

Cookbook for FRANKLIN COMMUNITY MIDDLE SCHOOL

Created by HPS Menu Planner

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Assorted Fresh Veggies

Orange Chicken w/ Veg. Fried Rice



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.051
Grain	2.513
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	1138.87
Fat	18.85g
Saturated Fat	2.21g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	2008.11mg
Carbohydrates	214.44g
Fiber	14.44g
Total Sugar	25.13g
Added Sugar	13.33g
Protein	36.78g
Vitamin A 1858.50mcg	Vitamin C 11.80mg
Calcium 49.56mg	Iron 4.43mg

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken w/ cornbread bites (MS/HS)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN	4 Each		963499

Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
 2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.
- CCP: Hold at 135F or higher for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.400
Grain	2.533
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	457.67
Fat	19.67g
Saturated Fat	6.33g
Trans Fat	0.09g
Cholesterol	70.67mg
Sodium	955.73mg
Carbohydrates	46.40g
Fiber	4.27g
Total Sugar	6.00g
Added Sugar	2.67g
Protein	24.73g
Vitamin A 240.00mcg	Vitamin C 0.00mg
Calcium 33.11mg	Iron 2.55mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken & Ranch Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT SPCY WG FC 1.13Z	4 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.	281731
TORTILLA FLOUR ULTRGR 9IN	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.167
Grain	3.583
Fruit	0.000
DarkGreen	0.005
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving	
Calories	636.67
Fat	35.00g
Saturated Fat	9.83g
Trans Fat	0.00g
Cholesterol	53.33mg
Sodium	890.00mg
Carbohydrates	54.17g
Fiber	7.50g
Total Sugar	4.33g
Added Sugar	1.33g
Protein	27.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 199.50mg	Iron 4.11mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.630
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Garden Side Salad w/ ranch

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Crunchy Carrots w/ dip

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Chilled Fruit Assortment

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Fresh Fruit Variety (elem)

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.571
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	79.30
Fat	0.16g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	20.43g
Fiber	2.89g
Total Sugar	12.43g
Added Sugar	6.86g
Protein	0.97g
Vitamin A 79.81mcg**	Vitamin C 14.78mg**
Calcium 17.95mg	Iron 0.34mg

**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

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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 Soft Tacos

NO IMAGE

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34725
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6IN	106 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

CCP: Hold chicken at 165F until time to assemble and serve.

2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.

3. Place 2 tacos in a boat.

Offer a sour cream packet as an option.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.818
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 53.00

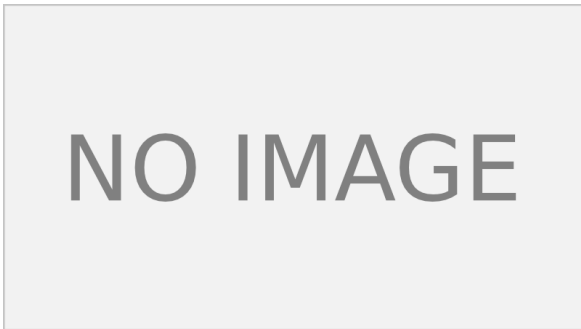
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	345.16
Fat	13.84g
Saturated Fat	7.39g
Trans Fat	0.00g
Cholesterol	64.78mg
Sodium	328.30mg
Carbohydrates	31.33g
Fiber	4.02g
Total Sugar	2.02g
Added Sugar	0.00g
Protein	23.94g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 108.64mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ dinner roll



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 #
CHIX TNR WGRAIN FC	4 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
Whole Grain Rich Clustered Pan Rolls x	1 roll	BAKE Toast to desired color	3920

Preparation Instructions

- Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- To serve: Place 4 chicken strips directly onto tray, offer roll as optional for the students to pick up.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.667
Grain	2.333
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	436.67
Fat	21.00g
Saturated Fat	3.33g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	650.00mg
Carbohydrates	39.33g
Fiber	6.00g
Total Sugar	3.33g
Added Sugar	3.33g
Protein	23.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 84.00mg	Iron 3.67mg

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower



Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	24 Pound		732486
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
SAUCE HOT REDHOT	2 Cup		557609
JUICE LEMON	1/4 Cup		864061

Preparation Instructions

1. Preheat oven to 400F.
2. Trim cauliflower if needed.
3. Whisk together the butter, hot sauce, and lemon juice.
4. Toss cauliflower in hot sauce mix until well coated.
5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.

