounce	8 oz yogurt = 2 Meat Alt.	499989

Preparation Instructions

Use cup #557200 and either of these lids: #791505 (slot) or #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer.

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving	
Meat	2.250
Grain	4.000
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 Serving			
Amount Per Serving			
Calories		689.99	
Fat		19.75g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		529.99mg	
Carbohydrates		116.50g	
Fiber		6.50g	
Total Sugar		53.00g	
Added Sugar		40.00g	
Protein		17.50g	
Vitamin A	239.99mcg	Vitamin C	0.00mg
Calcium	343.48mg	Iron	2.90mg

Nutrition - Per 100g

No 100g Conversion Available			
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Buttery Corn



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	24 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE SLD	8 Ounce	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Add margarine to hot corn.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.687

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Cauliflower



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		50.90	
Fat		4.58g	
Saturated Fat		0.42g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		130.20mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	24.10mg
Calcium	11.00mg	Iron	0.21mg

Nutrition - Per 100g

Calories		44.89	
Fat		4.04g	
Saturated Fat		0.37g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		114.82mg	
Carbohydrates		1.76g	
Fiber		0.88g	
Total Sugar		0.88g	
Added Sugar		0.00g	
Protein		0.88g	
Vitamin A	0.00mcg	Vitamin C	21.25mg
Calcium	9.70mg	Iron	0.19mg

Roasted Asparagus



Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	11 Pound	Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES	184290
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
SALT KOSHER COARSE	1 Tablespoon		153550
SEASONING SIX PEPR BLEND	1 Tablespoon		229580

Preparation Instructions

There are about 40 1/2 cup servings of asparagus per case.

1. Preheat oven to 400F.
2. Wash and thoroughly dry asparagus, then trim off woody ends.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Sprinkle with just salt for plain roasted asparagus, or with just 6-pepper seasoning blend for this version.
6. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		91.56	
Fat		6.04g	
Saturated Fat		0.80g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		204.72mg	
Carbohydrates		8.80g	
Fiber		3.96g	
Total Sugar		2.20g	
Added Sugar		0.00g	
Protein		4.84g	
Vitamin A	1991.88mcg	Vitamin C	15.25mg
Calcium	45.54mg	Iron	1.80mg

Nutrition - Per 100g

Calories		80.74	
Fat		5.33g	
Saturated Fat		0.71g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.53mg	
Carbohydrates		7.76g	
Fiber		3.49g	
Total Sugar		1.94g	
Added Sugar		0.00g	
Protein		4.27g	
Vitamin A	1756.54mcg	Vitamin C	13.44mg
Calcium	40.16mg	Iron	1.59mg

Cucumber Slices w/ dip



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Quesadilla



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33424
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Pound	ALWAYS USE COMMODITY CHICKEN Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	570533
SAUCE HOT REDHOT	1 Cup		557609
CHEESE MOZZ SHRD	3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA FLOUR ULTRGR 9IN	25 Each		523610
PAN COAT SPRAY BUTTERY	3 Fluid Ounce		555752

Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Line several sheet pans with parchment paper and spray parchment with a layer of buttery spray. Lay out a line of tortillas on the sprayed paper.
4. Scoop 2/3 cup chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Spray folded tortillas with buttery spray.
7. Place a second sheet pan on top of the tortillas and press down to flatten.

8. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

Meal Components (SLE)

Amount Per Serving	
Meat	4.053
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

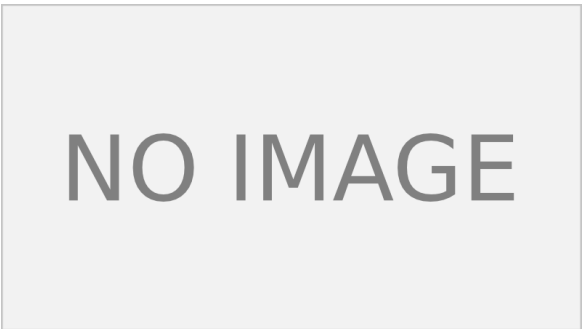
Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		324.13	
Fat		11.65g	
Saturated Fat		5.46g	
Trans Fat		0.00g	
Cholesterol		54.13mg	
Sodium		703.66mg	
Carbohydrates		30.33g	
Fiber		3.00g	
Total Sugar		2.48g	
Added Sugar		0.00g	
Protein		22.72g	
Vitamin A	384.06mcg	Vitamin C	0.00mg
Calcium	138.40mg	Iron	1.95mg

