

Cookbook for UNION ELEMENTARY

Created by HPS Menu Planner

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Garden Side Salad w/ ranch

1 oz Cereal Bowl Variety



Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Golden Grahams Cereal Bowl	1 Each		509434
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
Honey Nut Cheerios Cereal Bowl	1 Each		509396
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	7.000
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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	113.24
Fat	1.79g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	165.44mg
Carbohydrates	23.29g
Fiber	1.20g
Total Sugar	7.00g
Added Sugar	4.43g**
Protein	1.61g
Vitamin A 100.00mcg	Vitamin C 0.51mg
Calcium 85.83mg	Iron 4.01mg

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

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

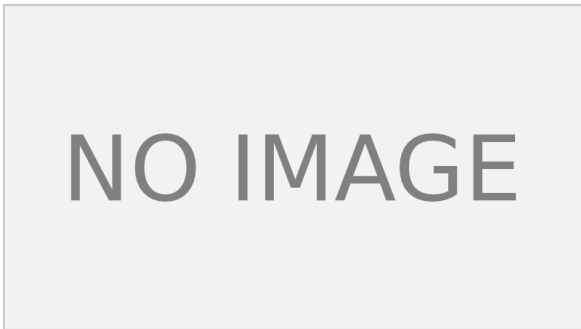
Amount Per Serving	
Calories	79.30
Fat	0.16g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	20.43g
Fiber	2.89g
Total Sugar	12.43g
Added Sugar	6.86g
Protein	0.97g
Vitamin A 79.81mcg**	Vitamin C 14.78mg**
Calcium 17.95mg	Iron 0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

Chicken Quesadilla



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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 135F or higher.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.333
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: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	352.33
Fat	16.17g
Saturated Fat	9.30g
Trans Fat	0.00g
Cholesterol	59.33mg
Sodium	476.00mg
Carbohydrates	31.13g
Fiber	3.15g
Total Sugar	2.15g
Added Sugar	0.15g
Protein	19.75g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 239.00mg	Iron 1.87mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Muffin & String Cheese

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
CHEESE STRING MOZZ IW	3 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	12.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	330.00mg
Carbohydrates	33.00g
Fiber	2.00g
Total Sugar	17.67g
Added Sugar	10.67g
Protein	9.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 228.00mg	Iron 1.04mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.727
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

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

Refried Beans with Cheese

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	2 Package	RECONSTITUTE 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341
Cold Water	1 Gallon	Heat water to boiling or dispense from the hot water dispenser.	0000
CHEESE MOZZ SHRD	12 Ounce		645170

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.375
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	1.079
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

Amount Per Serving	
Calories	467.76
Fat	2.20g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	1.41mg
Sodium	476.19mg
Carbohydrates	78.83g
Fiber	29.53g
Total Sugar	0.09g
Added Sugar	0.00g
Protein	30.18g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 183.26mg	Iron 6.89mg

Nutrition - Per 100g

No 100g Conversion Available

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

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

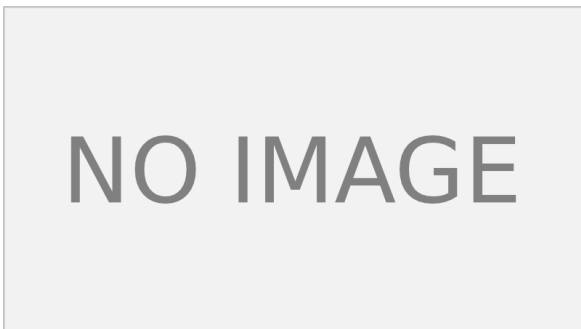
Serving Size: 1.00 Each

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

Egg & Cheese Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33846
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	2 Each		208990
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Land O'Lakes Reduced Fat Reduced Sodium Yellow American Cheese, Sliced	1 Slice	READY_TO_EAT Ready to Eat	499788

Preparation Instructions

! Use commodity egg patties and commodity cheese slices whenever possible !

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

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

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.
3. Assemble 2 egg patties onto a biscuit and top with 1 slice of cheese.