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

Serve with a 4 oz spoodle or a #8 scoop.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 96.00

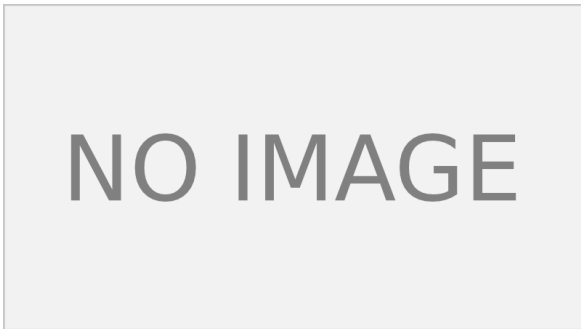
Serving Size: 4.00 Serving

Amount Per Serving	
Calories	31.06
Fat	1.10g
Saturated Fat	0.77g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	224.80mg
Carbohydrates	3.64g
Fiber	1.82g
Total Sugar	1.82g
Added Sugar	0.00g
Protein	1.82g
Vitamin A 200.03mcg	Vitamin C 43.82mg
Calcium 20.00mg	Iron 0.38mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Buildable (elem)



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

Ingredients

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

Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.

Use large boat to place all items in.

(Thaw flatbreads the night before)

2. Tear flatbreads at the seams to break apart.

3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.

4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.714
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

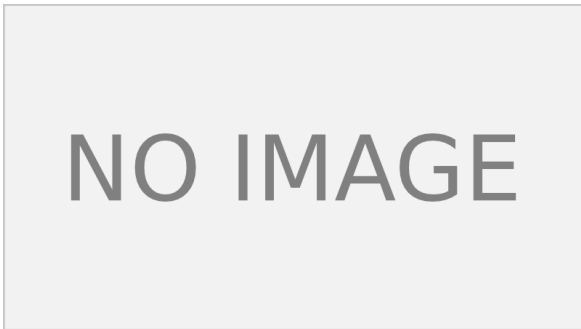
Amount Per Serving	
Calories	1545.00
Fat	128.00g
Saturated Fat	41.75g
Trans Fat	0.00g
Cholesterol	257.50mg
Sodium	5760.00mg
Carbohydrates	43.50g
Fiber	2.00g
Total Sugar	6.50g
Added Sugar	3.00g
Protein	70.50g
Vitamin A 0.20mcg**	Vitamin C 0.06mg**
Calcium 243.68mg	Iron 5.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks w/ dip



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

Ingredients

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

Preparation Instructions

serve chilled

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	30 Pound	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC WGRAIN	60 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

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

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

Scoop portion directly onto tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.151
Grain	2.075
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.269
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	461.29
Fat	20.70g
Saturated Fat	7.06g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	611.02mg
Carbohydrates	43.03g
Fiber	4.23g
Total Sugar	7.45g
Added Sugar	1.08g
Protein	23.43g
Vitamin A 659.14mcg	Vitamin C 24.73mg
Calcium 62.69mg	Iron 4.33mg

Nutrition - Per 100g

No 100g Conversion Available

Boneless Buffalo Wing Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35685
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	6 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE HOT	1 Tablespoon		790835
FRIES WDG 8CUT CRSPY OVEN R/SOD	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN GARL HERB 1Z	1 Each		512723

Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Place cooked chicken in large bowl and add sauce. Toss well to coat.

4. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.400
Grain	2.200
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	488.00		
Fat	18.50g		
Saturated Fat	3.40g		
Trans Fat	0.00g		
Cholesterol	66.00mg		
Sodium	1574.01mg		
Carbohydrates	50.00g		
Fiber	4.40g		
Total Sugar	2.20g		
Added Sugar	1.20g		
Protein	30.60g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.50mg	Iron	2.92mg

Nutrition - Per 100g

No 100g Conversion Available

Triple Decker Ham & Cheese Sandwich

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	400.00
Fat	4.50g**
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1465.00mg
Carbohydrates	45.00g
Fiber	3.00g
Total Sugar	8.00g
Added Sugar	4.00g
Protein	28.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 422.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
wg 4 inch Hamburger Bun x	1 1 bun	READY_TO_EAT	3474

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	11.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Total Sugar	4.00g		
Added Sugar	0.00g		
Protein	25.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	71.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks w/ marinara



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.786
Grain	1.786
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	340.00
Fat	12.43g
Saturated Fat	3.57g
Trans Fat	0.00g
Cholesterol	14.29mg
Sodium	684.29mg
Carbohydrates	38.43g
Fiber	2.86g
Total Sugar	6.86g
Added Sugar	1.00g
Protein	19.57g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 519.00mg	Iron 1.57mg

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 lid #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: 4 oz yogurt, then 1/4 cup (2 oz) fruit , 1/2 cup granola.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	4.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	689.10
Fat	19.74g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	529.25mg
Carbohydrates	116.34g
Fiber	6.50g
Total Sugar	52.90g
Added Sugar	39.94g
Protein	17.46g
Vitamin A 238.81mcg	Vitamin C 0.00mg
Calcium 341.86mg	Iron 2.90mg

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

Amount Per Serving

Meat/Meat Alternate	0.549
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Elementary Walking Taco



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	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.	722330
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT FF	1 Each	READY_TO_EAT None	853190
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
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

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.393
Grain	3.250
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.623
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	532.19		
Fat	18.73g		
Saturated Fat	5.70g		
Trans Fat	0.00g		
Cholesterol	47.18mg		
Sodium	880.63mg		
Carbohydrates	58.23g		
Fiber	6.39g		
Total Sugar	7.39g		
Added Sugar	0.00g		
Protein	22.80g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	280.09mg	Iron	1.85mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Sweet Peppers



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.508
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

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

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

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.687

Nutrition Facts

Servings Per Recipe: 96.00

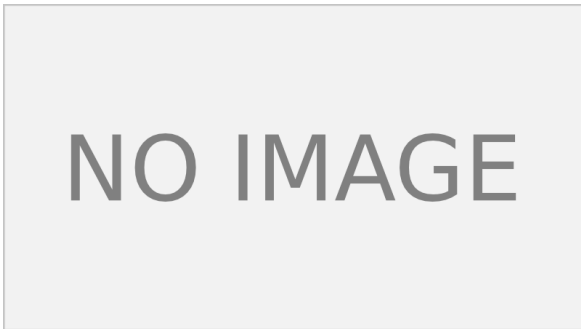
Serving Size: 0.50 Cup

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

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Roasted Mushrooms



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10	1 Tablespoon		732900
SALT SEA	1 Teaspoon		748590

Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	7.00		
Fat	0.40g		
Saturated Fat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	56.00mg		
Carbohydrates	0.55g		
Fiber	0.20g		
Total Sugar	0.35g		
Added Sugar	0.00g		
Protein	0.55g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Crispy Baked Fish w/ cornbread poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.333
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	375.67		
Fat	17.07g		
Saturated Fat	5.53g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	501.73mg		
Carbohydrates	42.00g		
Fiber	2.87g		
Total Sugar	6.00g		
Added Sugar	2.67g		
Protein	14.13g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.35mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

