

Cookbook for Central Elementary School

Created by HPS Menu Planner

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Personal Pan Pepperoni Pizza Old

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Mini Chocolate Donuts

Egg & Cheese Croissant

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Chocolate Gravy

Cucumber & Tomato Cup w/Ranch Dip

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California Blend Vegetables

Ravioli

Chicken Drumstick

Baby Bakers

Pizza Bagels

Cavatappi

Lucky Charms Cereal- LG

Cinnamon Toast Crunch Cereal- LG

Biscuit Stick

White Beans

1% Chocolate Milk

Buffalo Chicken Sliders

Buffalo Chicken Dip

Pizza Bagels

Slaw

Strawberry & Blueberry Yogurt Parfait w/Granola

Honey Cheerios Cereal- LG

Whole Grain Carnival Cookie

Crackers & Croutons w/Chicken Caesar Salad

Chicken Caesar Salad

Potato Soup

Caesar Dressing

Chicken N' A Box

Rotisserie Chicken Nachos

Hash Brown Casserole

Cinnamon Pop Tart

Cheddar Cheese Sauce

Breakfast Taco

Tasty Tidbits

Bacon, Egg & Cheese Biscuit

Strawberry Smoothie w/Donut Holes

Scrambled Eggs

Chocolate Banana Smoothie w/Donut Holes

Ham & Cheese Biscuit

Curly Fries

Blueberry Muffin w/Strawberry Yogurt

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Apples Slices

Broccoli Florets

Baby Carrots w/Ranch Cup

Grapes Giggles

Orange Wedges

Grape Tomatoes w/Ranch Cup

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Fruit Punch Juice Box

Kiwi Strawberry Juice Box

Grape Juice Box

Orange-Tangerine Juice Box

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Cinnamon Toast Crunch Cereal- SM

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Tortilla Chips- SM

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Cocoa Puffs Soft Cereal Bar

Beef Nachos

Macaroni & Cheese Entree

Ham & Cheese Hot Pocket

BBQ Sliders

Totchos

Philly Beef Steak Sandwich

French Toast Sticks

Peppers & Onions

Strawberry Craisins

Egg & Cheese Biscuit

Bacon & Egg Breakfast Pizza

Gala Apples

Strawberry Applesauce Cup

Pepperoni French Bread

Donut Holes

Cheese Breadstick

Tortilla Chips- LG

Italian Blend Vegetables

Italian Blend Vegetables

Chicken Penne Alfredo

Whole Grain Rice Krispie Treat

Garlic Parmesan Breadstick

Honey Wheat Roll

Grilled Cheese Sandwich

Blueberries

Cocoa Puffs Cereal- SM

Carrot Cup w/Ranch Dip

Soft Shell Tacos

Jalapeno Peppers

Banana Peppers

Chicken, Cheese & Rice

Cheese Sticks w/Marinara Sauce

Emoji Waffle

Ham Biscuit

Bacon, Egg & Cheese Croissant

Honey Nut Cheerios Cereal- LG

Blueberry Bread

Banana Bread

Watermelon

Cantaloupe

Lucky Charms Strawberry Yogurt Parfait

Cocoa Yogurt Parfait

Pancake & Sausage Patty

Chicken & French Toast Sticks

Fat Free White Milk

Club Sandwich

Cheese Tortellini

Baked Potato Bar

Protein Pack

Homemade Ranch Dressing- SM

Italian Side Salad

Berry Side Salad

Carrots & Green Peppers Cup w/Ranch Dip

Cauliflower & Cucumber Cup w/Ranch Dip

Broccoli & Tomato w/Ranch Dip

Broccoli & Tomato Cup w/Ranch Dip

Cauliflower & Celery Cup w/Ranch Dip

Cinnamon Chex- LG

Raspberry Vinaigrette Dressing

Buffalo Ranch Sauce Cup

Baked Apples

Italian Dressing- SM

Sour Cream

Chick' N Dippin Sauce Cup

Black Beans

Sweet & Sour Sauce Cup

Wings w/Garlic Parmesan Sauce

Cinnamon Toast Crunch Cereal- LG

Cocoa Puffs Cereal- LG

Garlic Toast

Potato Wedge

Margarine Cup

French Toast Bites & Bacon

Turkey & Cheese Sliders

Jello

Pudding

Bacon

Lucky Charms Cereal Bar

Powdered Donut Holes

Blueberry Donut Holes

Glazed Donut Holes

Cinnamon Toast Crunch Cereal Bar

Peach Cheerios Cereal Bar

Bento Box

Crispy Chicken Salad

Pepperoni Grilled Cheese Sandwich

Sausage Link & Biscuit Stick

Breakfast Burrito

BLT

Eagle Griddle

Dutch Waffle

Salad Bar

Chicken Casserole

Broccoli & Cheese

Baked Potato

Ham & Cheese Slider Bento Box

Fruit & Yogurt Plate

Fruit & Yogurt Plate

Ham & Egg Bites

Oatmeal Bar

Breakfast Bowl Bar

Eagle Muffin

Yogurt Bar

Granola

Ham, Turkey and Cheese Sub Bento Box

Beef & Cheese Bento Box

Chipotle Ranch Dressing

Diced Peaches

Ranch Sauce Cup

Strawberry Butter

Blue Raspberry Lemon Sidekick

Ravioli

Parmesan Cheese

Chicken Parmesan Sandwich

Eagle Supreme Nacho Bar

Alfredo Pasta Bowl

Rotini Pasta Bowl

Chicken Caesar Wrap

Chicken Burrito

French Dressing

French Toast Sticks & Bacon

Mixed Berry Scone

Breakfast Club

Biscuit & Sausage Gravy

Apple Juice Box

Ultimate Breakfast Round

Breakfast Taco

Breakfast Stuffer

Apple Cinnamon Texas Toast

Grilled Cheese Sandwich w/Potato Soup

Cheesy Chicken Enchilada Soup

Street Corn

Chicken Mashed Potato Bowl

Chicken Bacon Swiss Sliders

Turkey & Cheese Sandwich

Cranberry Sauce

Crispy Beef Tacos

Trix Cereal- LG

Jammer- SM

Uncrustable- SM

Personal Pan Pepperoni Pizza

Crispy Chicken Caesar Salad

Turkey & Cheese Slider Bento Box

Buffalo Chicken Pizza

Fettuccini Alfredo

Frosted Flakes Cereal- LG

Mini Confetti Pancakes

1% Strawberry Milk

Ketchup Cup

Cantaloupe & Honey Dew

Plums

Smart Mouth- Personal Pan Pepperoni Pizza

Smart Mouth- Personal Pan Cheese Pizza

Cinnamon Toast Crunch Muffin

Trix Muffin

Ham, Turkey and Cheese Wrap Bento Box

Homemade Ranch Dressing- LG

Cheesy Macaroni Bites

Chili w/Grilled Cheese Sandwich

Cornbread Poppers

Fajita Chicken Nachos

Smart Mouth- Personal Pan Buffalo Chicken Pizza

Churro & Bacon

Chick-n-Minis

Dutch Waffle & Sausage Link

Strawberry Smoothie w/Vanilla Goldfish

Meatball Sub

Sausage, Egg, & Cheese Scrambler

Chocolate Donut Holes

Charcuterie Box

Frito Chili Pie

Bacon Bits

Iced Coffee

Pancake & Bacon

Breakfast Burrito

Sausage, Egg & Cheese Biscuit

General TSO Chicken

Tangerine Orange Chicken

Fortune Cookie

Strawberry Kiwi Sidekick

Mini Roll

Chicken Enchiladas

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8136
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	1 Each	Keep Frozen. Conventional Oven 20 min @ 350 Convection oven 14 min @ 350 Fryer: 3 1/2 to 4 minutes at 350 degrees F.	747611
DOUGH BISC CNTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

BISCUIT:

PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4 2. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

CHICKEN

Keep Frozen. Conventional Oven 20 min @ 350. Convection oven 14 min @ 350. Fryer: 3 1/2 to 4 minutes at 350 degrees F.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.750
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 Each

Amount Per Serving	
Calories	330.00
Fat	15.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1010.00mg
Carbohydrates	34.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	1.00g
Protein	14.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.52mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8236
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each	Can be steamed, grilled, or oven heated. Heat to 165 degrees internal.	417350
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	Ready to Eat	266536

Preparation Instructions

Can be steamed, grilled, or oven heated. Heat to 165 degrees internal. Hot dog bun thaw and serve.

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

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

Meal Components

Amount Per Serving

Component	Amount
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 Each

Amount Per Serving			
Calories	172.56		
Fat	16.03g		
Saturated Fat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	503.95mg		
Carbohydrates	1.44g		
Fiber	0.05g		
Total Sugar	0.07g		
Added Sugar	0.07g		
Protein	6.09g		
Vitamin A	0.07mcg	Vitamin C	0.00mg
Calcium	9.36mg	Iron	0.79mg

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8237
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Conventional Oven: 20 minutes at 350 degrees F. Convection Oven: 14 minutes at 350 degrees F.	266546
WG Hot and Spicy Whole Muscle Breaded Chicken Filet	1 Each	COMBI_HEAT	812380

Preparation Instructions

BAKE

Conventional Oven: 20 minutes at 350 degrees F. Convection Oven: 14 minutes at 350 degrees F.

Bun: Thaw and serve. If desired, can be toasted or baked.

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

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

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	340.00
Fat	8.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	620.00mg
Carbohydrates	43.00g
Fiber	5.00g
Total Sugar	5.00g
Added Sugar	3.00g
Protein	24.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 41.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8238
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN FC 3Z	1 Each	Prepare from frozen State Conventional oven: heat for 15 minutes at 375 degrees F. Convection oven: heat for 12 minutes at 375 degrees F. Appliances vary, adjust cook times accordingly. Marketing Tips	157582
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Eat.Ready to	517810

Preparation Instructions

Chicken Patty-

Prepare from frozen State

Conventional oven: heat for 15 minutes at 375 degrees F. Convection oven: heat for 12 minutes at 375 degrees F. Appliances vary, adjust cook times accordingly.

Marketing Tips

Hamburger Bun-

Ready to Eat

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.750
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: 0.00 Serving

Amount Per Serving	
Calories	350.00
Fat	13.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	550.00mg
Carbohydrates	39.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8239
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	2 Ounce	Heat ham to 165 degrees. Place ham and 1 slice of cheese on bun. Wrap, place in warmer.	179906
CHEESE SLCD YEL	1 Slice	Ready to Eat	334450
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Thaw and serve. If desired, can be toasted or baked.	266546

Preparation Instructions

Heat ham to 165 degrees.

Slice ham- 2 oz. each.

Place ham and 1 slice of cheese on a bun. Wrap, place in warmer.

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

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

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	271.67
Fat	9.83g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	45.83mg
Sodium	1048.33mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	17.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.48mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8240
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each	Preparation Method: Convection Oven: 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.	205030
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each	Thaw to serve.	266546

Preparation Instructions

F

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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	280.00
Fat	10.00g
Saturated Fat	4.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	26.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8241
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	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.	205030
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Gram	Ready to Eat	266546

Preparation Instructions

Hamburger-Preparation Method:

Convection Oven: 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.

Bun-

Ready to eat

Cheese-

Ready to Eat

Another option- 499786

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

CCP: Hold for hot service 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	335.00
Fat	14.50g
Saturated Fat	6.50g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	625.00mg
Carbohydrates	27.00g
Fiber	4.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	19.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8242
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with tomatoes and carrots.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.380
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	16.25
Fat	0.10g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.28mg
Carbohydrates	3.21g
Fiber	1.46g
Total Sugar	0.59g
Added Sugar	0.00g
Protein	1.17g
Vitamin A 4951.75mcg	Vitamin C 9.88mg
Calcium 18.13mg	Iron 0.70mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8243
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY WHL HOG 2Z	1 Each	COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 160 DEGREES.	568724
DOUGH BISC CNTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

Biscuit:

PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Sausage

COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 165 DEGREES

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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 Each

Amount Per Serving	
Calories	360.00
Fat	22.00g
Saturated Fat	10.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	950.00mg
Carbohydrates	26.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	13.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.16mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Yogurt Parfait w/Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8244
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	READY_TO_EAT Ready to Eat	621420

Preparation Instructions

READY_TO_EAT

Ready to use with pouch & serving tip.

Strawberries - Thaw and top yogurt

Granola

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

Cup- 773551

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	1.000
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 Each

Amount Per Serving	
Calories	219.63
Fat	5.25g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	154.70mg
Carbohydrates	48.63g
Fiber	2.50g
Total Sugar	18.21g
Added Sugar	19.69g
Protein	6.23g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 134.33mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomato Cup- Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8271
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Piece	READY_TO_EAT	15D44
Tomatoes FR 5 x 6, 2 Layer Tray 20 LB CS- Graves County Schools	1 Slice	READY_TO_EAT	16063

Preparation Instructions

Ready to eat.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.130
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	5.00
Fat	0.25g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.47mg
Carbohydrates	0.97g
Fiber	0.15g
Total Sugar	0.60g
Added Sugar	0.00g
Protein	0.07g
Vitamin A 678.25mcg	Vitamin C 2.94mg
Calcium 3.94mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8279
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16W37
Cauliflower FR 9-12 CT- Graves County Schools	1/8 Cup	READY_TO_EAT	16W41
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15P30
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15N66
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P71
CHIX BRST STRP FC LRG	1 Ounce	Ready To Eat	219011
CHEESE CHED MLD SHRD FINE	1 Ounce	Ready To Eat	191043
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26
BACON CKD THN SLCD	2 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Ready to Eat	282422

Preparation Instructions

Salad Container- 108301

Place romaine and spinach in the bottom of the salad container.

Place items in the order listed below from left to right on top of the lettuce.

Cheese, Broccoli, Cauliflower, Bacon, Tomatoes, Green Peppers, Chicken, Cucumbers, Carrots

Bacon- HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP
BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.583
Grain	2.000
Fruit	0.000
DarkGreen	1.125
Red/Orange	0.516
OtherVeg	0.375
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	417.57
Fat	16.74g
Saturated Fat	5.36g
Trans Fat	0.02g
Cholesterol	46.67mg
Sodium	836.77mg
Carbohydrates	42.00g
Fiber	5.41g
Total Sugar	5.53g
Added Sugar	2.00g
Protein	22.41g
Vitamin A 10229.75mcg	Vitamin C 50.96mg
Calcium 266.13mg	Iron 4.72mg

Nutrition - Per 100g

No 100g Conversion Available

Colby Cheese Omelet

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8343
School:	Fancy Farm Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	240080

Preparation Instructions

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

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

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

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	120.00
Fat	10.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms w/ Honey Oat Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8363
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Ready to eat	770960

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	230.00
Fat	5.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	285.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	14.00g
Added Sugar	9.00g
Protein	3.00g
Vitamin A 300.00mcg	Vitamin C 3.60mg
Calcium 280.00mg	Iron 7.10mg

Nutrition - Per 100g

No 100g Conversion Available

Trix Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8364
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.00
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	23.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	6.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 90.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8365
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Package	READY TO EAT	865101

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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 Each

Amount Per Serving	
Calories	363.00
Fat	5.50g
Saturated Fat	1.80g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	76.00g
Fiber	5.60g
Total Sugar	30.00g
Added Sugar	0.00g
Protein	4.30g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8366
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	Ready to serve.	123031

Preparation Instructions

Ready to serve.