Place assembled sandwiches in a hotel pan and cover to hold for hot service at 135F or higher.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.000
Grain	1.500
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: 1.00 Serving

Amount Per Serving	
Calories	1242.68
Fat	14.40g**
Saturated Fat	41.50g
Trans Fat	0.07g
Cholesterol	362.00mg
Sodium	3501.14mg
Carbohydrates	81.00g
Fiber	2.60g
Total Sugar	30.00g
Added Sugar	1.00g
Protein	79.90g
Vitamin A 65.46mcg**	Vitamin C 0.02mg**
Calcium 2297.54mg	Iron 2.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip

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

General Tso Chicken w/ Fried Rice updated



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	4 Ounce	4 oz chicken = 2oz Meat 28 servings per bag, approx 170 servings per case	199341
RICE FRIED VEG WGRAIN	6 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

There are approximately (170) 4 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 a 6 oz scoop of rice directly onto tray and top with #10 scoop (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	2.557
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.539
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.519

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	489.96
Fat	9.72g
Saturated Fat	1.03g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	909.00mg
Carbohydrates	79.53g
Fiber	5.09g
Total Sugar	17.41g
Added Sugar	0.00g
Protein	18.41g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.68mg	Iron 1.45mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Baked Potato w/ roll

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293
Shredded Cheddar Cheese	2 Ounce		100003
Ham, Cubed Frozen	3 Ounce		100188-H
Whole Grain Rich Clustered Pan Rolls x	1 Each		3920

Preparation Instructions

Instructions:

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

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

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

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

Heat diced ham according to package instruction.

CCP: Hold at 135F or higher.

To serve:

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.459
Grain	1.000
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	531.98
Fat	24.12g
Saturated Fat	14.46g
Trans Fat	0.00g
Cholesterol	104.26mg
Sodium	1090.69mg
Carbohydrates	52.92g
Fiber	5.80g
Total Sugar	6.46g
Added Sugar	2.00g
Protein	30.70g
Vitamin A 3.40mcg	Vitamin C 33.50mg
Calcium 56.40mg	Iron 2.32mg

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

Salisbury Steak w/ biscuit



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY BF RSTD	2 Ounce	CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F	232424
DOUGH BISC WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

CCP: Heat until internal temp. reaches 165° for 15 sec.

Serve directly onto tray with biscuit.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese Bowl w/ garlic breadstick

NO IMAGE

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

Ingredients

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

Preparation Instructions

Prepare mac and cheese according to package direction.

CCP: Hold at 135F or higher.

To serve:

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.743
Grain	2.372
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: 6.00 Ounce

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

Nutrition - Per 100g

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

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

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

Homemade PBJ



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

Ingredients

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

Preparation Instructions

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

Meal Components

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 Sandwich

Amount Per Serving	
Calories	550.00
Fat	32.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	405.00mg
Carbohydrates	53.00g
Fiber	6.00g
Total Sugar	19.00g
Added Sugar	13.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 108.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pigs in a Blanket



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

Ingredients

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

Preparation Instructions

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

THE DAY BEFORE:

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

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

CCP: Hold baked pigs-in-a-blanket at 145F in warmer covered with foil until ready to serve.

Meal Components

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: 25.00

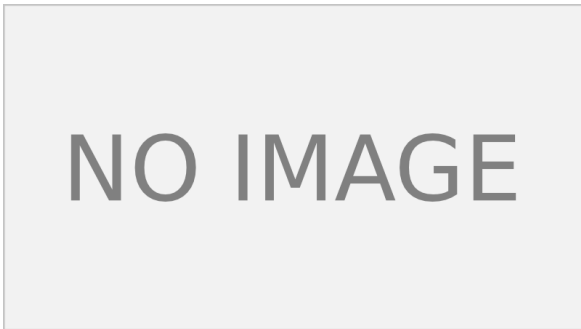
Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

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

Fresh Mixed Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.778
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



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

Ingredients

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

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.638
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast & Sausage Links (PK-4)

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

To Serve:

Place 3 sticks and 2 links directly on tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.283
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: 46.00

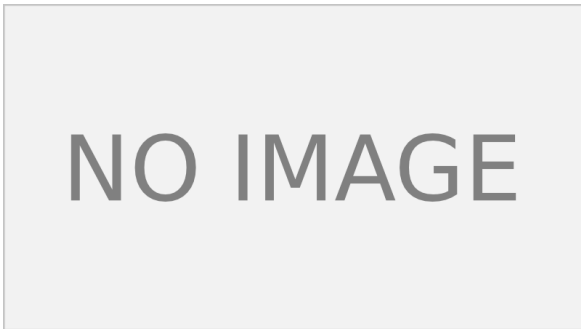
Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

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 TNRD 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

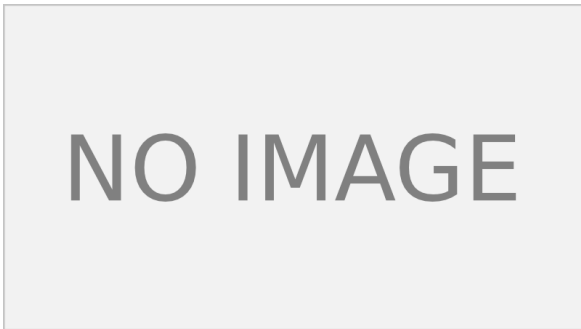
Serving Size: 1.00 Serving

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

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

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

Walking Taco w/ Fritos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25912
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN TOP N GO 60-1.5Z FRITOS	1 Each	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy!	317677
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250

