

Cookbook for Walton-Verona K-5

Created by HPS Menu Planner

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Fresh Fruit Medley



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113-138CT COMM	1 Each		171871
Banana	1 Each		197769
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

Wash fruit, slice fruit or serve whole
Place in bag for service or boat
CCP Hold for cold service at 41F or lower

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		89.15	
Fat		0.18g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.33mg	
Carbohydrates		22.75g	
Fiber		4.03g	
Total Sugar		10.75g	
Added Sugar		0.00g**	
Protein		1.08g	
Vitamin A	120.78mcg	Vitamin C	23.30mg
Calcium	25.11mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit-Canned Assorted



Servings:	120.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44306

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979

Preparation Instructions

Place in 4oz cup
CCP Hold cold service at 41F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.512
GreenVeg	0.000
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		71.07	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.16mg	
Carbohydrates		16.58g	
Fiber		1.02g	
Total Sugar		11.36g	
Added Sugar		3.66g	
Protein		0.54g	
Vitamin A	61.78mcg	Vitamin C	0.80mg
Calcium	12.95mg	Iron	0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Juice Box 100%



Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

Preparation Instructions

Cold Service 41F or below

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: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		64.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.00mg	
Carbohydrates		16.20g	
Fiber		0.00g	
Total Sugar		14.80g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Corn- Steamed



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44213
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	4 #10 CAN		851329
SEASONING SIX PEPR BLEND	4 Tablespoon		229580

Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds
CCP Hold at 135 F 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	0.539

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		64.34	
Fat		0.80g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		55.00mg	
Carbohydrates		12.87g	
Fiber		1.61g	
Total Sugar		4.83g	
Added Sugar		0.00g	
Protein		1.61g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Cheese Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44215
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

BAKE
COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

CCP Hot hold 141 or below

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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		16.00g	
Saturated Fat		7.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		490.00mg	
Carbohydrates		35.00g	
Fiber		3.00g	
Total Sugar		9.00g	
Added Sugar		0.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.10mg

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Pepperoni Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44216
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
PEPPERONI SLCD 16/Z	2 Each		100240

Preparation Instructions

BAKE
COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.235
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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		377.65	
Fat		17.65g	
Saturated Fat		7.59g	
Trans Fat		0.00g	
Cholesterol		38.53mg	
Sodium		555.88mg	
Carbohydrates		35.00g	
Fiber		3.00g	
Total Sugar		9.00g	
Added Sugar		0.00g	
Protein		21.59g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.15mg

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Small



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44920
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462

Preparation Instructions

Thaw and serve

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 Serving

Amount Per Serving			
Calories		300.00	
Fat		16.00g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		270.00mg	
Carbohydrates		32.00g	
Fiber		4.00g	
Total Sugar		15.00g	
Added Sugar		12.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Seasonal



Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53141
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Strawberries	3 1/2 Cup	Thaw strawberries, rinse fruit and take of stem and cut strawberry in halves	212768
PLUM 40-60CT	7 Each		164178
BANANA 1 FRESH STAGE YELLOW 40 DOLE	7 Each		249492
GRAPES GREEN SDLSS ORGNC 18 P/L	3 1/2 Cup		907629
MELON HONEYDEW JMBO	3 1/2 Cup		671004
WATERMELON BIN	3 1/2 Cup		764521
BLUEBERRIES 12-6Z COMM	3 1/2 Cup		889107

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	139.84**
Fat	0.60g**
Saturated Fat	0.10g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	1.20mg**
Carbohydrates	36.11g**
Fiber	4.00g**
Total Sugar	21.67g**
Added Sugar	0.00g**
Protein	1.91g**
Vitamin A 303.22mcg**	Vitamin C 16.54mg**
Calcium 12.13mg**	Iron 0.48mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Salad- Side Tossed



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44801
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
TOMATO GRAPE SWT	2 Each	Approx 2 - 3 tomatoes	129631
Cucumber	2 Slice	Slice up cucumber	16P98
CARROT MATCHSTICK SHRED	1 Ounce		198161

Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler. Hold at Cold Service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.285
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		20.16	
Fat		0.05g	
Saturated Fat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		21.13mg	
Carbohydrates		4.54g	
Fiber		1.66g	
Total Sugar		2.46g	
Added Sugar		0.00g	
Protein		0.92g	
Vitamin A	4942.98mcg	Vitamin C	4.82mg
Calcium	19.58mg	Iron	0.32mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cup