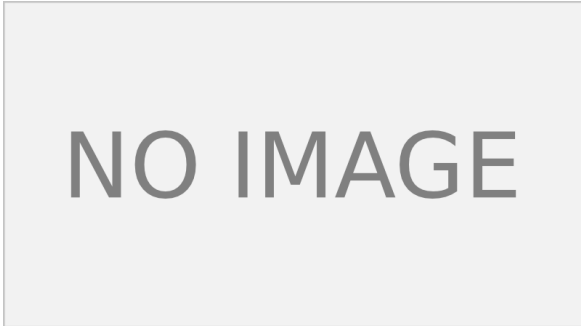
Serving Size: 1.00

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

Mixed Veggies w/ dip



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.117
Red/Orange	0.312
OtherVeg	0.471
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce



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

Ingredients

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

Preparation Instructions

To Serve:

Place a 8 oz spoodle of noodles in bowl #688490 and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.143
Grain	3.200
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.536
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

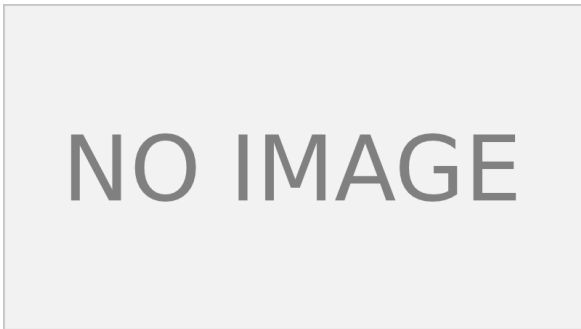
Serving Size: 8.00 Ounce

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

Nutrition - Per 100g

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

Steakburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	1 bun	BAKE Toast if desired	3474
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.750
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	16.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	340.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	24.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 71.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cool Ranch Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 8IN	1 Each	2. Lay out tortillas.	882700
DRESSING RNCH DISPNSR PK	2 Tablespoon	3. Spread 2 T ranch dressing across each tortilla.	676210
LETTUCE LEAF GRN WASHED TRMD	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	USE COMMODITY CHEESE	150250
TOMATO ROMA DCD 3/8IN	1 Ounce	Order from Piazza! #00082	786543

Preparation Instructions

1. Bake and cool chicken.
Conventional Oven: 8-10 minutes at 400°F from frozen.
Convection Oven: 6-8 minutes at 375°F from frozen.
CCP: Heat to a minimum temperature of 165F.

Cool chicken completely.

CCP: Hold cold, below 41 degrees, until ready for assembly and service.

2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Sprinkle cheese in a strip down the middle of the tortilla.
5. Sprinkle diced tomatoes on top of cheese.
6. Arrange chicken over cheese and tomatoes and top with a piece of leaf lettuce.
7. Roll tightly by folding sides in first, then fold the bottom up over the filling and pull down tightly. Roll.

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

Serve with a small ranch packet on the side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.333
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

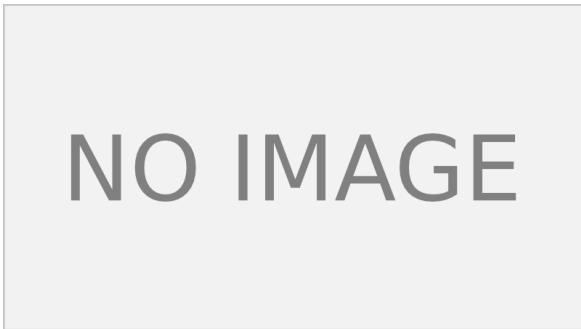
Serving Size: 1.00

Amount Per Serving	
Calories	665.68
Fat	41.01g
Saturated Fat	13.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	978.26mg
Carbohydrates	50.13g
Fiber	7.40g
Total Sugar	4.67g
Added Sugar	1.00g
Protein	26.40g
Vitamin A 333.23mcg	Vitamin C 0.41mg
Calcium 284.62mg	Iron 4.16mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Broccoli & Cauliflower