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	340.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	230.00mg
Carbohydrates	73.00g
Fiber	6.00g
Total Sugar	29.00g
Added Sugar	28.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8367
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	200.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Mini Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8368
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72- 3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

Preparation Instructions

READY_TO_EAT

Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	230.00
Fat	6.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	39.00g
Fiber	2.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8369
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/2 Cup	Ready to use.	612448

Preparation Instructions

Ready to use.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Component	Amount
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	11.00g		
Added Sugar	9.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Apple Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8370
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CUP APPL 100% FZ 72x4 FOZ Suncup	1 Each	Ready to drink	604559

Preparation Instructions

Thaw in the cooler.

Ready to drink.

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

118921- Refrigerated Cup (Is Not Buy American)

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Orange Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8372
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CUP ORNG 100	1 0	Ready to drink	604556

Preparation Instructions

Ready to drink.

118930- Refrigerated Cup (Not Buy American)

Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.00g
Fiber	0.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8373
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each	Thaw and serve. If desired, can be toasted or baked.	266547

Preparation Instructions

Place bread on sheet pan and spray with butter spray. Toast for 3-5 minutes.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	2.42		
Fat	0.03g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.09mg		
Carbohydrates	0.48g		
Fiber	0.06g		
Total Sugar	0.06g		
Added Sugar	0.06g		
Protein	0.09g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.91mg	Iron	0.03mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Goldfish

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN	1 Package	Ready To Eat	194510

Preparation Instructions

Ready To Eat

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	19.00g
Fiber	1.00g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

1% White Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8391

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% White Milk- Graves County Schools	1 Cup	READY_TO_DRINK	4752

Preparation Instructions

READY TO DRINK

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

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 Each

Amount Per Serving	
Calories	100.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	120.00mg
Carbohydrates	11.00g
Fiber	0.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 150.00mcg	Vitamin C 0.00mg
Calcium 290.00mg	Iron 0.10mg

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Chocolate Milk- Graves County Schools	1 Cup	Read To Drink	1555

Preparation Instructions

Ready To Drink

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

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 Each

Amount Per Serving	
Calories	150.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	24.00g
Fiber	0.00g
Total Sugar	22.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 170.00mcg	Vitamin C 0.00mg
Calcium 280.00mg	Iron 0.20mg

Nutrition - Per 100g

No 100g Conversion Available

Grape Jelly

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8393

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP	1 Each	Ready to eat.	254975

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Total Sugar	8.00g		
Added Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8395

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT	1/2 Cup	READY TO EAT	179990

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Total Sugar	16.00g		
Added Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	90.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8396

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD	1 Package	READY_TO_EAT None	634610

Preparation Instructions

READY_TO_EAT

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	10.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.00mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Cinni

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8397

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in oven-able pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load.	894291

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Cinnis in oven-able pouch. Convection Oven: Preheat oven to 325F. Place pouches flat on baking sheet and heat for 5-7 minutes.* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00
Fat	7.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	40.00g
Fiber	3.00g
Total Sugar	14.00g
Added Sugar	13.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Sliced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE	1/2 Cup	Drain and serve	610267

Preparation Instructions

Drain and serve.

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	12.00g
Fiber	1.00g
Total Sugar	10.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 9.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC CNTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4 2. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4 2. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	220.00
Fat	11.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	740.00mg
Carbohydrates	26.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Honey

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY PKT	1 Each	Ready to serve	270539

Preparation Instructions

Ready to serve

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	25.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	0.00g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE	1/2 Cup	Drain and serve.	189952

Preparation Instructions

Drain and serve.

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	20.00g
Fiber	1.00g
Total Sugar	17.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 7.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Pancake & Sausage on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	BAKE HEATING INSTRUCTIONS: FROM FROZEN Conventional Oven 1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F. 2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film. 3. Bake for 20-25 minutes or until at least 165°F. For children under 5 years of age remove stick, cut product lengthwise then into small pieces. MICROWAVE HEATING INSTRUCTIONS: FROM FROZEN Microwave Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted. 1. Make a ¼-inch slit on top of film to vent. 2. Microwave on HIGH for 50-55 seconds or until hot. 3. Let stand in microwave for 1 minute before serving. NOTE: Product may be held in warming unit in film for up to 1 hour. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY! For children under 5 years of age remove stick, cut product lengthwise then into small pieces.	556982

Preparation Instructions

Fully Cooked.

Place on lined pan and spray edges. CONVECTION OVEN - HEAT AT 350 DEGREES F, 10-12 MINUTES IF THAWED; 25 MINUTES IF FROZEN. MICROWAVE (1000 WATT HIGH POWER) - HEAT FOR 60 SECONDS IF THAWED; 90 SECONDS IF FROZEN.

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

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

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	140.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	360.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	6.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY	0 Pound	Slowly add 24 ounces dry mix to 1 gallon of hot water (180-200 degrees F). While mixing with a wire whip. Mix until smooth. Cover and let stand 10 minutes.	701450
DOUGH BISC CNTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4 2. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

	Amount
Meat/Meat Alternate	0.000
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	222.49		
Fat	11.11g		
Saturated Fat	6.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	753.86mg		
Carbohydrates	26.33g		
Fiber	1.00g		
Total Sugar	2.06g		
Added Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.44mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rich's Yeast-Raised Whole-Grain Ring Donuts	1 Each	Follow the instructions on the case.	580129

Preparation Instructions

Thaw and serve.

Top with one of the following-

Cream Cheese Icing-133574

Chocolate Icing-155711

Vanilla Icing- 155722

Glaze Icing- 613789

Powdered Sugar- 108693

Cinnamon- 2247361 & Sugar- 108588

Sprinkles- 421620

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	3.44		
Fat	0.15g		
Saturated Fat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.75mg		
Carbohydrates	0.46g		
Fiber	0.04g		
Total Sugar	0.10g		
Added Sugar	0.09g		
Protein	0.07g		
Vitamin A	0.01mcg	Vitamin C	0.00mg
Calcium	0.22mg	Iron	0.02mg

Nutrition - Per 100g

No 100g Conversion Available

Mustard

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT	1 Teaspoon	Ready to eat.	792365

Preparation Instructions

No prep required.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	0.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.00mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8407
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	Thaw 60 minutes. Serve within 8-10 hours for optimal freshness. Do not microwave.	516761

Preparation Instructions

Thaw 60 minutes. Serve within 8-10 hours for optimal freshness. Do not microwave.

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

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	26.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8409
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN	1 Each	READY TO EAT	686503

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	1.30g
Vitamin A 75.52mcg	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Bread w/Marinara Sauce Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8431
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT	677721
BREADSTICK CHS WGRAIN	1 Each	For best results, allow to thaw prior to cooking. DO NOT REFREEZE. Cook for 9-12 minutes in a 350°F convection oven. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	723880

Preparation Instructions

Cheesy Bread-

PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.

Marinara- Heat Marinara Sauce in a pot and pour over pasta. Can also be used as a pizza sauce.

Ready to Eat

If you want to use can marinara- # 592714

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Each

Amount Per Serving	
Calories	300.00
Fat	11.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	610.00mg
Carbohydrates	36.00g
Fiber	3.00g
Total Sugar	7.00g
Added Sugar	3.00g
Protein	15.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 319.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8432
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN	6 Each	REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. FRIED: 350-275 DEGREES F: FROZEN, 9 MINUTES, THAWED, 3 MINUTES. MICROWAVE: FROZEN, 60 SECONDS. THAWED, 30 SECONDS. CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	497360

Preparation Instructions

BAKE

Heating times may vary with each oven.

DEEP_FRY

Heating times may vary with each fryer.

MICROWAVE

Heating times may vary with each oven.

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

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

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: 6.00 Each

Amount Per Serving	
Calories	270.00
Fat	12.00g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	1.50g
Total Sugar	7.50g
Added Sugar	6.00g
Protein	9.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 75.00mg	Iron 2.25mg

Nutrition - Per 100g

No 100g Conversion Available

General TSO Chicken- JTM

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8434
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
General TSO's Sauce- Graves County Schools	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	744854

Preparation Instructions

Popcorn chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

General TSO

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	270.00**
Fat	13.00g**
Saturated Fat	3.00g**
Trans Fat	0.00g**
Cholesterol	70.00mg**
Sodium	480.00mg**
Carbohydrates	19.00g**
Fiber	3.00g**
Total Sugar	0.00g**
Added Sugar	0.00g**
Protein	19.00g**
Vitamin A 200.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg**	Iron 1.44mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Hunan Chicken- JTM

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8435
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
6-5 SAUCE HUNAN STYLE ORANGE 73420	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	985480

Preparation Instructions

Chicken

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Hunan Sauce

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	285.85
Fat	13.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	536.80mg
Carbohydrates	23.00g
Fiber	3.05g
Total Sugar	3.00g
Added Sugar	3.00g
Protein	19.20g
Vitamin A 200.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg**	Iron 1.44mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8436
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC	1 Each	Ready to eat	322326

Preparation Instructions

Ready to eat.

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	21.00g
Fiber	4.00g
Total Sugar	17.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 350.83mcg	Vitamin C 82.95mg
Calcium 62.37mg	Iron 0.16mg

Nutrition - Per 100g

No 100g Conversion Available

Asian Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8437
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN ASIAN 6-26.4Z UBEN	1/2 Cup	STOVE TOP: COMBINE SEASONING PACKET AND RICE WITH WATER AS INDICATED ON PACKAGE INSTRUCTIONS. BRING TO A BOIL AND LET SIT OFF HEAT FOR 25 MINUTES. Marketing Tips	244541

Preparation Instructions

STOVE TOP: COMBINE SEASONING PACKET AND RICE WITH WATER AS INDICATED ON PACKAGE INSTRUCTIONS. BRING TO A BOIL AND LET SIT OFF HEAT FOR 25 MINUTES.

Marketing Tips

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	105.00		
Fat	1.00g		
Saturated Fat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	225.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Total Sugar	1.50g		
Added Sugar	0.00g		
Protein	2.50g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Egg Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8438
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR EGG ROLL PORK/VEG	1 Each	BAKE Product is RTE, however can be heated with the following directions: Preparation Type: Heating Instructions Deep Fryer Instructions: Deep-Fry at 350°F. Frozen: 5 - 6 minutes, approximately. Thawed: 4 - 5 minutes. Microwave Instructions: Set microwave on high. Place frozen egg rolls on a microwave-safe dish. Allow 40 seconds per egg roll and 35 seconds for each additional egg roll. Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 18 minutes. Convection: 12 - 14 minutes. Preparation Notes: Heating time may vary with equipment.	457639

Preparation Instructions

BAKE

Product is RTE, however can be heated with the following directions: Preparation Type: Heating Instructions Deep Fryer Instructions: Deep-Fry at 350°F. Frozen: 5 - 6 minutes, approximately. Thawed: 4 - 5 minutes. Microwave Instructions: Set microwave on high. Place frozen egg rolls on a microwave-safe dish. Allow 40 seconds per egg roll and 35 seconds for each additional egg roll. Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 18 minutes. Convection: 12 - 14 minutes. Preparation Notes: Heating time may vary with equipment.

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	3.50g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	260.00mg
Carbohydrates	10.50g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 15.00mg	Iron 0.75mg

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8440
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
BROCCOLI FLORETS IQF 20# P/L	1/2 Cup		342622

Preparation Instructions

2 bags of butter buds to 24 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 24 pounds.

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	12.97
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg**
Sodium	11.00mg
Carbohydrates	3.43g
Fiber	1.30g
Total Sugar	0.50g
Added Sugar	0.00g**
Protein	1.30g
Vitamin A 145.05mcg	Vitamin C 29.05mg
Calcium 17.50mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wings w/Hot Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8442
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK DING BRD CKD	5 Piece		686031
SAUCE BUFF WNG REDHOT	1 Teaspoon	Ready to use.	704229

Preparation Instructions

DEEP_FRY

FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 5.00 Each

Amount Per Serving			
Calories	10.40		
Fat	0.30g		
Saturated Fat	0.10g		
Trans Fat	0.00g		
Cholesterol	2.00mg		
Sodium	232.10mg		
Carbohydrates	1.00g		
Fiber	0.10g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.80g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

Nutrition - Per 100g

No 100g Conversion Available

Wings w/BBQ Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8443
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK DING BRD CKD	5 Each	FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.	686031
SAUCE BBQ	1 Tablespoon		212071

Preparation Instructions

DEEP_FRY

FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 5.00 Each

Amount Per Serving	
Calories	45.40
Fat	0.30g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	187.10mg
Carbohydrates	9.50g
Fiber	0.10g
Total Sugar	8.00g
Added Sugar	8.00g
Protein	0.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.20mg

Nutrition - Per 100g

No 100g Conversion Available

Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8444
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SWT YST	1 Each	Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.	182780

Preparation Instructions

Proof dough for 40-50 minutes. Bake: Rack Oven at 375 degrees F for 12-14 minutes. Convection Oven at 325 degrees F for 10-12 minutes.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	174.80		
Fat	3.00g		
Saturated Fat	0.70g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	129.80mg		
Carbohydrates	32.00g		
Fiber	1.10g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	5.40g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.94mg	Iron	1.67mg

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8445
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS	1/2 Cup	<p>DEEP_FRY</p> <p>Deep Fry 1.5 LBS at 345-350°F (174°-177°C) for 3 /u2013 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full. Convection Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 1 .5 LBS at 400°F (205°C) for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.</p>	324167

Preparation Instructions

Fry 1 LB at 360 degrees for 1 minute and 45 seconds .

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	213.33
Fat	10.67g
Saturated Fat	2.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	26.67g
Fiber	2.67g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.67g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 14.67mg	Iron 0.96mg

Nutrition - Per 100g

No 100g Conversion Available

Carrots w/Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8446
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
Low-Fat Ranch Dip	2 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle-795940 Lid- 796010	R-16992

Preparation Instructions

Ready to eat.

Clear Container- 792220

Fill the cup w/ 2 oz. of low-fat ranch dip.

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

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	150.00
Fat	10.11g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	569.19mg
Carbohydrates	11.00g
Fiber	2.50g
Total Sugar	8.05g
Added Sugar	0.00g
Protein	2.54g
Vitamin A 11722.00mcg	Vitamin C 2.20mg
Calcium 127.00mg	Iron 0.76mg

Nutrition - Per 100g

No 100g Conversion Available

Fuji Apples

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8447
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Fuji 125 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	15PO9

Preparation Instructions

Ready to eat

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.01g		
Fiber	4.90g		
Total Sugar	16.00g		
Added Sugar	0.00g		
Protein	0.49g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Nutrition - Per 100g

No 100g Conversion Available

Red Delicious Apples

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8448
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR R/D 125-138 CT LB CS- Graves County Schools	1 Apple	READY_TO_EAT	14M10

Preparation Instructions

Ready to eat.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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	93.20		
Fat	0.32g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.30g		
Fiber	3.63g		
Total Sugar	16.60g		
Added Sugar	0.00g		
Protein	0.43g		
Vitamin A	4.74mcg	Vitamin C	0.00mg
Calcium	9.48mg	Iron	0.17mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Smackers

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8450
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350 F; CONVECTION OVEN FOR 6-8 MINUTES AT 350 F. Deep fry at 350 degrees until it reaches 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	270.00
Fat	13.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	480.00mg
Carbohydrates	19.00g
Fiber	3.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 200.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8451
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	1 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
BUTTER SUB	2/7 Teaspoon	Ready To Eat	209810
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/7 Teaspoon		125557

Preparation Instructions

1. Pour 11.5 quarts boiling water in mixer bowl
2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).
3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.65
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	351.00mg
Carbohydrates	20.19g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8452
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	1/2 Cup	Heat to 165 degrees.	273856
SPICE PEPR BLK REG FINE GRIND	0 Cup	Ready To Eat	225037
BASE HAM NO ADDED MSG	0 Cup	READY_TO_EAT Prepare as directed.	686691

Preparation Instructions

Heat to 165 degrees.