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44272

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP	1 Each		655010

Preparation Instructions

Place in 4 oz bowl
CCP Cold service 41F or below

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Total Sugar		18.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Eggo Mini Maple Pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51985
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW	1 Package	Basic Preparation HEAT IN OVENABLE POUCH. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 7-9 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 350 DEGREES F. PLACE POUCHES FLAT ON A BAKING SHEET AND HEAT FOR 11-13 MINUTES. MICROWAVE: HEAT FOR 30 SECONDS ON HIGH. DO NOT PLACE POUCHES DIRECTLY ON OVEN RACK OR LET POUCHES TOUCH OVEN SIDES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.	284831

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 Package

Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Total Sugar		12.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Muffin with String Cheese option



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54655
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Thaw and Serve	557991
MUFFIN BLUEB WGRAIN IW	1 Each	Thaw and Serve	557970
Bongards Low Moisture Part Skim Mozzarella String Cheese Stick - 168/1 oz	2 Gram		122019

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		192.86	
Fat		6.21g	
Saturated Fat		2.13g	
Trans Fat		0.00g	
Cholesterol		33.04mg	
Sodium		137.14mg	
Carbohydrates		31.50g	
Fiber		2.00g	
Total Sugar		16.50g	
Added Sugar		8.50g	
Protein		3.25g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	42.14mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Assorted with Toast Option



Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44336

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
Toast with Butter	5 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		242.00	
Fat		10.00g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		271.00mg	
Carbohydrates		35.80g	
Fiber		3.00g	
Total Sugar		7.00g	
Added Sugar		7.00g	
Protein		5.20g	
Vitamin A	140.00mcg	Vitamin C	0.72mg
Calcium	113.50mg	Iron	4.70mg

Nutrition - Per 100g

No 100g Conversion Available

Grill Cheese



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45122
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread X	48 1 Slice		1292
CHEESE AMER YEL 120CT SLCD	48 Slice		164216
BUTTER ALT LIQ NT	3/4 Cup		614640

Preparation Instructions

- Spray butter mist on trays.
- Put 24 slices of bread on the tray
- Add two slices of cheese to each bread
- add another 24 slices of bread to make a sandwich
- then spread liquid margarine on the top of the bread - approximately 1/2 tablespoon a sandwich
- Bake in oven at 350F for 5-7 minutes or until golden brown
- Heat 135 F or higher for at least 15 seconds

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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		340.00	
Fat		19.00g	
Saturated Fat		8.25g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		740.00mg	
Carbohydrates		28.00g	
Fiber		2.00g	
Total Sugar		4.00g	
Added Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	286.50mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ranch Wedge Potato



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50182
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		121.70	
Fat		5.10g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		310.00mg	
Carbohydrates		17.00g	
Fiber		2.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	19.26mg	Iron	0.41mg

Nutrition - Per 100g

Calories		143.09	
Fat		6.00g	
Saturated Fat		1.18g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		364.50mg	
Carbohydrates		19.99g	
Fiber		2.35g	
Total Sugar		1.18g	
Added Sugar		0.00g	
Protein		2.35g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.65mg	Iron	0.48mg

Broccoli Bites



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51595
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/2 Cup		732478

Preparation Instructions

- Serve in 4oz tray 1/2 cup=1.11oz
- Mix it up some just broccoli, some cauliflower and some mixed!
- Hold cold foods at 41 °F or below

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		25.00	
Fat		0.25g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		5.50g	
Fiber		2.50g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	31.20mg	Iron	0.54mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower Bites



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45079
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	1/2 Cup		732494

Preparation Instructions

- Serve in 4oz tray 1/2cup=1.75oz
- Mix it up some just broccoli, some cauliflower and some mixed!
- Hold cold foods at 41 °F or below

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		12.50	
Fat		0.10g	
Saturated Fat		0.10g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		15.00mg	
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

No 100g Conversion Available

Pineapple Cups



Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46629
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE SLCD IN JCE	1 #10 CAN		189944

Preparation Instructions

Place in 4 oz bowl
CCP Cold service 41F or below

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		64.34	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		16.09g	
Fiber		0.80g	
Total Sugar		13.67g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.63mg	Iron	0.32mg