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
SOUR CREAM PKT FF	1 Each	Optional, place for self service.	853190

Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160° following package instruction.
2. Tear top off bag of Fritos.
3. As students come through the line, scoop 3oz taco meat using a #10 scoop and 2 oz shredded cheese on top of chips.
3. On the side, offer 1 salsa cup, 1 pkt sour cream, and lettuce for optional pickup.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	3.893
Grain	2.000
Fruit	0.000
DarkGreen	0.250
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	627.19		
Fat	37.73g		
Saturated Fat	15.70g		
Trans Fat	0.00g		
Cholesterol	92.18mg		
Sodium	1130.63mg		
Carbohydrates	35.73g		
Fiber	4.39g		
Total Sugar	7.39g		
Added Sugar	0.00g		
Protein	26.80g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	548.59mg	Iron	1.35mg

Nutrition - Per 100g

No 100g Conversion Available

White Chicken Chili w/ garlic breadstick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56812

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN GARL HERB 1Z	2 Each		512723
CHILI CHIX WHT W/BEANS	1 Cup	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.	363263

Preparation Instructions

Place sealed bag of chili in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches temperature of 160F.

To serve: Ladle 8oz of chili into a 12 oz Earthchoice bowl #688490.

Serve with 1 breadstick, with the option of a second breadstick if students would like an additional one.

(One breadstick meets our required minimum, the second is able to be declined by the student under offer vs serve.)

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 Cup

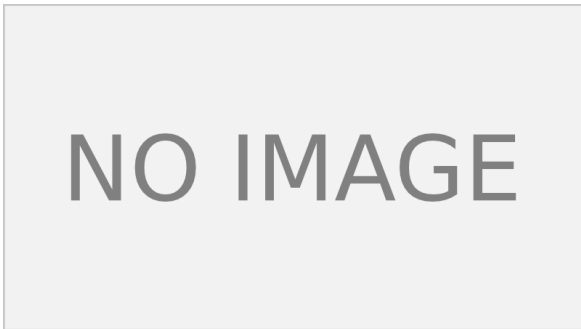
Amount Per Serving	
Calories	279.30
Fat	3.30g
Saturated Fat	0.60g
Trans Fat	0.00g
Cholesterol	28.00mg
Sodium	1129.60mg
Carbohydrates	45.00g
Fiber	6.00g
Total Sugar	1.00g
Added Sugar	0.00g**
Protein	17.90g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg**	Iron 1.40mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
wg 4 inch Hamburger Bun x	1 1 bun	READY_TO_EAT	3474
Land O'Lakes Yellow American Cheese Slice	1 Piece		499786

Preparation Instructions

No Preparation Instructions available.

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	450.00
Fat	16.00g**
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	790.00mg
Carbohydrates	29.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	29.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 221.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sugar Snap Peas & Cherry Tomatoes

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.225
OtherVeg	0.300
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	14.79
Fat	0.09g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.03mg
Carbohydrates	3.08g
Fiber	1.10g
Total Sugar	2.03g
Added Sugar	0.00g
Protein	0.96g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 12.15mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	13.04
Fat	0.08g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.79mg
Carbohydrates	2.71g
Fiber	0.97g
Total Sugar	1.79g
Added Sugar	0.00g
Protein	0.85g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 10.71mg	Iron 0.44mg

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

Yogurt & Granola

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F	1 Each	Ready to eat single serving	885750
GRANOLA BAG IW	5 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	196.00
Fat	2.30g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	131.00mg
Carbohydrates	34.60g
Fiber	2.00g
Total Sugar	15.40g
Added Sugar	10.80g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 134.00mg	Iron 0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Arroz con Pollo

user-image or type unknown

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	ALWAYS USE COMMODITY CHICKEN! UNSPECIFIED Not currently available	570533
SEASONING TACO	3/4 Cup		413429
SAUCE CHS QUESO BLANCO FZ	5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
Rice	5 Cup	Need 18 cups COOKED rice.	722987

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.963
Grain	2.222
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: 36.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	430.30
Fat	14.37g
Saturated Fat	7.33g
Trans Fat	0.01g
Cholesterol	72.96mg
Sodium	813.93mg
Carbohydrates	44.96g
Fiber	0.61g
Total Sugar	0.50g
Added Sugar	0.50g**
Protein	25.72g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 233.33mg	Iron 2.40mg

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

Nutrition - Per 100g

Calories	189.73
Fat	6.34g
Saturated Fat	3.23g
Trans Fat	0.00g
Cholesterol	32.17mg
Sodium	358.88mg
Carbohydrates	19.83g
Fiber	0.27g
Total Sugar	0.22g
Added Sugar	0.22g**
Protein	11.34g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 102.88mg	Iron 1.06mg

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

Peanut Butter SnackleBox



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-56815

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple slices - 2 oz	1 Package		04134
PEANUT BUTTER CRMY	4 Tablespoon	*USE COMMODITY PEANUT BUTTER*	279013

Preparation Instructions

Lay out SnackleBox containers (We will use #212514 until finding re-usable containers).