Optional- Onion Flakes- #513997- 1/8 tsp.

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

CCP: Hold for hot service at 135° F 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.03
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	221.25mg
Carbohydrates	3.00g
Fiber	2.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 23.00mg	Iron 0.38mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8453
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/2 Cup	READY_TO_EAT	17W87

Preparation Instructions

Ready to eat.

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

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	23.00		
Fat	21.50g		
Saturated Fat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.53g		
Fiber	1.45g		
Total Sugar	3.52g		
Added Sugar	0.00g		
Protein	48.00g		
Vitamin A	8.50mcg	Vitamin C	42.35mg
Calcium	11.50mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Brown Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8454
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	1 Tablespoon	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050

Preparation Instructions

Basic Preparation

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

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

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

2 oz. spoodle

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: 2.00 Ounce

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.00mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.10mg

Nutrition - Per 100g

Calories	44.09		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	229.28mg		
Carbohydrates	8.82g		
Fiber	0.00g		
Total Sugar	1.76g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

Honey Mustard Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8455
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HNY MSTRD CUP	1 Each	Ready to serve.	353537

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	80.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Total Sugar	5.00g		
Added Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.00mg	Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8456
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP DUNK LO SOD	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	141201

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ranch Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8457
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP	1 Each	Ready to serve.	499521

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Serving

Amount Per Serving			
Calories	70.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	125.00mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Total Sugar	3.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Rotini W/Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8458
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	8 Ounce	PLACE SEALED BAG IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED Marketing Tips	728590

Preparation Instructions

PLACE SEALED BAG IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

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

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

8 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
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: 8.00 Ounce

Amount Per Serving	
Calories	361.29
Fat	17.20g
Saturated Fat	6.56g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	486.02mg
Carbohydrates	29.03g
Fiber	3.23g
Total Sugar	6.45g
Added Sugar	1.08g
Protein	20.43g
Vitamin A 659.14mcg	Vitamin C 24.73mg
Calcium 52.69mg	Iron 3.23mg

Nutrition - Per 100g

Calories	159.30		
Fat	7.59g		
Saturated Fat	2.89g		
Trans Fat	0.47g		
Cholesterol	25.60mg		
Sodium	214.30mg		
Carbohydrates	12.80g		
Fiber	1.42g		
Total Sugar	2.84g		
Added Sugar	0.47g		
Protein	9.01g		
Vitamin A	290.63mcg	Vitamin C	10.90mg
Calcium	23.23mg	Iron	1.42mg

Garlic Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8459
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

Preparation Instructions

BAKE

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	3.50g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Green Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8460
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV	1/2 Cup	Heat to 165 degrees.	256935
BUTTER SUB	1/2 Teaspoon	Ready To Eat	209810
SALT IODIZED	1/4 Teaspoon	Ready To Eat	350732
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037

Preparation Instructions

Heat to 165 degrees.

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	71.17		
Fat	0.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	740.00mg		
Carbohydrates	12.33g		
Fiber	3.00g		
Total Sugar	6.00g		
Added Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.40mg

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing- SM

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8461
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF	1 Each	Ready to serve.	261432

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	10.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	0.20g
Vitamin A 2.32mcg	Vitamin C 0.07mg
Calcium 6.66mg	Iron 0.02mg

Nutrition - Per 100g

No 100g Conversion Available

Calzone w/Marinara Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8462
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each	PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.	135191
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT	677721

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.750
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	15.00g
Saturated Fat	7.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	710.00mg
Carbohydrates	33.00g
Fiber	1.00g
Total Sugar	10.00g
Added Sugar	5.00g
Protein	21.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 388.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8463
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup	PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	283730
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037
SALT IODIZED	1 Teaspoon	Ready To Eat	125557

Preparation Instructions

PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.47		
Fat	0.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2369.00mg		
Carbohydrates	18.13g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.40mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Sliced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8464
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD IN JCE	1/2 Cup	Ready To Eat	610399

Preparation Instructions

Drain and serve.

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	70.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Chocolate Chip Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8465
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN	1 Each	BAKING TIMES: CONVECTION OVEN: PRE-SET FOR 15-17 MI NUTES. CONVECTION OVEN: HEAT TO 300°F FOR 9-11 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, AND NUMBER OF COOKIES BAKED. PROPERLY BAKED BOOKIES SHOULD HAVE A GOLDEN BROWN COLOR, AND SHOULD BE FIRM ON THE OUTISDE AND HAVE A SOFT, MOIST INTERIOR. Marketing Tips	243371

Preparation Instructions

BAKING TIMES: CONVECTION OVEN: PRE-SET FOR 15-17 MI NUTES. CONVECTION OVEN: HEAT TO 300°F FOR 9-11 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, AND NUMBER OF COOKIES BAKED. PROPERLY BAKED BOOKIES SHOULD HAVE A GOLDEN BROWN COLOR, AND SHOULD BE FIRM ON THE OUTISDE AND HAVE A SOFT, MOIST INTERIOR.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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	110.00		
Fat	3.50g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	85.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available

Crackers w/Cobb Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8544
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each		536091

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 6.00

Amount Per Serving			
Calories	160.00		
Fat	3.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	28.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Pickles

Servings:	1.00	Category:	Condiments or Other
Serving Size:	3.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8545
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE KOSH DILL CHIP C/C	3 Slice		557846

Preparation Instructions

Ready to serve.

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

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: 3.00 Each

Amount Per Serving			
Calories	0.01		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.78mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Onion

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 ring	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8546
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Onions Dry YEL DRY 5 LB BG- Graves County Schools	1 ring	READY_TO_EAT	15N62

Preparation Instructions

Ready to eat.

CCP: Store at 50°F - 70°F

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 ring

Amount Per Serving	
Calories	24.00
Fat	0.06g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	5.60g
Fiber	1.00g
Total Sugar	2.54g
Added Sugar	0.00g
Protein	0.66g
Vitamin A 1.00mcg	Vitamin C 4.40mg
Calcium 14.00mg	Iron 0.13mg

Nutrition - Per 100g

No 100g Conversion Available

Honey Mustard Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8547
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING HNY DIJON MSTRD	1 Each	Ready to serve.	250092

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	180.00
Fat	16.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	220.00mg
Carbohydrates	7.00g
Fiber	0.00g
Total Sugar	7.00g
Added Sugar	8.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing- LG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8548
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT	1 Each	Ready to use	549584

Preparation Instructions

Ready to use.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	15.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	350.00mg
Carbohydrates	4.00g
Fiber	0.00g
Total Sugar	3.00g
Added Sugar	3.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing- LG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8549
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT	1 Each	Ready to serve.	582816

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	40.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	490.00mg
Carbohydrates	9.00g
Fiber	1.00g
Total Sugar	3.00g
Added Sugar	4.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt w/Honey Oat Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8550
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F	1 Each	OPEN AND EAT	200612
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	READY TO SERVE	770960

Preparation Instructions

OPEN AND EAT

CCP: Hold at 50°F -70°F

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

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: 1.00

Serving Size: 0.00 Serving

Amount Per Serving	
Calories	190.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	33.00g
Fiber	1.00g
Total Sugar	15.00g
Added Sugar	5.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 320.00mg	Iron 4.40mg

Nutrition - Per 100g

No 100g Conversion Available

Crinkle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8551
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C CONCRTN	1/2 Cup	DEEP_FRY Deep Fry: 345° - 350°F for 3 ¼-3 ¾ minutes. Deep fry from frozen state. Fill basket ½ full.	416495

Preparation Instructions

Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.67		
Fat	0.83g		
Saturated Fat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.17mg		
Carbohydrates	3.00g		
Fiber	0.33g		
Total Sugar	0.17g		
Added Sugar	0.00g		
Protein	0.33g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available

Mayonnaise

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8552
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1 Each	Ready to eat	188741

Preparation Instructions

Ready to eat.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	50.00		
Fat	4.50g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	70.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cucumber w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8553
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P30
Low-Fat Ranch Dip	2 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle-795940 Lid- 796010	R-16992

Preparation Instructions

Ready-To-Eat

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

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: 1.00 Each

Amount Per Serving			
Calories	127.69		
Fat	10.04g		
Saturated Fat	7.04g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	503.19mg		
Carbohydrates	5.81g		
Fiber	1.92g		
Total Sugar	10.42g		
Added Sugar	0.00g		
Protein	2.31g		
Vitamin A	53.85mcg	Vitamin C	0.00mg
Calcium	107.69mg	Iron	1.08mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8554

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16IN WGRAIN 4CHS SLCD	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667772

Preparation Instructions

Cook before eating. Best if cooked from Frozen state. Convection Oven: Place 1.5 pizza on a tray. Bake at 350 degrees F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. Impingement Oven: Load 1 whole pre-sliced pizza. Bake at 420 degrees F for 6-8 minutes. Note: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.013
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	360.00
Fat	16.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Total Sugar	9.00g
Added Sugar	1.00g
Protein	21.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16" WGRAIN SLCD	1 Slice	est if cooked from frozen state.Preheat oven. Convection Oven: 350 degrees F. high fan for 15-18 minutes. Impingement Oven: Pre-heat at 400 degrees F and bake for 6.75 - 8.0 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	673133

Preparation Instructions

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	360.00		
Fat	17.00g		
Saturated Fat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	570.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Total Sugar	6.00g		
Added Sugar	1.00g		
Protein	19.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Rice

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8656
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN FIESTA	1/2 Cup	Stove: In a large stock pot add 1.75 quarts of water, rice, contents of seasoning packet and 2 ounces of butter (optional). Stir well and bring to a boil. Reduce heat to simmer, cover and let stand for 15 minutes or until MOST of the water is absorbed. Stir well. Transfer to serving pan and keep warm at 160 degrees F. Fluff with fork before serving. Oven: In a deep half-size steamtable tray, combine 1.75 quarts of boiling water, rice, seasoning packet and 2 ounces of butter (optional). Stir well and cover. Bake in a 450 degree F oven for 20-25 minutes or until most of the water is absorbed. Stir well. Transfer to serving pan and keep warm at 160 degrees F. Fluff with fork before serving.	259389

Preparation Instructions

Stove: In a large stock pot add 1.75 quarts of water, rice, contents of seasoning packet and 2 ounces of butter (optional). Stir well and bring to a boil. Reduce heat to simmer, cover and let stand for 15 minutes or until MOST of the water is absorbed. Stir well. Transfer to serving pan and keep warm at 160 degrees F. Fluff with fork before serving. Oven: In a deep half-size steamtable tray, combine 1.75 quarts of boiling water, rice, seasoning packet and 2 ounces of butter (optional). Stir well and cover. Bake in a 450 degree F oven for 20-25 minutes or until most of the water is absorbed. Stir well. Transfer to serving pan and keep warm at 160 degrees F. Fluff with fork before serving.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.60
Fat	0.20g
Saturated Fat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	282.50mg
Carbohydrates	10.75g
Fiber	0.35g
Total Sugar	0.75g
Added Sugar	0.25g
Protein	1.33g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 12.06mg	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

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8657
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	1/2 Cup	READY_TO_EAT None	452841

Preparation Instructions

Ready to eat.

CCP: Store at 50°F - 70°F.

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	40.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	277.33mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Total Sugar	2.67g		
Added Sugar	2.67g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.67mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8658
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each	Ready to Eat	713330
CHIX CKD SHRD WHT IQF	2 Ounce	BEST IF THAWED IN REFRIGERATOR. REMOVE DESIRED AMOUNT TO THAW FROM BULK CASE. PLACE IN SEALED CONTAINER IN REFRIGERATOR OVERNIGHT. OR MICROWAVE SMALL AMOUNTS 2-3 MINUTES. Basic Preparation READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)	617760
CHEESE CHED SHRD	1/8 Cup	Ready to eat	199720

Preparation Instructions

Cheese-

Ready to Eat

Tortilla Shell-

Ready To Eat

Chicken Fajita-

PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.

or

Shredded Chicken - 2 oz.

BEST IF THAWED IN REFRIGERATOR. REMOVE DESIRED AMOUNT TO THAW FROM BULK CASE. PLACE IN SEALED CONTAINER IN REFRIGERATOR OVERNIGHT. OR MICROWAVE SMALL AMOUNTS 2-3 MINUTES. READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.250
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 Each

Amount Per Serving			
Calories	315.72		
Fat	13.09g		
Saturated Fat	7.81g		
Trans Fat	0.00g		
Cholesterol	66.53mg		
Sodium	449.73mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Total Sugar	1.00g		
Added Sugar	1.00g		
Protein	27.24g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	34.33mg	Iron	1.24mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8659
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice	Bacon- Standard Prep: Place bacon on sheet pan. Heat 5-7 minutes at 350 F in convection oven.	874124
BEEF PTY FLAMEBR	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.	205030
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready to eat.	266546
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450

Preparation Instructions

Burger- 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.

Bacon- Standard Prep: Place bacon on sheet pan. Heat 5-7 minutes at 350 F in convection oven.

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

CCP: Hold for hot service 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	358.33
Fat	16.40g
Saturated Fat	7.20g
Trans Fat	0.51g
Cholesterol	50.83mg
Sodium	708.53mg
Carbohydrates	27.00g
Fiber	4.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	20.93g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 110.50mg	Iron 2.06mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8660
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR	1/2 Cup	Heat to 135 degrees and serve.	822477

Preparation Instructions

Heat to 135 degrees and serve.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F 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	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	130.00
Fat	0.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	26.00g
Fiber	5.00g
Total Sugar	6.00g
Added Sugar	5.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 52.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Strips

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8785
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490

Preparation Instructions

DEEP_FRY

Appliances vary, adjust accordingly.

UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.

Deep Fry

Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 5 1

2 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.

Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	73.33
Fat	2.33g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	21.67mg
Sodium	153.33mg
Carbohydrates	4.67g
Fiber	0.67g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	7.33g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 6.67mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peppered Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8888
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY	1 3/13 Tablespoon	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.	701450

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.

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

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

2 ounce spoodle

Meal Components

Amount Per Serving

Component	Amount
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: 2.00 Ounce

Amount Per Serving			
Calories	41.62		
Fat	1.85g		
Saturated Fat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	231.20mg		
Carbohydrates	5.55g		
Fiber	0.00g		
Total Sugar	0.92g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.40mg	Iron	0.00mg

Nutrition - Per 100g

Calories	73.40		
Fat	3.26g		
Saturated Fat	1.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	407.77mg		
Carbohydrates	9.79g		
Fiber	0.00g		
Total Sugar	1.63g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.05mg	Iron	0.00mg

Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	6.00 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9234
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	6 Ounce	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.	491074

Preparation Instructions

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.