Nutrition - Per 100g

No 100g Conversion Available

Grab&Go Deli Sub



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	2 Slice		100018
TURKEY BRST DELI SHVD FRSH	2 Ounce		779170
5" WG Split Top Hoagie Bun x	1 bun		3737

Preparation Instructions

Assemble Deli Sub- Hold 41F or lower for service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.00	
Fat		11.50g	
Saturated Fat		5.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		930.00mg	
Carbohydrates		32.00g	
Fiber		0.00g	
Total Sugar		6.00g	
Added Sugar		1.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Grab&Go-Yogurt Combo Pack



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44175

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat single serving	551770
CRACKER GRHM TEDDY CINN	1 Package		509965

Preparation Instructions

- Hold cold foods at 41 °F or below- put in tray

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
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		170.00	
Fat		3.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		135.00mg	
Carbohydrates		31.00g	
Fiber		1.00g	
Total Sugar		14.00g	
Added Sugar		10.00g	
Protein		5.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	270.00mg	Iron	0.58mg

Nutrition - Per 100g

No 100g Conversion Available

PopTart with Toast Option



Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44294

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Each		695880
PASTRY POP-TART WGRAIN STRAWB	1 Each		695890
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131
Toast with Butter	3 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.083
Fruit	0.000
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		303.33	
Fat		10.67g	
Saturated Fat		2.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		258.33mg	
Carbohydrates		50.00g	
Fiber		4.00g	
Total Sugar		15.67g	
Added Sugar		10.67g	
Protein		5.00g	
Vitamin A	166.67mcg	Vitamin C	0.00mg
Calcium	151.50mg	Iron	2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cereal with Toast option



Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44816
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	3 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

Students can take cereal and toast or each one separately.

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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		243.33	
Fat		10.00g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		271.67mg	
Carbohydrates		36.33g	
Fiber		3.67g	
Total Sugar		8.00g	
Added Sugar		8.00g	
Protein		5.00g	
Vitamin A	233.33mcg	Vitamin C	1.20mg
Calcium	108.17mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Sandwich Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44240

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each	Basic Preparation CONVENTIONAL OVEN: PREHEAT OVEN TO 325F, HEAT 9 -11 MIN IF FROZEN & 7 - 9 MIN IF THAWED	111341
DOUGH BISC STHRN EZ SPLT	1 Each	Basic Preparation Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake in a convection oven at 325 degrees F for 19-23 minutes.	866920

Preparation Instructions

CCP Hot Hold 135 F or higher

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		310.00	
Fat		19.00g	
Saturated Fat		8.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		620.00mg	
Carbohydrates		25.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		1.00g	
Protein		8.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.96mg

Nutrition - Per 100g

No 100g Conversion Available

Grab&Go- Crispy Chicken Ranch Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49187
School:	Walton-Verona Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	2 Cup	Hold at 41F.	600504
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
CHIP CORN	1 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
DRESSING RNCH BTRMLK PKT	1 Each		266523
GRAPE TOMATO 6-32Z OUR FAMILY	4 Each		284077

Preparation Instructions

Assemble lettuce in clamshell # 771981.
Sprinkle lettuce with cheese.
Top with popcorn chicken.

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

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	1.000
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		390.00**	
Fat		32.00g**	
Saturated Fat		5.00g**	
Trans Fat		0.00g**	
Cholesterol		10.00mg**	
Sodium		500.00mg**	
Carbohydrates		24.00g**	
Fiber		3.00g**	
Total Sugar		3.00g**	
Added Sugar		1.00g**	
Protein		4.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	64.00mg**	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

Grab&Go-Crispy Chicken Caesar Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44330

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	2 Cup	Hold at 41F.	600504
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
DRESSING CAESAR RYL PKT	1 Each		554758
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
CHEESE PARM GRTD	1 Ounce		164259

Preparation Instructions

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

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

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
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		340.00**	
Fat		22.75g**	
Saturated Fat		3.50g**	
Trans Fat		0.00g**	
Cholesterol		10.00mg**	
Sodium		767.50mg**	
Carbohydrates		26.00g**	
Fiber		2.00g**	
Total Sugar		5.00g**	
Added Sugar		3.00g**	
Protein		8.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	89.50mg**	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	
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Cucumber and Baby Tomato