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CAULIF COMBO	1/2 Cup	Trim into smaller florets if needed.	283339

Preparation Instructions

Portion in 4 oz servings.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	14.55		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.55mg		
Carbohydrates	3.00g		
Fiber	0.95g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	0.95g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.50mg

Nutrition - Per 100g

Calories	12.83		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.83mg		
Carbohydrates	2.65g		
Fiber	0.84g		
Total Sugar	0.88g		
Added Sugar	0.00g		
Protein	0.84g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.99mg	Iron	0.44mg

Beef Soft Taco w/ chips & salsa

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6IN	25 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP	25 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
CHIP TORTL WHT TRI	25 Ounce		163010

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Boat the taco with 1oz (about 8) chips and serve with salsa cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.670
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.631
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.17 Ounce

Amount Per Serving			
Calories	435.95		
Fat	18.40g		
Saturated Fat	8.22g		
Trans Fat	0.00g		
Cholesterol	53.84mg		
Sodium	757.93mg		
Carbohydrates	39.70g		
Fiber	6.02g		
Total Sugar	6.02g		
Added Sugar	0.00g		
Protein	21.03g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	228.91mg	Iron	3.01mg

Nutrition - Per 100g

Calories	485.10		
Fat	20.48g		
Saturated Fat	9.15g		
Trans Fat	0.00g		
Cholesterol	59.91mg		
Sodium	843.38mg		
Carbohydrates	44.17g		
Fiber	6.70g		
Total Sugar	6.70g		
Added Sugar	0.00g		
Protein	23.40g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	254.72mg	Iron	3.35mg

Chicago Style Hot Dog Bar

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30906
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
FRANKS BEEF 8/	1 Each	BAKE	265039
PEPPERS GREEN SPORT	1 Ounce		234761
ONION YEL SLIVER 1/4IN CUT	1 Ounce		285371
PICKLE KOSH DILL SPEAR	1 Ounce		485594
MUSTARD PKT	1 Each		109908
RELISH SWT PKT	1 Each		187216

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	311.30
Fat	17.50g
Saturated Fat	6.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	1506.10mg
Carbohydrates	29.00g
Fiber	0.50g
Total Sugar	8.00g
Added Sugar	2.00g
Protein	10.30g
Vitamin A 0.57mcg	Vitamin C 2.10mg
Calcium 17.41mg	Iron 0.83mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Cauliflower

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35745
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	24 Pound		610882
SAUCE CHS CHED	1 Quart		271081

Preparation Instructions

1. Place cauliflower 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

Amount Per Serving

Meat/Meat Alternate	0.352
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.560
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	65.98
Fat	2.81g
Saturated Fat	1.62g
Trans Fat	0.00g
Cholesterol	9.85mg
Sodium	161.68mg
Carbohydrates	6.30g
Fiber	3.36g
Total Sugar	1.47g
Added Sugar	0.00g
Protein	5.82g
Vitamin A 136.44mcg	Vitamin C 0.00mg
Calcium 110.23mg	Iron 1.12mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower & Sugar Snap Peas



Servings:	80.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	12 Pound		09090
CAULIFLOWER BITE SIZE	16 Pound		732486

Preparation Instructions

Mix sugar snap peas and cauliflower florets together. Serve in 4 oz portions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	1.027
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	25.68		
Fat	0.15g		
Saturated Fat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.82mg		
Carbohydrates	4.41g		
Fiber	2.05g		
Total Sugar	2.35g		
Added Sugar	0.00g		
Protein	2.05g		
Vitamin A	0.00mcg	Vitamin C	35.05mg
Calcium	24.10mg	Iron	0.70mg