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

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

6 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 6.00 ounces

Amount Per Serving	
Calories	304.50
Fat	12.50g
Saturated Fat	7.30g
Trans Fat	0.06g
Cholesterol	37.00mg
Sodium	706.00mg
Carbohydrates	31.00g
Fiber	0.10g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	16.70g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 400.00mg	Iron 1.26mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9236
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD	4 Ounce	Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.	498702
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready to eat.	266546

Preparation Instructions

BBQ-

Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.

Bun-Ready to eat

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

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

4 ounce spoodle

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	449.00
Fat	19.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	473.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	20.00g
Added Sugar	3.00g
Protein	23.00g
Vitamin A 1650.00mcg	Vitamin C 0.00mg
Calcium 110.00mg	Iron 5.06mg

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedges

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9237
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS	1/2 Cup	FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES AND 15 SECONDS.	457558

Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES AND 15 SECONDS.

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

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

Meal Components

Amount Per Serving

	Amount
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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	124.36		
Fat	5.74g		
Saturated Fat	1.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.29mg		
Carbohydrates	17.22g		
Fiber	1.91g		
Total Sugar	0.96g		
Added Sugar	0.00g		
Protein	1.91g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

Nutrition - Per 100g

No 100g Conversion Available

Walking Beef Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9238
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Thaw product for 3 days. Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until it reaches 165 degrees.	722330
CHIP NACHO CHS R/F TOP N GO	1 Each	Ready To Eat	815803

Preparation Instructions

Thaw product for 3 days. Place sealed bags in a steamer or in boiling water. Heat approximately 30 minutes or until it reaches 165 degrees.

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

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

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.524
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	333.85
Fat	13.31g
Saturated Fat	3.27g
Trans Fat	0.00g
Cholesterol	42.90mg
Sodium	573.50mg
Carbohydrates	33.31g
Fiber	5.52g
Total Sugar	2.52g
Added Sugar	0.00g
Protein	19.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 126.78mg	Iron 1.66mg

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9239
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD	1/2 Cup	Heat to minimum internal temperature of 165 degrees.	293962

Preparation Instructions

Heat to minimum internal temperature of 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomato Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9241
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71

Preparation Instructions

Ready to eat.

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

OVS- #356569

Diced Tomato- 1/4 Cup

Shredded/Diced Romaine- 1/4 Cup

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.125
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 Each

Amount Per Serving	
Calories	10.00
Fat	0.10g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	21.94mg
Carbohydrates	1.98g
Fiber	0.70g
Total Sugar	0.14g
Added Sugar	0.00g
Protein	0.73g
Vitamin A 1770.50mcg	Vitamin C 8.47mg
Calcium 6.38mg	Iron 0.35mg

Nutrition - Per 100g

No 100g Conversion Available

Shredded Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9246
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD	1 Ounce	Ready to serve.	199720

Preparation Instructions

Ready to serve.

Another option- 150250

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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 Ounce

Amount Per Serving			
Calories	113.00		
Fat	9.00g		
Saturated Fat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	190.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	398.60		
Fat	31.75g		
Saturated Fat	21.16g		
Trans Fat	0.00g		
Cholesterol	105.82mg		
Sodium	670.21mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	21.16g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grapes

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9398
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	1 Cup	Ready	121893

Preparation Instructions

DOD- 14P36

Ready to eat.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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: 0.50 Cup

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Crispito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9481
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRISPITO CHIX CHILI WGRAIN	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED. Instructions are approximate. Heat until internal temperature reaches 140°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven 12-15 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 5 1 2 minutes at 350°F from FROZEN. Instructions are approximate. Heat until internal temperature reaches 140°F.	616781

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED.

Instructions are approximate. Heat until internal temperature reaches 140°F.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

12-15 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

DEEP_FRY

Appliances vary, adjust accordingly.

Deep Fry

5 - 5 1

2 minutes at 350°F from FROZEN.

Instructions are approximate. Heat until internal temperature reaches 140°F.

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

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	14.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Queso Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9482
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.	722110

Preparation Instructions

PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 2.00 Ounce

Amount Per Serving	
Calories	121.60
Fat	9.60g
Saturated Fat	5.60g
Trans Fat	0.01g
Cholesterol	29.00mg
Sodium	436.50mg
Carbohydrates	1.00g
Fiber	0.10g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	6.70g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 210.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	214.47
Fat	16.93g
Saturated Fat	9.88g
Trans Fat	0.02g
Cholesterol	51.15mg
Sodium	769.85mg
Carbohydrates	1.76g
Fiber	0.18g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	11.82g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 370.38mg	Iron 0.00mg

Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	13.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9483
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	13 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Ready to eat.

CCP: Hold at 50°F -70°F

13 Chips= 1.25 Grain

16 Chips= 2.50 Grain

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	0.000
Grain	1.250
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: 13.00 Each

Amount Per Serving			
Calories	140.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9494

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 96-4.5Z COMM	1 1ea	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Total Sugar	18.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Jammer- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9554
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR JAM WGRAIN IW	1 Each	Thaw and serve.	661222

Preparation Instructions

Thaw and serve.

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

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	540.00
Fat	29.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	53.00g
Fiber	8.00g
Total Sugar	19.00g
Added Sugar	16.00g
Protein	18.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 242.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Stir Fry Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9555
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY	1/2 Cup	RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES.	473324
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810

Preparation Instructions

1 bags of butter buds to 12 pounds of vegetables.

Garlic Herb Seasoning- 4 T to 12 pounds.

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.47		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.00mg		
Carbohydrates	6.93g		
Fiber	2.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Chili Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9630
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN	2 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012
FRANKS BEEF 8/	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	417350
BUN HOT DOG WHT WHE 6IN	1 Each	Ready to eat.	248141

Preparation Instructions

Hot Dog-

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Chili-

From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees

Hamburger Bun-

Ready to Eat.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	372.14
Fat	20.22g
Saturated Fat	6.58g
Trans Fat	0.50g
Cholesterol	45.63mg
Sodium	848.90mg
Carbohydrates	33.15g
Fiber	4.37g
Total Sugar	4.72g
Added Sugar	3.00g
Protein	16.46g
Vitamin A 429.57mcg	Vitamin C 6.52mg
Calcium 109.51mg	Iron 3.23mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast Bites

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9844

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN	6 Each	Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.	391073

Preparation Instructions

Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 6.00 Each

Amount Per Serving	
Calories	379.50
Fat	24.00g
Saturated Fat	9.99g
Trans Fat	0.00g
Cholesterol	39.99mg
Sodium	540.00mg
Carbohydrates	38.00g
Fiber	2.00g
Total Sugar	13.95g
Added Sugar	10.50g
Protein	3.99g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 16.86mg	Iron 1.86mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Chocolate Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9922
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in oven-able pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load.	321722

Preparation Instructions

READY_TO_EAT

Heat & Serve: Heat frozen Crescent Rolls in oven-able pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00
Fat	8.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	38.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	9.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fudge Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9924
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package	Ready to serve.	452082

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	73.00g
Fiber	6.00g
Total Sugar	29.00g
Added Sugar	29.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.80mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancake Wraps

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9925
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI	6 Each	Cook from thawed or frozen in a microwave, convection or conventional oven. Heat to an internal temperature of 160 degrees F.	696180

Preparation Instructions

Cook from thawed or frozen in a microwave, convection or conventional oven. Heat to an internal temperature of 160 degrees F.

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

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

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: 6.00 Each

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
Saturated Fat	5.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	560.00mg		
Carbohydrates	30.00g		
Fiber	6.00g		
Total Sugar	8.00g		
Added Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Maple Syrup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9926
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP	1 Each	Ready To Eat	160090

Preparation Instructions

Ready to eat

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving	
Calories	120.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	30.00g
Fiber	0.00g
Total Sugar	22.00g
Added Sugar	22.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9929
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
DOUGH BISC CENTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4.BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	266.67
Fat	14.80g
Saturated Fat	7.40g
Trans Fat	0.02g
Cholesterol	6.67mg
Sodium	907.07mg
Carbohydrates	26.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	6.87g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.56mg

Nutrition - Per 100g

No 100g Conversion Available

EggStravaganza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9931
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.	533034

Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

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

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

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.500
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 Serving

Amount Per Serving			
Calories	180.00		
Fat	13.50g		
Saturated Fat	4.50g		
Trans Fat	0.00g		
Cholesterol	255.00mg		
Sodium	420.00mg		
Carbohydrates	1.50g		
Fiber	0.00g		
Total Sugar	1.50g		
Added Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.08mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9932
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each	Ready to Eat	266547
SPICE CINNAMON GRND	1/8 Teaspoon	Ready to eat	224731
SUGAR CANE GRANUL	1/8 Teaspoon	Ready to eat	425311

Preparation Instructions

Bread-Ready to Eat

Spray bottom of pan. lay bread out on pan and spray with butter spray and sprinkle with cinnamon sugar.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	4.37		
Fat	0.03g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.09mg		
Carbohydrates	1.00g		
Fiber	0.06g		
Total Sugar	0.58g		
Added Sugar	0.06g		
Protein	0.09g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.91mg	Iron	0.03mg

Nutrition - Per 100g

No 100g Conversion Available

Scalloped Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9944
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SCALLOPED CLSC R/SOD	1/2 Cup		118567

Preparation Instructions

BAKE

1: Add 5 quarts boiling water (212°F) for convection oven (4 1

2 quarts for conventional) and 4 ounces unsalted butter to a 2 1

2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

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

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

4 ounce spoodle

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	100.00
Fat	0.91g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	181.82mg
Carbohydrates	20.00g
Fiber	0.91g
Total Sugar	3.64g
Added Sugar	1.82g
Protein	1.82g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 27.27mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Okra

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9945
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OKRA BRD HVY	1/2 Cup	DEEP_FRY COOKING INSTRUCTIONS: COOK BEFORE SERVING. STORE AT OR BELOW 0°F. FOR FOOD SAFETY AND QUALITY COOK TO AN INTERNAL TEMPERATURE OF 160°. DUE TO VARIANCES IN APPLIANCES COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. PREPARE FROM FROZEN. DO NOT THAW AND REFREEZE. REMOVE OKRA FROM PACKAGING BEFORE FRYING. DEEP FRYER Fry Oil Temperature: 350°F Fry Time: 3- 5 minutes. AUTO FRYING SYSTEM Fry Oil Temperature: 365°F Fry Time: 3 - 5 minutes. CAUTION:OIL AND PRODUCT WILL BE HOT. NOT DESIGNED FOR MICROWAVE PREPARATION. REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.	172531

Preparation Instructions

Cook from frozen. Deep fryer frying oil temp 350 degrees. Deep fry 5-6 minutes.

CCP: Heat to 135° F or higher.

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

4 ounce spoodle

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	89.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	311.97mg
Carbohydrates	18.94g
Fiber	0.91g
Total Sugar	1.52g
Added Sugar	0.00g
Protein	2.65g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 34.77mg	Iron 0.91mg

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10080
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201081

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1

4 TO 2 3

4 MINUTES.

4 ounce spoodle or boat

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	53.33		
Fat	2.22g		
Saturated Fat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.89mg		
Carbohydrates	7.56g		
Fiber	0.44g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.44g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Smackers & Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10081
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

Preparation Instructions

Popcorn Chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Donut Holes

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.
3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.700
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	145.30
Fat	6.93g
Saturated Fat	1.69g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	254.29mg
Carbohydrates	10.88g
Fiber	1.61g
Total Sugar	0.30g
Added Sugar	0.27g
Protein	9.72g
Vitamin A 100.03mcg	Vitamin C 0.00mg
Calcium 10.66mg	Iron 0.79mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon Tornado

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10082
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADOS EGG BAC CHS SALSA 3Z	1 Each	Preheat oven to 350 degrees F. Place tornado on cooking sheet lined with parchment paper. Place in preheated oven for 25 minutes until 161 degrees is achieved. Check the temperature and if necessary continue cooking until 161 degrees is reached.	149311

Preparation Instructions

Preheat oven to 350 degrees F. Place tornado on cooking sheet lined with parchment paper. Place in preheated oven for 25 minutes until 161 degrees is achieved. Check the temperature and if necessary continue cooking until 161 degrees is reached.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	180.00
Fat	7.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	300.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 200.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Tornado & Vanilla Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10083
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADOS EGG SAUS CHS 3Z	1 Each	<p>BAKE PREHEAT OVEN TO APPROPRIATE TEMPERATURE SHOWN IN CHART. PLACE TORNADOS ON COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER OR LIGHTLY COATED WITH COOKING SPRAY. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F Cooking time: 25 MINUTES @ 350°F.</p> <p>DEEP_FRY PLACE THAWED TORNADOS INTO FRY BASKET AND CLOSE LID, OR USE SECOND FRY BASKET AS LID TO PREVENT TORNADOS FROM FLOATING. PLACE LOADED FRY BASKET INTO PREHEATED OIL FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F. Temperature setting: 375°F Cooking time: DO NOT FRY FROZEN TORNADOS.</p>	740072
CRACKER GLDFSH GRHM VAN	1 Each	<p>READY_TO_EAT Ready to Enjoy</p>	198472

Preparation Instructions

Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven of 325 degrees for 15-20 minutes. Convection Oven: 325 degrees F fan High. 12 minutes

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
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 Each

Amount Per Serving	
Calories	310.00
Fat	13.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	405.00mg
Carbohydrates	42.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 100.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Mixed Berry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1/2 Cup	Thaw and serve.	110859

Preparation Instructions

Thaw and serve.

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Total Sugar	16.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Salsa

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330

Preparation Instructions

Ready to eat.

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

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	8.00g		
Fiber	4.00g		
Total Sugar	4.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10479
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN	6 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012

Preparation Instructions

From the thawed state leave in the bag and place in a combi oven or kettle and heat til it reaches a temperature of 165 degrees

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

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

6 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	156.43
Fat	5.15g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	236.71mg
Carbohydrates	15.44g
Fiber	4.12g
Total Sugar	5.15g
Added Sugar	0.00g
Protein	13.38g
Vitamin A 1288.51mcg	Vitamin C 19.55mg
Calcium 52.49mg	Iron 3.09mg

Nutrition - Per 100g

Calories	91.97		
Fat	3.03g		
Saturated Fat	1.03g		
Trans Fat	0.00g		
Cholesterol	18.76mg		
Sodium	139.16mg		
Carbohydrates	9.08g		
Fiber	2.42g		
Total Sugar	3.03g		
Added Sugar	0.00g		
Protein	7.87g		
Vitamin A	757.51mcg	Vitamin C	11.50mg
Calcium	30.86mg	Iron	1.82mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10480
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice	Thaw and serve	266547
CHEESE SLCD YEL	4 Slice		334450

Preparation Instructions

Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.

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

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

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	224.85
Fat	18.06g
Saturated Fat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	548.18mg
Carbohydrates	4.97g
Fiber	0.12g
Total Sugar	2.12g
Added Sugar	0.12g
Protein	10.18g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 323.82mg	Iron 0.06mg

Nutrition - Per 100g

No 100g Conversion Available

Pickle Spear

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10484
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE SPEAR 400CT +/-25	1 Each	Ready to serve.	476897

Preparation Instructions

Ready to serve.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
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	0.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10607

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP	1 Each		655010

Preparation Instructions

Thaw and serve.