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE	2 Each		749041
CUCUMBER SELECT	1/2 Cup		418439

Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray
1/2cup=3.05 oz

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
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	7.80**
Fat	0.10g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	1.00mg**
Carbohydrates	2.00g**
Fiber	0.30g**
Total Sugar	1.00g**
Added Sugar	0.00g**
Protein	0.30g**
Vitamin A 54.60mcg**	Vitamin C 1.46mg**
Calcium 8.32mg**	Iron 0.15mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	4 Ounce		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1 Ounce		569744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		212.54	
Fat		2.67g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.33mg	
Sodium		131.70mg	
Carbohydrates		41.17g	
Fiber		5.50g	
Total Sugar		17.84g	
Added Sugar		9.34g	
Protein		7.50g	
Vitamin A	106.71mcg	Vitamin C	0.00mg
Calcium	157.73mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Chef Hot Vegetables of the Day



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46122
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
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

Marinara Sauce



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45081
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
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		40.00	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		170.00mg	
Carbohydrates		7.00g	
Fiber		0.00g	
Total Sugar		4.00g	
Added Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	19.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Cruncher w Marinara Sc



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44217
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

BAKE
Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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		460.00	
Fat		21.00g	
Saturated Fat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		840.00mg	
Carbohydrates		48.00g	
Fiber		6.00g	
Total Sugar		7.00g	
Added Sugar		1.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	446.00mg	Iron	2.21mg

Nutrition - Per 100g

No 100g Conversion Available

Peach Cup



Servings:	1.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each		232470

Preparation Instructions

CCP Cold service 41F or below

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving			
Calories		80.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Total Sugar		16.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories		62.71	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		14.89g	
Fiber		0.78g	
Total Sugar		12.54g	
Added Sugar		0.00g	
Protein		0.78g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

French Toast Sticks



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062
SUGAR POWDERED 6X	1 Teaspoon	Sprinkle!	108693

Preparation Instructions

Prepare french toast according to instructions and put in 1/4 tray boats and dust with powder sugar.
Hot hold service 135F or above

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		275.70	
Fat		9.70g	
Saturated Fat		1.60g	
Trans Fat		0.14g	
Cholesterol		0.00mg	
Sodium		305.40mg	
Carbohydrates		40.50g	
Fiber		3.30g	
Total Sugar		11.42g	
Added Sugar		16.00g	
Protein		6.20g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	41.71mg	Iron	1.98mg

Nutrition - Per 100g

No 100g Conversion Available

Juice Box 100%



Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45322
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX FRT PNCH 100	1 Each		698240

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: 5.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		64.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.00mg	
Carbohydrates		16.20g	
Fiber		0.00g	
Total Sugar		14.80g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44181

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	1 bun	BAKE Toast if desired	3474
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1 Each	Bake 375 for 17-19 minutes or until internal temperature 165	259967

Preparation Instructions

Each case yeilds approximately 170 count

Directions:

HACCP STEP: WASH HANDS.

1. Cook chicken patty as directed on package.
 2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
 3. Serve.
 4. Allow student to select condiment of choice.
- Hold hot foods at 135 °F or above

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 Serving

Amount Per Serving			
Calories		150.00**	
Fat		2.00g**	
Saturated Fat		0.00g**	
Trans Fat		0.00g**	
Cholesterol		0.00mg**	
Sodium		210.00mg**	
Carbohydrates		27.00g**	
Fiber		2.00g**	
Total Sugar		4.00g**	
Added Sugar		0.00g**	
Protein		6.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	71.00mg**	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

Lettuce & Tomato



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Serving	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices.. Place 2-1/4 Slices on Lettuce.	199001

Preparation Instructions

Serve on line for garnish
CCP 41F or below

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: 2.00 Ounce

Amount Per Serving			
Calories	14.96		
Fat	0.16g		
Saturated Fat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.60mg		
Carbohydrates	3.20g		
Fiber	1.08g		
Total Sugar	2.20g		
Added Sugar	0.00g		
Protein	0.84g		
Vitamin A	599.76mcg	Vitamin C	9.86mg
Calcium	10.40mg	Iron	0.20mg