Nutrition - Per 100g

Calories	22.65		
Fat	0.13g		
Saturated Fat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.24mg		
Carbohydrates	3.89g		
Fiber	1.81g		
Total Sugar	2.08g		
Added Sugar	0.00g		
Protein	1.81g		
Vitamin A	0.00mcg	Vitamin C	30.91mg
Calcium	21.25mg	Iron	0.61mg

Bosco Sticks w/ Marinara

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD	2 Each	Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP	1 Each	None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	4.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	480.00
Fat	15.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	790.00mg
Carbohydrates	61.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	3.00g
Protein	25.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 447.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Bowl (elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35966
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
SAUSAGE TKY LNK BKFST CKD	1 Each	1 link = 1 oz meat This is a raw product. This product is NOT ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
FRENCH TST STIX WGRAIN	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	530.00		
Fat	18.00g		
Saturated Fat	4.00g		
Trans Fat	0.00g		
Cholesterol	230.00mg		
Sodium	660.00mg		
Carbohydrates	74.00g		
Fiber	2.00g		
Total Sugar	36.00g		
Added Sugar	36.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	59.60mg	Iron	1.06mg

Nutrition - Per 100g

No 100g Conversion Available

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



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p>BAKE 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 OVEN TEMP. TIME CONVECTION 325°F 4-5 M STANDARD 375°F 5-6 M FOOD WARMER 150°F 45-55 M MICROWAVE 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. MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S READY_TO_EAT 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

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.980
Grain	2.990
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

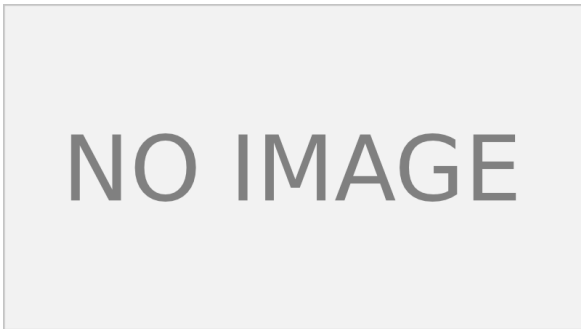
Serving Size: 0.50 Cup

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

Spicy Chicken Patty Sandwich MS/HS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
wg 4 inch Hamburger Bun x	1 bun		3474

Preparation Instructions

1. BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	350.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	540.00mg
Carbohydrates	36.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	1.00g
Protein	25.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 71.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sandwich (MS/HS)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22548

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice	Always use commodity ham!	294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice	Always use commodity sliced cheese!	247822
5" WG Split Top Hoagie Bun x	1		3737

Preparation Instructions

1. Spray sheet pan with buttery spray.
2. Lay sliced bread open-faced on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham, folding each slice of ham in half to layer, rather than stacking them all flat.
3. Top with another slice of cheese and place on top bun.
4. Spray top of bread slices with buttery spray.
5. Place a sheet pan on top and toast until bread is golden and toasty on the outside AND the internal temperature reaches 140 degrees.
6. Slice in half and serve with optional mustard and mayo packets.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.190
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

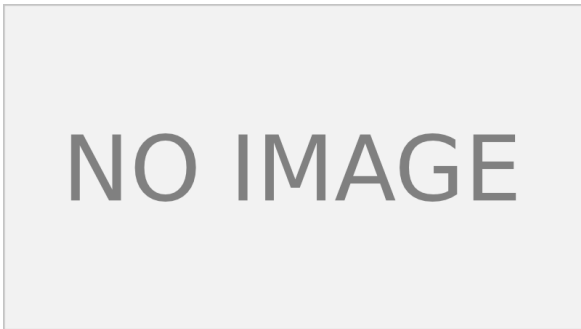
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	290.00
Fat	9.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	940.00mg
Carbohydrates	31.00g
Fiber	0.00g
Total Sugar	6.00g
Added Sugar	1.00g
Protein	22.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 207.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

General Tso Chicken w/ Fried Rice



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

Ingredients

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

Preparation Instructions

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

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

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

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice directly onto tray and top with #10 scoop (3-4oz) of chicken.