Fill one of each section with the following items:

4T Peanut butter (Tip: Scoop peanut butter into a paper baking cup and then place into container for easy cleaning)

1 sliced hardboiled egg

1 oz cereal (See bulk cereal recipe for options)

1 oz pretzels

Serve snacklebox with a bag of apple slices from Piazza (#04234).

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Each

Amount Per Serving	
Calories	390.00
Fat	30.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	250.00mg
Carbohydrates	23.00g
Fiber	5.00g
Total Sugar	14.00g
Added Sugar	4.00g
Protein	14.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Colorful Cauliflower



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
whole heads of tri-color cauliflower	1 Package		01371

Preparation Instructions

No Preparation Instructions available.

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: 24.00

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	30.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

Yogurt Lunch Box

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components

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

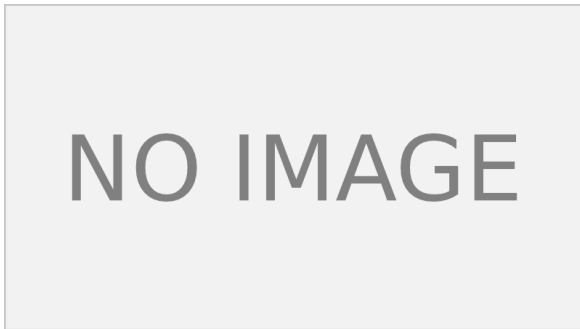
Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Mixed Veggies



Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	30 Pound	1 case = 150 1/2c servings	111230

Preparation Instructions

Steam according to package instruction.

CCP: Hold at 135F 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	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.82		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.90mg		
Carbohydrates	11.96g		
Fiber	3.99g		
Total Sugar	2.99g		
Added Sugar	0.00g		
Protein	2.99g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/ Roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Rich Clustered Pan Rolls x	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

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

Serve 5 nuggets and 1 roll together as an entree.

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	290.00
Fat	11.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	530.00mg
Carbohydrates	31.00g
Fiber	4.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	18.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna Roll-Up w/ garlic breadstick



Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	110 Each		234041
SAUCE SPAGHETTI	48 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
BREAD GARL TX TST SLC WGRAIN	110 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

1. Wash hand thoroughly and put on fresh pair of gloves.
2. Choose method of preparation - Baking or Steaming, and see corresponding set of instructions below.
3. Serve with garlic breadstick on the side.

Keep frozen until ready to prepare!

Method 1- Baking

1. Preheat convection oven to 375°F. Set fan to HIGH.
2. 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.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with aluminum foil.
6. Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

Method 2 – Steaming

1. Set steamer to HIGH.
2. 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.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with plastic film and then aluminum foil.
6. Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.091
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	392.36
Fat	10.37g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	637.18mg
Carbohydrates	53.47g
Fiber	4.75g
Total Sugar	12.98g
Added Sugar	3.49g
Protein	19.75g
Vitamin A 400.00mcg	Vitamin C 6.00mg
Calcium 334.44mg	Iron 3.05mg

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

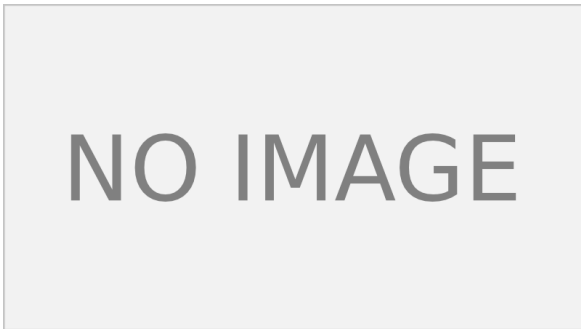
Serving Size: 1.00 Serving

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

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	560.00mg**
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

Chicken Drumstick w/ cornbread (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

Preparation Instructions

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

Biscuit = 1.5 oz grain

Cook chicken according to package direction.

CCP: Hold at 135F or higher.

Serve right onto tray with a mini cornbread loaf.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.750
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	390.00
Fat	17.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	620.00mg
Carbohydrates	38.00g
Fiber	2.00g
Total Sugar	16.00g
Added Sugar	16.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 2.00mg

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

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

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