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

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: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10608

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each	Thaw and serve	232470

Preparation Instructions

Thaw and serve

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Total Sugar	19.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10661
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUSGRVY WGRAIN	1 Piece	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1

2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time.

Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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 Each

Amount Per Serving	
Calories	210.00
Fat	7.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	330.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	10.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 168.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Potato Coins

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10662
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	2 7/13 Ounce	FRY 1.5 LBS AT 360 DEGREES FOR 1 MINUTE AND 30 SECONDS OVEN RECONSTITUTION: CONVECTION OVEN : BAKE 1.5 LBS AT 400 DEGREES F FOR 10 MINUTES. CONVENTIONAL OVEN : BAKE 1.5 LBS AT 450 DEGREES F FOR 15 MINUTES.	265632
SEASONING SALT NO MSG	0 Cup	Ready to serve	514039

Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES FOR 1 MINUTE AND 30 SECONDS OVEN RECONSTITUTION: CONVECTION OVEN: BAKE 1.5 LBS AT 400 DEGREES F FOR 10 MINUTES. CONVENTIONAL OVEN: BAKE 1.5 LBS AT 450 DEGREES F FOR 15 MINUTES.

SEASONING SALT: 514093

11 Pieces

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

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

4 oz spoodle

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	143.93
Fat	7.62g
Saturated Fat	2.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	380.20mg
Carbohydrates	16.93g
Fiber	1.69g
Total Sugar	0.85g
Added Sugar	0.00g
Protein	1.69g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 9.31mg	Iron 0.61mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit Punch Carton

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10663
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fruit Punch- Graves County Schools	1 Each	READY_TO_DRINK	4429

Preparation Instructions

READY_TO_DRINK

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Total Sugar	14.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10729
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5	1 Each	Cook from thawed state. Bake at 280 degrees for 10-15 minutes.	497510

Preparation Instructions

Cook from thawed state. Bake at 280 degrees for 10-15 minutes.

CCP: Heat to 135° F or higher.

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: 1.00

Serving Size: 0.00 Serving

Amount Per Serving	
Calories	220.00
Fat	9.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	310.00mg
Carbohydrates	25.00g
Fiber	4.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	10.00g
Vitamin A 500.00mcg	Vitamin C 15.00mg
Calcium 100.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers w/Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10730
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-12 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721

Preparation Instructions

BAKE

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-12 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Marinara

READY_TO_EAT

None

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 4.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10775
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST	3 Ounce		110560

Preparation Instructions

BAKE

Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 3.00 Ounce

Amount Per Serving			
Calories	112.50		
Fat	5.92g		
Saturated Fat	1.97g		
Trans Fat	0.00g		
Cholesterol	45.39mg		
Sodium	382.89mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	15.79g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	132.28		
Fat	6.96g		
Saturated Fat	2.32g		
Trans Fat	0.00g		
Cholesterol	53.38mg		
Sodium	450.21mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	18.57g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sweet Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10776
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S	1/2 Cup	Heat and serve.	118605
SPICE CINNAMON GRND	0 Cup	Pinch	224723
SPICE NUTMEG GRND	0 Cup	Pinch	224944
MARSHMALLOW MINI	1/8 Cup	Ready to use	191736

Preparation Instructions

Heat and serve.

Mix sweet potatoes, cinnamon, and nutmeg together. Top with marshmallows and bake.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.370
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	139.40
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	72.91mg
Carbohydrates	33.66g
Fiber	4.00g
Total Sugar	12.30g
Added Sugar	7.30g
Protein	2.19g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 38.39mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10777
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY	2 Ounce	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE Marketing Tips	242440

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	67.50
Fat	1.35g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1026.06mg
Carbohydrates	10.80g
Fiber	0.00g
Total Sugar	2.70g
Added Sugar	0.00g
Protein	2.70g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 18.90mg	Iron 0.00mg

Nutrition - Per 100g

Calories	119.06
Fat	2.38g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1809.65mg
Carbohydrates	19.05g
Fiber	0.00g
Total Sugar	4.76g
Added Sugar	0.00g
Protein	4.76g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 33.34mg	Iron 0.00mg

Dressing

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10778
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STUFFING CRNBRD 4-6# GDODYS	4 Ounce	Thaw. Remove overwrap and lid. Place on a cookie sheet. Bake at 350 degrees for approximately 60 min. Until temp reaches 165 degrees.	585700

Preparation Instructions

Thaw. Remove overwrap and lid. Place on a cookie sheet. Bake at 350 degrees for approximately 60 min. Until temp reaches 165 degrees.

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

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

New GFS number- 516374

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	160.00
Fat	8.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	18.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 100.00mcg	Vitamin C 1.20mg
Calcium 20.00mg	Iron 1.08mg

Nutrition - Per 100g

Calories	141.10		
Fat	7.05g		
Saturated Fat	0.88g		
Trans Fat	0.00g		
Cholesterol	22.05mg		
Sodium	467.38mg		
Carbohydrates	15.87g		
Fiber	0.88g		
Total Sugar	1.76g		
Added Sugar	0.00g		
Protein	2.65g		
Vitamin A	88.18mcg	Vitamin C	1.06mg
Calcium	17.64mg	Iron	0.95mg

Chicken & Dumplings

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH W/SEAS	10 Each	Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add 2 1/2 lbs cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.	538451
CHIX CKD SHRD WHT IQF	2 Ounce		617760

Preparation Instructions

Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add 2 1/2 lbs cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.

Shredded Chicken-

Put thawed chicken in a hotel pan and warm to 165 degrees before placing in the dumplings.

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

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

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: 6.00 Ounce

Amount Per Serving			
Calories	294.87		
Fat	8.23g		
Saturated Fat	3.40g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	1305.47mg		
Carbohydrates	31.67g		
Fiber	1.67g		
Total Sugar	1.67g		
Added Sugar	1.67g		
Protein	23.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	18.99mg	Iron	2.24mg

Nutrition - Per 100g

Calories	173.35		
Fat	4.84g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.57mg		
Sodium	767.48mg		
Carbohydrates	18.62g		
Fiber	0.98g		
Total Sugar	0.98g		
Added Sugar	0.98g		
Protein	13.52g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.17mg	Iron	1.32mg

Black-Eyed Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY	1/2 Cup	Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.	202507

Preparation Instructions

Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	Amount
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	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	450.00mg		
Carbohydrates	18.00g		
Fiber	3.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.40mg

Nutrition - Per 100g

No 100g Conversion Available

Dill Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11125
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD DILL CKD	1 Each	Cook from frozen state. Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	627323
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready to eat.	266546

Preparation Instructions

Hamburger Bun-

Ready to Eat

Dill Flavored Chicken

Cook from frozen state.

Conventional Oven: Heat 14-16 minutes at 375 F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375 F. Turn after 6 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Each

Amount Per Serving	
Calories	369.90
Fat	9.80g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	698.80mg
Carbohydrates	40.00g
Fiber	4.20g
Total Sugar	6.00g
Added Sugar	3.00g
Protein	26.30g
Vitamin A 59.54mcg	Vitamin C 0.01mg
Calcium 60.77mg	Iron 3.93mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Ham

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11216
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM PIT SMKD W/A CARVNG	2 Ounce	FULLY COOKED, READY TO SLICE, HEAT & SERVE. Ham- Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.	117315

Preparation Instructions

FULLY COOKED, READY TO SLICE, HEAT & SERVE.

Ham-

Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.

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

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

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: 2.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	3.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	620.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	1.00g		
Protein	9.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

Nutrition - Per 100g

Calories	123.46		
Fat	5.29g		
Saturated Fat	1.76g		
Trans Fat	0.00g		
Cholesterol	52.91mg		
Sodium	1093.49mg		
Carbohydrates	1.76g		
Fiber	0.00g		
Total Sugar	1.76g		
Added Sugar	1.76g		
Protein	15.87g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.71mg

Golden Delicious Apples

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11396
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
	1 Apple	READY_TO_EAT	14F14

Preparation Instructions

READY_TO_EAT

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.01g		
Fiber	4.90g		
Total Sugar	16.00g		
Added Sugar	0.00g		
Protein	0.49g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.29mg

Nutrition - Per 100g

No 100g Conversion Available

Frosted Flakes w/ Honey Oat Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11397
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL	1 Each	Product is shelf stable. Ready to serve.	388190
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Product is shelf stable. Ready to serve.	770960

Preparation Instructions

Product is shelf stable. Ready to serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	Amount
Meat/Meat Alternate	0.000
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	220.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	285.00mg
Carbohydrates	43.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 220.00mg	Iron 6.20mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Powdered Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11398
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	1 Package	Thaw and serve	738201

Preparation Instructions

Thaw and serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	270.00
Fat	11.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	290.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	19.00g
Added Sugar	19.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 27.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Muffin w/Vanilla Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11450
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	Thaw and Serve	262343
YOGURT DANIMAL VAN N/F	1 Each	Ready to Eat	200612

Preparation Instructions

Chocolate Chip Muffin- Thaw and Serve

CCP: Store at 50°F - 70°F.

Vanilla Yogurt-Ready to Eat

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	6.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	160.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	24.00g
Added Sugar	19.00g
Protein	7.00g
Vitamin A 14.41mcg	Vitamin C 0.05mg
Calcium 112.76mg	Iron 1.33mg

Nutrition - Per 100g

No 100g Conversion Available

Doritos- Top n' Go

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11451
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO	1 Package	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	815803

Preparation Instructions

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

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	190.00		
Fat	7.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Lo Mein Noodles

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11455
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	4 Ounce	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

Preparation Instructions

BLANCH

Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad

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

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

4 oz. spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 4.00 Ounce

Amount Per Serving	
Calories	312.00
Fat	3.20g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	248.00mg
Carbohydrates	59.20g
Fiber	1.60g
Total Sugar	0.80g
Added Sugar	0.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 1.44mg

Nutrition - Per 100g

Calories	275.14
Fat	2.82g
Saturated Fat	0.71g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	218.70mg
Carbohydrates	52.21g
Fiber	1.41g
Total Sugar	0.71g
Added Sugar	0.00g
Protein	10.58g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 28.22mg	Iron 1.27mg

Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11457
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICING CREAM CHEESE	1/2 Tablespoon		133574
DOUGH ROLL CINN	1 Each	Place frozen roll dough smooth side facing downward, on parchment lined baking sheet. Bake times will vary by oven type and quantity of product in oven. Rolls are fully baked when center curl springs back when lightly touched. Allow to cool if icing or finishing.	135181

Preparation Instructions

Place frozen roll dough smooth side facing downward, on parchment lined baking sheet. Bake times will vary by oven type and quantity of product in oven. Rolls are fully baked when center curl springs back when lightly touched. Allow to cool if icing or finishing.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	3.500
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	352.50		
Fat	8.50g		
Saturated Fat	2.75g		
Trans Fat	0.00g		
Cholesterol	6.25mg		
Sodium	352.50mg		
Carbohydrates	62.00g		
Fiber	2.00g		
Total Sugar	17.00g		
Added Sugar	17.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11458
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS IQF 20# P/L	1/2 Cup	From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.	342622

Preparation Instructions

From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	12.50
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg**
Sodium	7.00mg
Carbohydrates	2.50g
Fiber	1.30g
Total Sugar	0.50g
Added Sugar	0.00g**
Protein	1.30g
Vitamin A 145.05mcg	Vitamin C 29.05mg
Calcium 17.50mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11459
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	1 Each	Place 3 cups of canned sauce in the bottom of steam table pan. Place single layer (18 per pan) of frozen roll-ups in pan, cover with 5 cups of sauce. Cover pan with foil, bake 375 degrees for 45 minutes. Cook until internal temp is 165 degrees.	234041
SAUCE SPAGHETTI BF REDC FAT	4/9 Cup	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.	573201
CHEESE MOZZ 3 SHRD FTHR	1/9 Cup	Ready To Eat	780995

Preparation Instructions

Sauce- 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.

Place 3 cups of canned sauce in the bottom of steam table pan. Place single layer (18 per pan) of frozen roll-ups in pan, cover with 5 cups of sauce. Place 2 cups of mozzarella cheese on top of sauce. Cover pan with foil, bake 375 degrees for 45 minutes. Cook until internal temp is 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	401.01
Fat	16.34g
Saturated Fat	8.11g
Trans Fat	0.48g
Cholesterol	57.12mg
Sodium	654.06mg
Carbohydrates	35.24g
Fiber	2.97g
Total Sugar	8.87g
Added Sugar	0.97g
Protein	24.46g
Vitamin A 712.95mcg	Vitamin C 15.19mg
Calcium 398.81mg	Iron 2.05mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11470
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	1/2 Cup	From frozen state fry at 360 degrees until it reaches 165 degrees.	265632
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.	874124

Preparation Instructions

Bacon-

Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.

Potato round coins-

From frozen state fry at 360 degrees until it reaches 165 degrees.

Scrambled Egg-

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. **CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 F Thawed: 30-35 minutes Frozen: 35-40 minutes**

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

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

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	165.00
Fat	11.30g
Saturated Fat	3.82g
Trans Fat	0.02g
Cholesterol	196.67mg
Sodium	482.07mg
Carbohydrates	5.33g
Fiber	0.33g
Total Sugar	0.17g
Added Sugar	0.00g
Protein	9.20g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 37.83mg	Iron 0.24mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11520
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	32 Ounce	1. Heat JTM Products in a steamer, kettle or boiling water. 2. Heat for approximately 45 minutes and check for an internal temp. of 165°F or higher (HACCP Critical Control Point - 145°F for 15 seconds) 3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use..	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound	1. Heat JTM Products in a steamer, kettle or boiling water. 2. Heat for approximately 45 minutes and check for an internal temp. of 165°F or higher (HACCP Critical Control Point - 145°F for 15 seconds) 3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use..	722330
SAUCE ENCHILADA	32 Ounce	Ready to serve	690580
CHEESE CHED MLD SHRD 4-5 LOL	20 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 8IN	44 Each		882700

Preparation Instructions

Prep Time: 45 min.

1. Heat JTM Products in a steamer, kettle or boiling water.
2. Heat for approximately 45 minutes and check for an internal temp. of 165°F or higher (HACCP Critical Control Point - 145°F for 15 seconds)
3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use..
4. Portion 34 oz. (4.25 cups) of poco sauce mixed with diced tomatoes in each hotel pan to coat bottom.
5. Portion 1.58 oz. (#20 scoop) of beef taco in the center of 8" tortillas.
6. Roll tortillas leaving ends open.
7. Portion 22 enchiladas in each hotel pan. (2x11)
8. Ladle 18 oz. of queso blanco over each pan of enchiladas evenly.

9. Sprinkle 10 oz. of shredded cheddar cheese over each pan.

10. Bake in a 350°F oven until cheese is melted.

Recipe yields 44 servings (one enchilada equals 6.14 oz. by weight per serving.)