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

RICE: 5.9 oz serving = 2 oz grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.051
Grain	2.513
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	1159.38
Fat	21.93g
Saturated Fat	2.21g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	2079.91mg
Carbohydrates	213.42g
Fiber	13.42g
Total Sugar	26.16g
Added Sugar	0.00g
Protein	34.73g
Vitamin A 1858.50mcg	Vitamin C 11.80mg
Calcium 70.07mg	Iron 3.69mg

Nutrition - Per 100g

No 100g Conversion Available

GrizFillet Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25903
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	1 Each	READY_TO_EAT	3474
CHIX BRST FLLT BRD DILL CKD	1 Each		627323

Preparation Instructions

1. Cook chicken patties at 375° for 13-15 minutes. Turn after 6 minutes.

CCP: Cook patties to an internal temperature of 160°

2. Place one patty on one bu. Wrap in foil wrapper.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

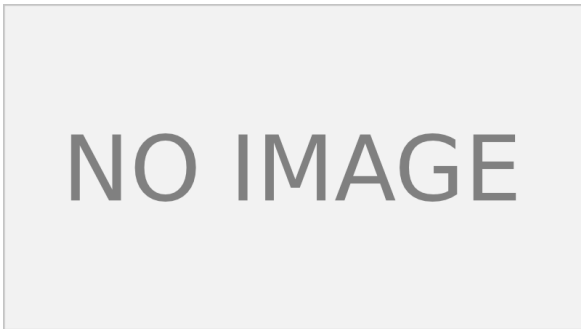
Serving Size: 1.00

Amount Per Serving	
Calories	369.90
Fat	9.80g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	668.80mg
Carbohydrates	42.00g
Fiber	3.20g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	27.30g
Vitamin A 59.54mcg	Vitamin C 0.01mg
Calcium 101.77mg	Iron 3.93mg

Nutrition - Per 100g

No 100g Conversion Available

Roasted Edamame



Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED	10 Pound	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p> <p>SAUTE</p> <p>Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1</p> <p>4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	312928
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25	1/4 Cup		743879
SALT KOSHER COARSE	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

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

Serve with a 4 oz spoodle.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	3.330
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	147.35
Fat	7.49g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.37mg
Carbohydrates	10.98g
Fiber	6.77g
Total Sugar	2.71g
Added Sugar	0.00g
Protein	13.54g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 67.68mg	Iron 3.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

FCS Grizzly Bowl

NO IMAGE

Servings:	38.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33901
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package	Can also use potato #166872	146581
CORN CUT SUPER SWT	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD	2 Quart	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
Whole Grain Rich Clustered Pan Rolls x	38 Each	Ready to eat	3920

Preparation Instructions

DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4" full steam table pan.
3. Layer the corn on top of the potatoes, 4#per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the scoop of potato/corn layer. Add a roll on the side when served.
7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.593
Grain	2.244
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	1.868

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	673.23
Fat	20.57g
Saturated Fat	3.91g
Trans Fat	0.00g
Cholesterol	25.98mg
Sodium	1142.56mg
Carbohydrates	96.18g
Fiber	12.42g
Total Sugar	7.38g
Added Sugar	2.00g
Protein	21.87g
Vitamin A 124.40mcg	Vitamin C 0.00mg
Calcium 128.45mg	Iron 4.33mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders

NO IMAGE

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 TNR 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

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	2.117
Grain	2.500
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	608.83		
Fat	41.03g		
Saturated Fat	10.24g		
Trans Fat	0.00g		
Cholesterol	88.42mg		
Sodium	1153.00mg		
Carbohydrates	38.12g		
Fiber	1.50g		
Total Sugar	2.75g		
Added Sugar	1.00g		
Protein	24.18g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	185.65mg	Iron	2.10mg

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.318
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	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

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.250
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Chicken Alfredo