Nutrition - Per 100g

Calories	26.38		
Fat	0.28g		
Saturated Fat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.35mg		
Carbohydrates	5.64g		
Fiber	1.90g		
Total Sugar	3.88g		
Added Sugar	0.00g		
Protein	1.48g		
Vitamin A	1057.80mcg	Vitamin C	17.40mg
Calcium	18.34mg	Iron	0.35mg

Bagel with Cream Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each	thaw	217911
CHEESE CREAM LT CUP	1 Each		124960

Preparation Instructions

Put items together for service

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		270.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Total Sugar		7.00g	
Added Sugar		5.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45080
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED	1/2 Cup	Put in 4oz boats for service. Chill	273902

Preparation Instructions

Cold service 41F or below (Weight of 1/2cup=2.48oz

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: 1.00			
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		45.00mg	
Carbohydrates		7.00g	
Fiber		2.00g	
Total Sugar		4.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Celery Sticks



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

Preparation Instructions

Cold service 41F or below. 1/2cup=2.29oz

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		8.70	
Fat		0.10g	
Saturated Fat		0.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		49.60mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		0.45g	
Vitamin A	278.38mcg	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

Nutrition - Per 100g

No 100g Conversion Available

Fries-Crinkle Cut



Servings:	160.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44496

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	30 Pound	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

Preparation Instructions

- 1 case yields 160=3oz portion
- 1 bag yields 26=3oz portion
- 2 bag yields 52 =3oz portion
- 3 bag yields 78= 3oz portion
- 4 bag yields 104 =3oz portion
- 5 bag yields 130= 3oz portion

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: 160.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		100.00	
Fat		3.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		18.00g	
Fiber		1.00g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

Nutrition - Per 100g

Calories		117.58	
Fat		3.53g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		23.52mg	
Carbohydrates		21.16g	
Fiber		1.18g	
Total Sugar		1.18g	
Added Sugar		0.00g	
Protein		1.18g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.35mg

Applesauce Cup



Servings:	1.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE PLAIN 96-4.5Z COMM	1 Each		645050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 4.50 Ounce			
Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Total Sugar	15.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories		47.03	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		13.33g	
Fiber		0.78g	
Total Sugar		11.76g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.92mg	Iron	0.00mg

Breakfast Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44242

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

CCP Hot Hold 135 or below

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 Serving

Amount Per Serving			
Calories		200.20	
Fat		7.00g	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		320.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Total Sugar		6.00g	
Added Sugar		2.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken



Servings:	113.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breaded Popcorn Chicken	512 Ounce	113 serving per case = 4.5oz approximately 10 pieces	260419

Preparation Instructions

Gold Creek Foods recommends baking at 375°F for about 14 minutes, but cooking times may vary. A conventional oven at 400°F for 8-10 minutes or 350°F for 20 minutes is also an option. Convection ovens can cook it in 6-8 minutes at 375°F.

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: 113.00

Serving Size: 4.50 Ounce

Amount Per Serving			
Calories		67.96	
Fat		3.02g	
Saturated Fat		0.57g	
Trans Fat		0.00g	
Cholesterol		13.22mg	
Sodium		154.81mg	
Carbohydrates		4.15g	
Fiber		0.38g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		5.66g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.80mg	Iron	0.38mg

Nutrition - Per 100g

Calories		53.28	
Fat		2.37g	
Saturated Fat		0.44g	
Trans Fat		0.00g	
Cholesterol		10.36mg	
Sodium		121.35mg	
Carbohydrates		3.26g	
Fiber		0.30g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.44g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.33mg	Iron	0.30mg

Fries Crinkle Cut



Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44824
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	30 Pound	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	1.000

Nutrition Facts

Servings Per Recipe: 80.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		200.00	
Fat		6.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		40.00mg	
Carbohydrates		36.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available	
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Broccoli-Roasted



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47265
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	9 2/11 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1/4 Cup		209810
Black Pepper	1/2 Teaspoon	BAKE	24108
DRESSING MIX RNCH	1 Package		192716

Preparation Instructions

1. Place frozen broccoli in lined sheet pans
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Roast at 400F for 8-12 minutes
4. Pour into solid pan and season according to directions.
5. Set on hot line for service
6. Batch cook as needed

CCP Hold at or above 135F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.501
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		26.62	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		389.78mg	
Carbohydrates		5.17g	
Fiber		3.01g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.01g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available