*One serving provides 2.0 oz. M/MA + 1/8 cup R/O vegetable + 1.5 oz. Grain Equivalent

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 44.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	362.79
Fat	13.40g
Saturated Fat	7.43g
Trans Fat	0.00g
Cholesterol	36.86mg
Sodium	1129.59mg
Carbohydrates	45.10g
Fiber	8.09g
Total Sugar	6.06g
Added Sugar	0.00g
Protein	16.26g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 192.40mg	Iron 2.57mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Nachos

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11521
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD	3 Ounce	Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.	498702

Preparation Instructions

Prepare from a frozen state. Bake at 350 degrees until the internal temperature is 165 degrees.

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

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

4 ounce spoodle

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: 4.00 Ounce

Amount Per Serving	
Calories	224.25
Fat	12.75g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	53.25mg
Sodium	174.75mg
Carbohydrates	12.75g
Fiber	0.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	13.50g
Vitamin A 1237.50mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.30mg

Nutrition - Per 100g

Calories	197.75		
Fat	11.24g		
Saturated Fat	3.97g		
Trans Fat	0.00g		
Cholesterol	46.96mg		
Sodium	154.10mg		
Carbohydrates	11.24g		
Fiber	0.00g		
Total Sugar	10.58g		
Added Sugar	0.00g		
Protein	11.90g		
Vitamin A	1091.29mcg	Vitamin C	0.00mg
Calcium	52.91mg	Iron	2.02mg

Nacho Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11522
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	3 Ounce		310744

Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temp.

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

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

3 ounce spoodle

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
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: 3.00 Ounce

Amount Per Serving	
Calories	1200.00
Fat	84.00g
Saturated Fat	48.00g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	3480.00mg
Carbohydrates	36.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	60.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 1908.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	1410.96
Fat	98.77g
Saturated Fat	56.44g
Trans Fat	0.00g
Cholesterol	282.19mg
Sodium	4091.78mg
Carbohydrates	42.33g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	70.55g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 2243.42mg	Iron 0.00mg

Oven Roasted Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11524
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Piece	Thaw and bake according to directions on the box.	884891

Preparation Instructions

Thaw and bake according to direction on the box.

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

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

Meal Components

Amount Per Serving

	Amount
Meat/Meat Alternate	1.000
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	220.00
Fat	8.80g
Saturated Fat	0.40g
Trans Fat	0.00g
Cholesterol	96.00mg
Sodium	92.00mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	33.20g
Vitamin A 104.00mcg	Vitamin C 0.00mg
Calcium 16.00mg	Iron 1.20mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11526
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	4 Ounce	Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees	150731

Preparation Instructions

Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	0.750
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: 4.00 Ounce

Amount Per Serving	
Calories	199.07
Fat	8.07g
Saturated Fat	4.47g
Trans Fat	0.01g
Cholesterol	24.00mg
Sodium	432.87mg
Carbohydrates	21.33g
Fiber	1.40g
Total Sugar	5.33g
Added Sugar	0.00g
Protein	10.20g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 255.33mg	Iron 0.71mg

Nutrition - Per 100g

Calories	175.55		
Fat	7.11g		
Saturated Fat	3.94g		
Trans Fat	0.01g		
Cholesterol	21.16mg		
Sodium	381.72mg		
Carbohydrates	18.81g		
Fiber	1.23g		
Total Sugar	4.70g		
Added Sugar	0.00g		
Protein	8.99g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	225.17mg	Iron	0.63mg

Mexicorn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11562
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup	Place corn in minimum amount of boiling water, bring to a second boil and cook until tender. Season to taste.	283730
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/16 Cup	READY_TO_EAT	15N66
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557
SPICE PEPR WHITE GRND	1/8 Teaspoon		513776

Preparation Instructions

Place corn in a minimum amount of boiling water, bring to a second boil, and cook until tender. Season to taste.

CCP: Heat to 135 F or higher.

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

4 ounce spoodle

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	0.370

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	88.77
Fat	0.51g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	599.46mg
Carbohydrates	18.53g
Fiber	2.14g
Total Sugar	2.21g
Added Sugar	0.00g
Protein	3.07g
Vitamin A 31.85mcg	Vitamin C 6.92mg
Calcium 4.32mg	Iron 0.43mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
SAUCE PIZZA W/BASL	2 Ounce	READY_TO_EAT	100234
PEPPERONI SLCD 16/Z	1/2 Ounce		100240
CHEESE MOZZ SHRD	1 1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place buns face up on a sheet pan with parchment paper. Add pizza sauce (2 ounces) on the bun. Top with 16 pepperonis, and add 1.5 ounces of mozzarella cheese. Place in oven and toast for 5-7 minutes at 350 degrees, or until product reaches an internal temperature of 135 degrees.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
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 Each

Amount Per Serving	
Calories	294.34
Fat	11.34g
Saturated Fat	4.17g
Trans Fat	0.00g
Cholesterol	19.74mg
Sodium	701.03mg
Carbohydrates	36.38g
Fiber	3.00g
Total Sugar	8.38g
Added Sugar	4.00g
Protein	11.98g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 146.88mg	Iron 3.19mg

Nutrition - Per 100g

No 100g Conversion Available

Emoticon Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11724
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	4 Piece	Cook frozen. Fill basket 1/3 full with product. Deep fry 350 degrees for 2 to 2 1/2 minutes.	538872

Preparation Instructions

Cook frozen. Fill basket 1/3 full with product. Deep fry 350 degrees for 2 to 2 1/2 minutes.

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	4.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Total Sugar	0.00g		
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

Personal Pan Pepperoni Pizza Old

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11982
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5IN WGRAIN	1 Each	Thawing Instructions Cook from frozen. Basic Preparation Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	605911

Preparation Instructions

Thawing Instructions

Cook from frozen.

Basic Preparation

Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	310.00
Fat	13.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	510.00mg
Carbohydrates	31.00g
Fiber	3.00g
Total Sugar	8.00g
Added Sugar	1.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Mexican Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11983
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA MEX 6" WGRAIN 60-6Z ALPH SUPRM	1 Each	Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.	476993

Preparation Instructions

Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	385.00
Fat	18.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	700.00mg
Carbohydrates	32.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	23.00g
Vitamin A 500.00mcg	Vitamin C 4.80mg
Calcium 500.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11984
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5IN WGRAIN	1 Each	Thawing Instructions Cook from frozen. Basic Preparation Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	605922

Preparation Instructions

Thawing Instructions

Cook from frozen.

Basic Preparation

Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
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	320.00
Fat	12.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	480.00mg
Carbohydrates	35.00g
Fiber	3.00g
Total Sugar	10.00g
Added Sugar	1.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 198.60mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12146
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	Ready To Eat	15D44
Baby Spinach	1 Cup	Ready To Eat	15R76
ORANGES MAND IN JCE	1/4 Cup	Ready To Eat	612448
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/4 Cup	Ready To Eat	17W87
CHIX BRST STRP FC LRG	1 1/2 Ounce	Ready To Eat	219011
DRIED CRANBERRIES PREM	1/8 Cup	Ready To Eat	741950
BLUEBERRY	1/4 Cup	Ready To Eat	451690
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702

Preparation Instructions

Salad Container- 108301

Place romaine and spinach in the bottom of the salad container.

Place items in the order listed below from left to right on top of the lettuce.

Blueberries, Strawberries, Chicken, Mandarin Orange, Craisins, Mozzarella Cheese

Breadstick- THAW & SERVE FOR 1-2 HOURS. HEAT AT 350 FOR 2-3 MINUTES IF DESIRED.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.375
Grain	2.000
Fruit	1.010
DarkGreen	1.000
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	442.18
Fat	20.88g
Saturated Fat	1.63g
Trans Fat	0.00g
Cholesterol	41.25mg
Sodium	659.14mg
Carbohydrates	65.60g
Fiber	4.41g
Total Sugar	24.06g
Added Sugar	12.80g
Protein	44.11g
Vitamin A 4114.23mcg	Vitamin C 26.65mg
Calcium 102.72mg	Iron 3.63mg

Nutrition - Per 100g

No 100g Conversion Available

Crackers w/Berry Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12147
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each	Ready To Eat	536091

Preparation Instructions

Ready To Eat

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: 6.00

Amount Per Serving	
Calories	160.00
Fat	3.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	28.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Vinaigrette Dressing- LG

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12148
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG RASPB FF PKT	1 Each	<p>READY_TO_EAT</p> <p>All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	439411

Preparation Instructions

READY_TO_SERVE

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.67mg		
Carbohydrates	7.33g		
Fiber	0.00g		
Total Sugar	6.67g		
Added Sugar	6.67g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

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

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

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	0.000
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	200.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	6.00g
Total Sugar	11.00g
Added Sugar	11.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Chocolate Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW	1 Package	Thaw and Serve	738181

Preparation Instructions

Thaw and Serve

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	320.00
Fat	16.00g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	19.00g
Added Sugar	18.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	240080
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882

Preparation Instructions

Croissant

CONVECTION OVEN:

1. Pre-heat convection oven to 325°F.
2. Place whole croissant on ungreased sheet pan.
3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed.

READY_TO_EAT

THAWING DIRECTIONS:

1. Remove frozen croissants from packaging to enhance crispness.
2. Thaw uncovered at room temperature; 2 hours - overnight.

Egg

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

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

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

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	310.00
Fat	18.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	570.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	3.00g
Protein	12.00g
Vitamin A 300.00mcg	Vitamin C 0.00mg
Calcium 143.00mg	Iron 2.44mg

Nutrition - Per 100g

No 100g Conversion Available

Banana Split

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BANANA GREEN	1/2 Each	Ready to eat	686503
PINEAPPLE TIDBITS IN JCE	1/8 Cup	Ready to eat	189979
CEREAL GRANOLA TSTD OAT	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
STRAWBERRY DCD 1/2IN IQF	1/8 Cup	READY_TO_EAT Ready to Eat	621420

Preparation Instructions

Yogurt

READY_TO_EAT

Ready to use with pouch & serving tip.

Banana

Ready to eat

Strawberries

Thaw in refrigerator

Ready to eat

Pineapples

Ready to eat

Granola

READY_TO_EAT

Container-

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

Meal Components

Amount Per Serving

<hr/>	
Meat/Meat Alternate	1.119
Grain	0.520
Fruit	0.260
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

<hr/>	
Amount Per Serving	
<hr/>	
Calories	216.83
Fat	3.29g
Saturated Fat	0.68g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	109.70mg
Carbohydrates	53.40g
Fiber	2.72g
Total Sugar	24.05g
Added Sugar	16.33g
Protein	5.55g
<hr/>	
Vitamin A 37.76mcg	Vitamin C 5.14mg
Calcium 139.10mg	Iron 0.80mg

Nutrition - Per 100g

No 100g Conversion Available

Rice

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12881
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX	1 Ounce	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

Preparation Instructions

Put dry rice in hotel pan and double the cold water requirement cover and let sit at room temperature for 1 hour.

Place rice in convection or combi oven 350 degrees for 30 minutes. Cook longer if needed.

Fluff and serve.

CCP: Heat to 135° F or higher.

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

1/8 cup dry = 1/2 cup cooked

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	170.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	37.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.44mg

Nutrition - Per 100g

Calories	149.91
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	32.63g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.53g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.27mg

Green Eggs & Ham

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12942
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
HAM SMKD RND CLSC W/A	2 Ounce		179906
COLORING FOOD GREEN	1 Cup		573051

Preparation Instructions

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, and cover the pan with foil. Begin cook process, stirring the product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

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

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

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
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	259.47
Fat	10.53g
Saturated Fat	3.00g
Trans Fat	0.08g
Cholesterol	255.33mg
Sodium	2098.53mg
Carbohydrates	6.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	33.60g
Vitamin A 4.96mcg	Vitamin C 0.12mg
Calcium 60.36mg	Iron 6.72mg

Nutrition - Per 100g

Calories	228.81
Fat	9.29g
Saturated Fat	2.65g
Trans Fat	0.07g
Cholesterol	225.17mg
Sodium	1850.59mg
Carbohydrates	5.29g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	29.63g
Vitamin A 4.37mcg	Vitamin C 0.11mg
Calcium 53.23mg	Iron 5.93mg

Pinto Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12944
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	261475
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557

Preparation Instructions

PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	120.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	730.00mg
Carbohydrates	21.00g
Fiber	5.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 42.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Corn on the Cob

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12945
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	2 Each	Place in a minimum amount of boiling water while still frozen. Cook until tender. Continue to cook until internal temperature reaches 135 degrees.	119385
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557

Preparation Instructions

Place in a minimum amount of boiling water while still frozen. Cook until tender. Continue to cook until internal temperature reaches 135 degrees.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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	0.260

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.47
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	594.00mg
Carbohydrates	38.13g
Fiber	4.00g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Corn Nuggets

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12946
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CORN NUGGETS BATRD	6 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.	694590

Preparation Instructions

BAKE

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE.

CONVECTION

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1

2 MINUTES ON EACH SIDE.

DEEP_FRY

FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	170.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	420.00mg
Carbohydrates	21.00g
Fiber	1.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.10mg

Nutrition - Per 100g

No 100g Conversion Available

Chili Nachos

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12948
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

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

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

6 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	156.43
Fat	5.15g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	236.71mg
Carbohydrates	15.44g
Fiber	4.12g
Total Sugar	5.15g
Added Sugar	0.00g
Protein	13.38g
Vitamin A 1288.51mcg	Vitamin C 19.55mg
Calcium 52.49mg	Iron 3.09mg

Nutrition - Per 100g

Calories	91.97		
Fat	3.03g		
Saturated Fat	1.03g		
Trans Fat	0.00g		
Cholesterol	18.76mg		
Sodium	139.16mg		
Carbohydrates	9.08g		
Fiber	2.42g		
Total Sugar	3.03g		
Added Sugar	0.00g		
Protein	7.87g		
Vitamin A	757.51mcg	Vitamin C	11.50mg
Calcium	30.86mg	Iron	1.82mg

Pancake & Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12979
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
SAUSAGE LNK CKD R/SOD IQF 1Z	1 Each	BAKE OR GRILL TO AN INTERNAL TEMP OF 165 DEGREES F.	483162

Preparation Instructions

Pancake

The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. **DO NOT RE-FREEZE!** Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.

Sausage

Bake or grill to an internal temperature of 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.00
Fat	10.50g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	195.00mg
Carbohydrates	16.00g
Fiber	1.00g
Total Sugar	6.00g
Added Sugar	2.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.60mg	Iron 0.73mg

Nutrition - Per 100g

No 100g Conversion Available

Whole Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14832
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT	1/2 Cup	Heat and serve	169501

Preparation Instructions

Heat and serve.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	44.78		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.48mg		
Carbohydrates	10.45g		
Fiber	1.49g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.75g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.37mg

Nutrition - Per 100g

No 100g Conversion Available

Low-Fat Ranch Dip

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	1/8 Ounce	READY_TO_SERVE	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

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

2 ounce spoodle

2 oz. souffle- 795940

Lid- 796010

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: 2.00 Ounce

Amount Per Serving	
Calories	120.00
Fat	10.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	503.19mg
Carbohydrates	4.00g
Fiber	0.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	211.64		
Fat	17.64g		
Saturated Fat	12.35g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	887.48mg		
Carbohydrates	7.05g		
Fiber	0.00g		
Total Sugar	7.05g		
Added Sugar	0.00g		
Protein	3.53g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	176.37mg	Iron	0.00mg

Carrots & Celery Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15O14
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Clear Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010

Fill cup with/ 2 oz. of low-fat ranch dip, 1/4 cup of celery & 1/4 cup of carrots.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.250
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	142.50
Fat	10.07g
Saturated Fat	7.02g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	557.19mg
Carbohydrates	7.74g
Fiber	1.40g
Total Sugar	6.13g
Added Sugar	0.00g
Protein	2.33g
Vitamin A 5897.00mcg	Vitamin C 1.35mg
Calcium 116.50mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17136
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	HEAT_AND_SERVE Preheat Convection oven to 350 ° Single layer on sheet pan lined with parchment paper. CCP: Heat in convection oven from frozen for 8-10 minutes. From thawed state 5 - 6 minutes CCP: Hold in warming unit for no longer than 3 hours	498492

Preparation Instructions

HEAT_AND_SERVE

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	190.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.00g
Fiber	4.00g
Total Sugar	10.00g
Added Sugar	11.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Tropical Fruit Mix

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17137

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL TROP CUP	1 Each	READY_TO_EAT Ready to Eat	132000

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Total Sugar	14.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Grape Juice Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17138

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ	1 Each	READY TO DRINK	135460

Preparation Instructions

Thaw in cooler.