NO IMAGE

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	8 3/4 Pound		635501

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

Amount Per Serving

Meat/Meat Alternate	2.076
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	314.44		
Fat	5.76g		
Saturated Fat	1.69g		
Trans Fat	0.01g		
Cholesterol	44.98mg		
Sodium	156.37mg		
Carbohydrates	43.38g		
Fiber	2.00g		
Total Sugar	2.51g		
Added Sugar	0.00g		
Protein	21.68g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.46mg	Iron	2.25mg

Nutrition - Per 100g

Calories	184.86		
Fat	3.39g		
Saturated Fat	0.99g		
Trans Fat	0.00g		
Cholesterol	26.44mg		
Sodium	91.93mg		
Carbohydrates	25.50g		
Fiber	1.17g		
Total Sugar	1.48g		
Added Sugar	0.00g		
Protein	12.74g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	19.08mg	Iron	1.33mg

Beef & Cheese Nachos

NO IMAGE

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 POU 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

Amount Per Serving

Meat/Meat Alternate	8.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	1654.00
Fat	103.00g
Saturated Fat	54.30g
Trans Fat	0.00g
Cholesterol	294.00mg
Sodium	4076.00mg
Carbohydrates	90.00g
Fiber	11.00g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	78.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 2049.00mg	Iron 3.00mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.590
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

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

Amount Per Serving

Meat/Meat Alternate	2.047
Grain	2.039
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 in steam table pan until a min temp of 165° is reached for 15 sec.	488232
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

Preparation Instructions

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

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

Do not wrap. Place directly on tray to serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.260
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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	1490.00mg		
Carbohydrates	64.00g		
Fiber	4.00g		
Total Sugar	24.00g		
Added Sugar	2.00g		
Protein	22.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.80mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	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

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	<p>READY_TO_EAT</p> <p>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.</p> <p>UNSPECIFIED</p>	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

Amount Per Serving

Meat/Meat Alternate	3.541
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.623
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.556

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	712.71		
Fat	37.42g		
Saturated Fat	15.04g		
Trans Fat	0.00g		
Cholesterol	98.33mg		
Sodium	1707.25mg		
Carbohydrates	55.53g		
Fiber	7.14g		
Total Sugar	8.40g		
Added Sugar	0.08g		
Protein	29.09g		
Vitamin A	639.56mcg	Vitamin C	0.00mg
Calcium	458.05mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

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 Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 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

Amount Per Serving

Meat/Meat Alternate	2.378
Grain	2.189
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

NO IMAGE

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	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

Amount Per Serving

Meat/Meat Alternate	3.250
Grain	2.125
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	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.
3. Toss with oil and seasoning.
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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	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

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

Amount Per Serving

Meat/Meat Alternate	4.053
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

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 TNRD 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

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

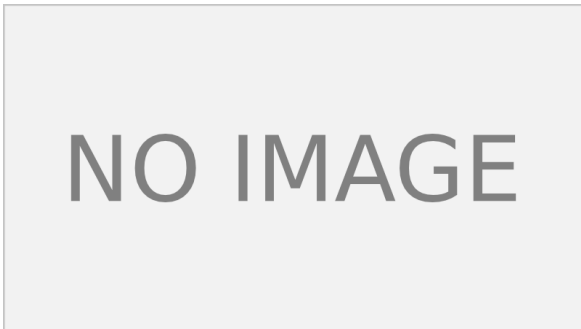
Serving Size: 3.00 Serving

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	<p>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.</p> <p>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.</p>	553982
SAUCE SPAGHETTI	1 #10 CAN	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	744520

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	44 Each	<p>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.</p> <p>CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes.</p> <p>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.</p>	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

Amount Per Serving

Meat/Meat Alternate	2.049
Grain	2.024
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.735
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	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

Assorted Fresh Veggies

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.452
OtherVeg	2.027
Beans, Peas, and Lentils	0.000
Starchy	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