Nutrition - Per 100g

No 100g Conversion Available			
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Chicken Tenders w/ Superpretzel



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35965
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z	3 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 oz grain	533830
PRETZEL SFT PREBKD WGRAIN	1 Each		607122

Preparation Instructions

- Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- Assemble 3 strips a boat and serve with a 1 oz Superpretzel.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 3.00 Serving

Amount Per Serving			
Calories		400.00	
Fat		18.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		700.00mg	
Carbohydrates		32.00g	
Fiber		4.00g	
Total Sugar		3.00g	
Added Sugar		3.00g	
Protein		32.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.72mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Marinara & garlic toast

(Elementary)



Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30700
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN	10 2/5 Pound	BOIL STOVETOP BOILING: (Preferred Method): Place 1 pound frozen ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds. Carefully drain. CONVECTION CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds.	553982
SAUCE SPAGHETTI	1 #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	744520

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	44 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 3 ravioli and sauce into a bowl and top with garlic breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	2.049
Grain	2.024
Fruit	0.000
GreenVeg	0.000
RedVeg	0.735
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		319.64	
Fat		7.67g	
Saturated Fat		2.04g	
Trans Fat		0.00g	
Cholesterol		56.34mg	
Sodium		657.99mg	
Carbohydrates		44.61g	
Fiber		4.22g	
Total Sugar		7.75g	
Added Sugar		2.35g	
Protein		18.52g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	149.37mg	Iron	3.33mg

Nutrition - Per 100g

No 100g Conversion Available

Grizzly Club Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54470

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hoagie Bun	1 Each		3744
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
TOMATO 6X6 LRG	3 Slice		199001

Preparation Instructions

Place 1 slice cheese followed by 2 slices each of bologna, ham, and salami on a Klosterman sub bun.

Notes:

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

Meal Components (SLE)

Amount Per Serving

Meat	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		441.94	
Fat		22.74g	
Saturated Fat		8.06g	
Trans Fat		0.00g	
Cholesterol		95.00mg	
Sodium		1395.40mg	
Carbohydrates		36.20g	
Fiber		4.57g	
Total Sugar		7.25g	
Added Sugar		0.00g	
Protein		22.71g	
Vitamin A	899.64mcg	Vitamin C	14.80mg
Calcium	189.37mg	Iron	10.29mg

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli



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

Ingredients

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

Preparation Instructions

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

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

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

Nutrition Facts

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

Nutrition - Per 100g

No 100g Conversion Available	
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Baked Potato



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293

Preparation Instructions

Instructions:

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

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

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

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

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		131.00	
Fat		0.20g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.20mg	
Carbohydrates		30.00g	
Fiber		3.80g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		3.40g	
Vitamin A	3.40mcg	Vitamin C	33.50mg
Calcium	20.40mg	Iron	1.32mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Veggies



Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29648
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	4 Pound	Wash	768146
PEPPERS SWT MINI	3 1/2 Pound	Wash	667582
CELERY STIX	3 3/5 Pound	Wash, trim if needed	781592
TOMATO GRAPE SWT	4 1/5 Pound	Wash	129631
CUCUMBER SELECT	4 4/5 Pound	Peel and slice	361510

Preparation Instructions

Package 2 - 3 different veggies to make a 3/4 C portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.452
OtherVeg	2.027
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		67.12	
Fat		0.18g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		215.36mg	
Carbohydrates		14.91g	
Fiber		6.83g	
Total Sugar		9.09g	
Added Sugar		0.00g	
Protein		3.15g	
Vitamin A	419.79mcg	Vitamin C	7.34mg
Calcium	118.87mg	Iron	0.64mg

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available