Ready to drink.

118940- Refrigerated Cup (Not Buy American)

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Total Sugar	18.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17330

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	1 Each	Keep Frozen. Heating Instructions: Conventional Oven 14-16 minutes at 375 degrees F. Turn product after 6 minutes. Convection Oven: 13-15 minutes at 375 degrees F. Turn after 6 minutes. Fryer: 3 1/2 to 4 minutes at 350 degrees F.	747611
ROLL PRKRHSE PARBK	1 Each	OR BEST RESULTS USE CONVENTIONAL OVEN, PREHEATED TO 350 DEGREES F. BRUSH TOPS OF ROLLS WITH BUTTER OR CUSTOM TOPPING OF YOUR CHOICE. (SEE BELOW FOR SUGGESTIONS.) PLACE ROLLS ON BAKING SHEET ON MIDDLE RACK OF OVEN. BAKE 5 TO 10 MINUTES. (OPTION: 3-5 MINUTES IN CONVECTION OVEN.) FOR RECIPES, REFER TO WEBSITE: MARZETTI.COM/FOODSERVICE/PRODUCTS.PHP	494385

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
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: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	9.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	570.00mg		
Carbohydrates	35.00g		
Fiber	1.00g		
Total Sugar	6.00g		
Added Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.48mg

Nutrition - Per 100g

No 100g Conversion Available

Hash Brown Patty

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z	1 Each	Cooking Instructions Conventional Oven: Pre-heat oven to 400°F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 20-25 minutes. Convection Oven: Pre-heat oven to 400°F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 12-14 minutes.	242241

Preparation Instructions

Cooking Instructions Conventional Oven: Pre-heat oven to 400°F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 20-25 minutes. Convection Oven: Pre-heat oven to 400°F. Minimum cook weight 1.5 lbs. Arrange product in a single layer. Bake 12-14 minutes.

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

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

Meal Components

Amount Per Serving

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	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	125.00
Fat	6.50g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	245.00mg
Carbohydrates	14.50g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 8.00mg	Iron 0.35mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Link

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17334

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK CKD R/SOD IQF 1Z	1 Each	Bake or grill to an internal temperature of 165 degrees.	483162

Preparation Instructions

Bake or grill to an internal temperature of 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
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	100.00
Fat	9.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	105.00mg
Carbohydrates	1.00g
Fiber	0.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sister Schubert Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17335

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRKRHSE PARBK	1 Each	OR BEST RESULTS USE CONVENTIONAL OVEN, PREHEATED TO 350 DEGREES F. BRUSH TOPS OF ROLLS WITH BUTTER OR CUSTOM TOPPING OF YOUR CHOICE. (SEE BELOW FOR SUGGESTIONS.) PLACE ROLLS ON BAKING SHEET ON MIDDLE RACK OF OVEN. BAKE 5 TO 10 MINUTES. (OPTION: 3-5 MINUTES IN CONVECTION OVEN.) FOR RECIPES, REFER TO WEBSITE: MARZETTI.COM/FOODSERVICE/PRODUCTS.PHP	494385

Preparation Instructions

FOR BEST RESULTS USE CONVENTIONAL OVEN, PREHEATED TO 350 DEGREES F. BRUSH TOPS OF ROLLS WITH BUTTER OR CUSTOM TOPPING OF YOUR CHOICE. (SEE BELOW FOR SUGGESTIONS.) PLACE ROLLS ON BAKING SHEET ON MIDDLE RACK OF OVEN. BAKE 5 TO 10 MINUTES. (OPTION: 3-5 MINUTES IN CONVECTION OVEN.) FOR RECIPES, REFER TO WEBSITE: MARZETTI.COM/FOODSERVICE/PRODUCTS.PHP

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	0.000
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	170.00		
Fat	5.00g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	27.00g		
Fiber	0.00g		
Total Sugar	5.00g		
Added Sugar	5.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.40mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	2 Ounce	Heat ham to 165 degrees. Place 1 oz. ham and 1/2 slice of cheese on each sister schubert roll. Wrap, place in warmer.	179906
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401
CHEESE SLCD YEL	1/2 Slice	Ready to eat.	334450

Preparation Instructions

Heat ham to 165 degrees. Place 1 oz. ham and 1/2 slice of cheese on roll. Wrap, place in warmer. Serve 2 sliders.

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

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

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	234.17		
Fat	9.58g		
Saturated Fat	3.25g		
Trans Fat	0.00g		
Cholesterol	49.58mg		
Sodium	940.83mg		
Carbohydrates	22.50g		
Fiber	3.00g		
Total Sugar	4.25g		
Added Sugar	4.00g		
Protein	15.25g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.25mg	Iron	1.68mg

Nutrition - Per 100g

No 100g Conversion Available

Mexicali Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
CORN CUT IQF	1/8 Cup	PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	283730
CHEESE CHED SHRD	1/2 Ounce	Ready to Eat	199720
CHIP TORTL TRI- COLOR	1 Tablespoon	Ready to Eat	478765

Preparation Instructions

Container- 792220 or 146633

Cheddar Cheese- 150250

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.125
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	97.67
Fat	4.94g
Saturated Fat	3.16g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	123.40mg
Carbohydrates	8.38g
Fiber	2.03g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 4838.00mcg**	Vitamin C 9.88mg**
Calcium 19.51mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Southwest Ranch Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH SW 2-1GAL PMLL	2 Tablespoon	READY_TO_SERVE	342402

Preparation Instructions

READY_TO_SERVE

CCP: Store at 50°F - 70°F.

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 Serving

Amount Per Serving	
Calories	140.00
Fat	15.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	270.00mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 3.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F	1 Each	Ready To Eat	200612
CRACKER GLDFSH CINN	2 Package	Ready To Eat	194510
RAISIN SELECT 1.5Z BOXES	1 Package	READY_TO_EAT	544426
CHEESE STRING MOZZ	1 Ounce	Ready to Eat	347211

Preparation Instructions

Container- 578044

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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 Each

Amount Per Serving	
Calories	432.50
Fat	15.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	432.50mg
Carbohydrates	59.75g
Fiber	2.50g
Total Sugar	31.25g
Added Sugar	5.00g**
Protein	13.25g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 556.51mg	Iron 6.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
CHEESE PARM SHVD	1/4 Ounce	Ready To Eat	140560
DRESSING CAESAR CARDINI	1 Tablespoon	Ready to eat	776866

Preparation Instructions

Ready To Eat

Mixed the following ingredients together and place 1.25 cups in a _____ oz. bowl.

Romaine, Parmesan Cheese, Croutons and Caesar Dressing

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

8 ounce spoodle

Croutons- 544514 (1 TBSP)

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	115.49
Fat	10.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	21.25mg
Sodium	188.76mg
Carbohydrates	2.05g
Fiber	1.00g
Total Sugar	0.56g
Added Sugar	0.00g
Protein	3.33g
Vitamin A 4090.00mcg	Vitamin C 1.88mg
Calcium 82.00mg	Iron 0.46mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Spaghetti

Servings:	40.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD W/CHILIES	1 #2 CAN	Ready to eat.	193141
PASTA SPAGHETTI 10IN	16 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	654560
CHIX CKD SHRD WHT IQF	5 Pound	READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)	617760
SAUCE CHS CHED	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.	271081
SOUP CRM OF CHIX	1 #5 CAN	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED SHRD	1 1/2 Cup	Ready to eat.	199720

Preparation Instructions

Heat chicken, cheese sauce, cream of chicken and diced tomatoes.

Cook noodles.

Mix together and place in hotel pans.

Bake until 165.

Top with shredded cheese and bake until melted.

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

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

8 ounce spoodle

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	3.249
Grain	0.400
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: 40.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	298.81
Fat	13.13g
Saturated Fat	7.28g
Trans Fat	0.00g
Cholesterol	80.43mg
Sodium	750.50mg
Carbohydrates	15.49g
Fiber	0.53g
Total Sugar	2.59g
Added Sugar	0.00g
Protein	29.73g
Vitamin A 603.91mcg	Vitamin C 0.00mg
Calcium 226.84mg	Iron 0.65mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	131.75
Fat	5.79g
Saturated Fat	3.21g
Trans Fat	0.00g
Cholesterol	35.46mg
Sodium	330.91mg
Carbohydrates	6.83g
Fiber	0.23g
Total Sugar	1.14g
Added Sugar	0.00g
Protein	13.11g
Vitamin A 266.28mcg	Vitamin C 0.00mg
Calcium 100.02mg	Iron 0.28mg

Chocolate Gravy

Servings:	200.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17349

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	6 Cup	Ready To Eat	108642
COCOA PWD BAKING	2 Cup	Ready To Eat	269654
BUTTER SUB	2 Cup	Ready To Eat	209810
FLOUR HR A/P	2 1/2 Cup	Ready To Eat	227528
FLAVORING VANILLA IMIT	4 Tablespoon	Ready To Eat	110744
1 % White Milk	12 Cup	Ready To Eat	3601

Preparation Instructions

In a medium saucepan, stir together sugar, cocoa and flour. With a wire whisk, stir in milk and water (12 cups). Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat; stir in butter and vanilla until melted and smooth.

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

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

2 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.050
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: 200.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	41.75
Fat	0.27g
Saturated Fat	0.14g
Trans Fat	0.00g
Cholesterol	0.60mg
Sodium	17.94mg
Carbohydrates	8.98g
Fiber	0.11g
Total Sugar	6.48g
Added Sugar	5.76g
Protein	1.01g
Vitamin A 45.00mcg	Vitamin C 0.00mg
Calcium 16.79mg	Iron 0.13mg

Nutrition - Per 100g

Calories	73.63
Fat	0.47g
Saturated Fat	0.24g
Trans Fat	0.00g
Cholesterol	1.06mg
Sodium	31.64mg
Carbohydrates	15.83g
Fiber	0.19g
Total Sugar	11.43g
Added Sugar	10.16g
Protein	1.78g
Vitamin A 79.37mcg	Vitamin C 0.00mg
Calcium 29.62mg	Iron 0.22mg

Cucumber & Tomato Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17350

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P30
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010

Fill cup with/ 2 oz. of low-fat ranch dip, 1/4 cup of cucumber & 1/4 cup of tomato.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.250
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	131.85
Fat	10.11g
Saturated Fat	7.14g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	524.19mg
Carbohydrates	6.49g
Fiber	1.41g
Total Sugar	7.21g
Added Sugar	0.00g
Protein	2.73g
Vitamin A 774.92mcg	Vitamin C 8.00mg
Calcium 106.35mg	Iron 0.77mg

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD	3 1/11 Ounce	Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.	266310

Preparation Instructions

Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.

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

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

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: 3.00 Serving

Amount Per Serving			
Calories	113.30		
Fat	2.06g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	61.80mg		
Sodium	607.70mg		
Carbohydrates	2.06g		
Fiber	0.00g		
Total Sugar	1.03g		
Added Sugar	1.03g		
Protein	18.54g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.18mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Stromboli w/Marinara Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17354

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT CHS	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721

Preparation Instructions

For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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	330.00
Fat	12.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	750.00mg
Carbohydrates	37.00g
Fiber	0.00g
Total Sugar	9.00g
Added Sugar	4.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 167.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17399

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FC LRG	2 Ounce	FULLY COOKED, HEAT AND SERVE	219011
CHEESE CHED MLD SHRD FINE	1 Ounce	Ready To Eat	191043
DRESSING RNCH	1 Tablespoon	Ready-To-Eat	631430
TORTILLA FLOUR 8IN	1 Each	Ready- To-Eat	713330
BACON CKD THN SLCD	2 Slice		874124

Preparation Instructions

Bacon

COOKED FROM 26/30 RAW. SIX INCHES IN LENGTH. PRE-COOKED HEAT AND SERVE. CAN BE HEATED IN OVEN OR UNDER BROILER.

Chicken

FULLY COOKED, HEAT AND SERVE

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.333
Grain	1.250
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	365.00
Fat	20.13g
Saturated Fat	6.98g
Trans Fat	0.02g
Cholesterol	79.17mg
Sodium	710.40mg
Carbohydrates	23.33g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	1.00g
Protein	23.53g
Vitamin A 45.00mcg	Vitamin C 0.00mg
Calcium 132.00mg	Iron 1.12mg

Nutrition - Per 100g

No 100g Conversion Available

Onion Rings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BATRD 3/8IN	1 Each	BAKE PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3 4 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	267100

Preparation Instructions

BAKE

PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3

4 MINUTES ON EACH SIDE.

CONVECTION

PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1

2 MINUTES ON EACH SIDE.

DEEP_FRY

FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1

2 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	38.33		
Fat	1.67g		
Saturated Fat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.67mg		
Carbohydrates	5.17g		
Fiber	0.17g		
Total Sugar	0.67g		
Added Sugar	0.33g		
Protein	0.50g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.38mg

Nutrition - Per 100g

No 100g Conversion Available

California Blend Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285740
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810

Preparation Instructions

2 bags of butter buds to 30 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 30 pounds.

PACKAGING: 30#

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	12.97		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.00mg		
Carbohydrates	3.43g		
Fiber	1.50g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED	8 Ounce	HEAT AND SERVE. FULLY COOKED.	496286

Preparation Instructions

HEAT AND SERVE. FULLY COOKED.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
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	260.00
Fat	8.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	30.00g
Fiber	4.00g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 300.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	Cook approximately 25 minutes @ 375. Please note: cooking times may vary based on equipment.	994551

Preparation Instructions

Heat in oven.

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

CCP: Hold for hot service at 135° F or

Meal Components

Amount Per Serving

	Amount
Meat/Meat Alternate	3.000
Grain	0.500
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	230.00
Fat	14.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	490.00mg
Carbohydrates	11.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.08mg

Nutrition - Per 100g

No 100g Conversion Available

Baby Bakers

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	4 Ounce		697990

Preparation Instructions

CONVECTION OVEN: SPRAY BAKING PAN AND NONSTICK COOKING SPRAY. ARRANGE FROZEN POTATOES IN A SINGLE LAYER. BAKE AT 375°F FOR 13 MINUTES. STANDARD OVEN: SPRAY BAKING PAN WITH NONSTICK COOKING SPRAY. ARRANGE FROZEN POTATOES IN A SINGLE LAYER. BAKE AT 450°F FOR 25 MINUTES. MICROWAVE OVEN: PLACE 20Z OF FROZEN POTATOES IN MICROWAVE SAFE DISH, COVER, MICROWAVE ON HIGH, STIRRING HALFWAY THROUGH COOK TIME (1100 WATT). COOK FOR 10 MINUTES (2200 WATT). COOK FOR 4 MINUTES. DEEP FRYER: PREHEAT OIL TO 350°F. COOK FOR 5 MINUTES, SHAKING BASKET AFTER 1 MINUTE FOR EVEN COOKING. SEASON TO TASTE.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F 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	0.610

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	121.58
Fat	2.43g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	218.84mg
Carbohydrates	20.67g
Fiber	1.22g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.65g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 12.16mg	Iron 0.97mg

Nutrition - Per 100g

No 100g Conversion Available

Pizza Bagels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI	4 Each	Pre heat convection oven to 425 degrees F, conventional oven to 450 degrees F. Place 64 mini pizza bagels on parchment lined sheet pan. Bake for 9-11 minutes. Remove from oven and serve. Allow pan to cool for 3-5 minutes then cover tightly with plastic film. Hold covered tray in a moist 145 degree warmer for up to 1 hour.	703411

Preparation Instructions

Pre heat convection oven to 425 degrees F, conventional oven to 450 degrees F. Place 64 mini pizza bagels on parchment lined sheet pan. Bake for 9-11 minutes. Remove from oven and serve. Allow pan to cool for 3-5 minutes then cover tightly with plastic film. Hold covered tray in a moist 145 degree warmer for up to 1 hour.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	260.00
Fat	9.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	560.00mg
Carbohydrates	24.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 750.00mcg	Vitamin C 6.00mg
Calcium 350.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Cavatappi

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce	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.	149193

Preparation Instructions

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.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	314.00
Fat	16.00g
Saturated Fat	8.70g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	801.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	17.00g
Vitamin A 616.00mcg	Vitamin C 0.00mg
Calcium 384.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17644
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

READY_TO_EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	210.00
Fat	2.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	45.00g
Fiber	5.00g
Total Sugar	12.00g
Added Sugar	12.00g
Protein	5.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 200.00mg	Iron 5.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17645
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	Ready-To-Eat	105931

Preparation Instructions

Ready-To-Eat

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00		
Fat	5.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	44.00g		
Fiber	6.00g		
Total Sugar	11.00g		
Added Sugar	11.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	4.50mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17647
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	1 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

BAKE

Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	5.10g
Saturated Fat	3.00g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	13.00g
Fiber	0.30g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	2.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 15.99mg	Iron 0.95mg

Nutrition - Per 100g

No 100g Conversion Available

White Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17648
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN NAVY LO SOD	1/2 Cup	OPEN CAN, HEAT AND SERVE OR MIX WITH RECIPE.	555473

Preparation Instructions

OPEN CAN, HEAT AND SERVE OR MIX WITH RECIPE.

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

CCP: Hold for hot service at 135° F 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	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	130.00
Fat	0.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	23.00g
Fiber	6.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 58.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk

Servings:	1.00	Category:	Milk
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18219
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Chocolate Milk	1 Cup	READY_TO_DRINK	1555

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	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	150.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	24.00g
Fiber	0.00g
Total Sugar	22.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 173.00mcg	Vitamin C 0.00mg
Calcium 277.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18220
School:	Fancy Farm Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	2 Each	Cook until internal temperature reaches 165 degrees	747611
DRESSING RNCH	1 Teaspoon	Ready to Serve	631430
SAUCE BUFFALO SAND	1/2 Tablespoon	Ready to Serve	213990
ROLL YEAST WHEAT	2 Each	Thaw to serve.	112401

Preparation Instructions

Chicken

Cook 14-16 minutes at 375. Turn product after 6 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	4.000
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: 2.00 Each

Amount Per Serving	
Calories	525.83
Fat	18.50g
Saturated Fat	3.42g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1163.33mg
Carbohydrates	60.67g
Fiber	8.00g
Total Sugar	10.17g
Added Sugar	8.00g
Protein	28.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 4.56mg

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18656
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF	3 Pound	Ready to Serve	163562
CHIX CKD SHRD WHT IQF	5 Pound		617760
SAUCE HOT 4-1GAL LABRND	3 Cup	Ready to Serve	259945
DRESSING RNCH	4 Cup	Ready to Serve	631430
CHEESE CHED MLD SHRD FINE	6 Cup	Ready to serve	191043

Preparation Instructions

Heat chicken and hot sauce over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese. Sprinkle the remaining cheese over the top, cover, and cook until hot and bubbly.

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

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

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: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	188.10
Fat	15.07g
Saturated Fat	6.13g
Trans Fat	0.00g
Cholesterol	50.67mg
Sodium	559.12mg
Carbohydrates	1.90g
Fiber	0.00g
Total Sugar	0.40g
Added Sugar	0.00g
Protein	12.00g
Vitamin A 207.03mcg	Vitamin C 4.32mg
Calcium 76.76mg	Iron 0.12mg

Nutrition - Per 100g

Calories	110.58
Fat	8.86g
Saturated Fat	3.61g
Trans Fat	0.00g
Cholesterol	29.79mg
Sodium	328.71mg
Carbohydrates	1.12g
Fiber	0.00g
Total Sugar	0.24g
Added Sugar	0.00g
Protein	7.05g
Vitamin A 121.71mcg	Vitamin C 2.54mg
Calcium 45.13mg	Iron 0.07mg

Pizza Bagels

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18657
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI	4 Each		703411

Preparation Instructions

PREPARATION – for best results

Keep frozen until ready to prepare

1. Preheat convection oven to 400°F (conventional oven to 425°F). Set fan speed to HIGH.
2. Place 64 mini pizza bagels on a parchment lined full sheet pan.
3. Bake for 9 - 11 minutes. Ovens will vary so please adjust time and temperature. Internal product temperature must reach 165°F, regardless of bake time).
4. Serve.
5. Holding: Allow pan to cool for 3-5 minutes and then cover tightly with plastic film. Hold covered tray in a moist 145°F warmer for 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	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving	
Calories	260.00
Fat	9.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	560.00mg
Carbohydrates	24.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 750.00mcg	Vitamin C 6.00mg
Calcium 350.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18658
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW CRMY CLSC	1/2 Cup	READY_TO_SERVE	738158

Preparation Instructions

READY_TO_SERVE

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

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: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	11.00g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	380.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Total Sugar	17.00g		
Added Sugar	14.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry & Blueberry Yogurt Parfait w/Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20120
School:	Wingo Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
STRAWBERRY DCD 1/2IN IQF	1/4 Cup	READY_TO_EAT Ready to Eat	621420
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/4 Cup		119873

Preparation Instructions

READY_TO_EAT

Ready to use with pouch & serving tip.

Strawberries - Thaw and top yogurt

Granola

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

Cup- 792260

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	1.000
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	227.13
Fat	5.25g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	154.70mg
Carbohydrates	50.38g
Fiber	2.50g
Total Sugar	20.21g
Added Sugar	19.69g
Protein	6.23g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 134.33mg	Iron 1.05mg

Nutrition - Per 100g

No 100g Conversion Available

Honey Cheerios Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20894
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

Preparation Instructions

Ready-To-Serve

CCP: Store at 50°F - 70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	210.00
Fat	3.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	340.00mg
Carbohydrates	44.00g
Fiber	5.00g
Total Sugar	12.00g
Added Sugar	12.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 5.40mg

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Carnival Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20952
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CARNIVAL WGRAIN	1 Each	CONVECTION OVEN 300F 11-13 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, NUMBER OF COOKIES BAKED, OVEN AIR FLOW AND OVEN TEMPERATURE ACCURACY. PLACE COOKIES 2 INCHES APART ON PARCHMENT PAPER. COOKIES SHOULD COOL FOR 20-30 MINUTES PRIOR TO REMOVING FROM THE PARCHMENT PAPER. COOKIES ARE STILL BAKING WHILE COOLING ON THE PAN.	179801

Preparation Instructions

CONVECTION OVEN 300F 11-13 MINUTES. ACTUAL BAKING TIME WILL DEPEND ON THE DOUGH TEMPERATURE, NUMBER OF COOKIES BAKED, OVEN AIR FLOW AND OVEN TEMPERATURE ACCURACY. PLACE COOKIES 2 INCHES APART ON PARCHMENT PAPER. COOKIES SHOULD COOL FOR 20-30 MINUTES PRIOR TO REMOVING FROM THE PARCHMENT PAPER. COOKIES ARE STILL BAKING WHILE COOLING ON THE PAN.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	6.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	125.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	13.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.10mg

Nutrition - Per 100g

No 100g Conversion Available

Crackers & Croutons w/Chicken Caesar Salad

Servings:	1.00	Category:	Grain
Serving Size:	6.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20953
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER SALTINE UNSALTED 500-2CT NAB	6 Each	Ready-To-Serve	536091
CROUTON CHS GARL WGRAIN	1 Package	Ready_To-Serve	661022

Preparation Instructions

Ready-To-Serve

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 6.00 Serving

Amount Per Serving			
Calories	220.00		
Fat	5.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	37.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	69.00mg	Iron	2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20954
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
CHIX BRST STRP FC LRG	2 1/4 Ounce	FULLY COOKED, HEAT AND SERVE	219011
CHEESE PARM SHVD	1 Ounce	Ready To Eat	140560
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702
CROUTON CHS GARL WGRAIN	2 Package	Ready To Eat	661022

Preparation Instructions

Container Number- 108301

Place romaine lettuce in a clear container. Place chicken and parmesan on top of romaine lettuce. Place two packages of croutons and one package of Gold Fish.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
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	428.48
Fat	17.00g
Saturated Fat	5.88g
Trans Fat	0.00g
Cholesterol	81.25mg
Sodium	987.52mg
Carbohydrates	36.60g
Fiber	3.00g
Total Sugar	3.12g
Added Sugar	2.00g
Protein	32.66g
Vitamin A 8180.00mcg	Vitamin C 3.76mg
Calcium 315.00mg	Iron 3.64mg

Nutrition - Per 100g

No 100g Conversion Available

Potato Soup

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20956
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP POTATO CHOPHOUSE	4 Ounce	HEAT SOUP TO 160 DEGREES	155111

Preparation Instructions

HEAT SOUP TO 160 DEGREES

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving			
Calories	120.00		
Fat	8.00g		
Saturated Fat	4.50g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	490.00mg		
Carbohydrates	10.00g		
Fiber	0.50g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	2.50g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.25mg

Nutrition - Per 100g

No 100g Conversion Available

Caesar Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20957
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR RYL PKT	1 Each	Ready- To- Serve	554758

Preparation Instructions

Ready- To -Serve

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	180.00		
Fat	18.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	400.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken N' A Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20966
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN 4-5#	4 Each	Bake for 12-14 minutes at 375 degrees. Turn the product after 6 minutes. Continue to cook until internal temperatures reaches 165 degrees.	747651

Preparation Instructions

Bake for 12-14 minutes at 375 degrees. Turn the product after 6 minutes. Continue to cook until internal temperatures reaches 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.250
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	210.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	500.00mg
Carbohydrates	19.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 17.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Rotisserie Chicken Nachos

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20967
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	8 1/2 Cup	Heat the queso cheese sauce.	722110
CHIX CKD SHRD WHT IQF	10 Pound		617760

Preparation Instructions

Bake the chicken at 375 degrees for 8-10 minutes or until 165 degrees. Mix pulled chicken with queso sauce and place in the warmer. The recipe from Parsley Marketing stated the recipe made 60 servings.

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

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

Use a 4 oz. spoodle.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	173.17
Fat	6.42g
Saturated Fat	3.26g
Trans Fat	0.01g
Cholesterol	63.54mg
Sodium	276.86mg
Carbohydrates	0.57g
Fiber	0.06g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	27.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 122.10mg	Iron 0.32mg

Nutrition - Per 100g

No 100g Conversion Available

Hash Brown Casserole

Servings:	12.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21515
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF	2 Pound	GRILL Preheat Grill to 375°F. Lightly cover grill with oil. Place frozen hashbrown shreds on the grill, about 1 4" to 1 2" thick. Add a small amount of oil on top of shreds. Fry until edges are golden brown-about 6 to 8 minutes per side.	316334
SOUP CRM OF CHIX	10 1/2 Ounce	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED MLD SHRD FINE	2 Cup	Ready to Eat	191043
SALT IODIZED 12-4 DIAC	1/2 Teaspoon	READY_TO_EAT used to salt food	466483
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon	Ready to Eat	225037
SOUR CREAM	8 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
BUTTER SUB	1 Cup	Rea	209810

Preparation Instructions

Preheat oven to 350 degrees F (175 degrees C). Spray pan with non-stick cooking spray.

In a large bowl, combine the potatoes, butter, salt, pepper, sour cream, soup and cheese. Gently mix and pour into prepared pan or dish.

Bake in the preheated oven until browned, about 35 minutes.

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

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

4 oz. spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.167

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	200.20
Fat	9.77g
Saturated Fat	5.89g
Trans Fat	0.00g
Cholesterol	36.61mg
Sodium	478.89mg
Carbohydrates	21.51g
Fiber	1.78g
Total Sugar	2.66g
Added Sugar	0.00g
Protein	6.88g
Vitamin A 169.38mcg	Vitamin C 0.00mg
Calcium 176.44mg	Iron 0.64mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22824
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Package	Ready-To-Serve	123081

Preparation Instructions

Ready-To-Serve

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	73.00g
Fiber	6.00g
Total Sugar	30.00g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Cheddar Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23140

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED	2 Ounce	Place sealed bag in a steamer or boiling water. Heat for 45 minutes or until product reaches internal temperature of 165 degrees. Caution open bag carefully to avoid being burned.	271081

Preparation Instructions

Place sealed bag in a steamer or boiling water. Heat for 45 minutes or until product reaches internal temperature of 165 degrees. Caution open bag carefully to avoid being burned.

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

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

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
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: 2.00 Ounce

Amount Per Serving			
Calories	118.68		
Fat	8.79g		
Saturated Fat	5.05g		
Trans Fat	0.00g		
Cholesterol	30.77mg		
Sodium	452.75mg		
Carbohydrates	2.20g		
Fiber	0.00g		
Total Sugar	1.10g		
Added Sugar	0.00g		
Protein	7.69g		
Vitamin A	426.37mcg	Vitamin C	0.00mg
Calcium	221.98mg	Iron	0.00mg

Nutrition - Per 100g

Calories	209.32		
Fat	15.51g		
Saturated Fat	8.92g		
Trans Fat	0.00g		
Cholesterol	54.27mg		
Sodium	798.51mg		
Carbohydrates	3.88g		
Fiber	0.00g		
Total Sugar	1.94g		
Added Sugar	0.00g		
Protein	13.57g		
Vitamin A	751.99mcg	Vitamin C	0.00mg
Calcium	391.50mg	Iron	0.00mg

Breakfast Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23201
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO BKFST WGRAIN IW 50-2.5Z	1 Each		825910

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.750
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 Serving

Amount Per Serving	
Calories	140.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	360.00mg
Carbohydrates	17.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.08mg

Nutrition - Per 100g

No 100g Conversion Available

Tasty Tidbits

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23202
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	2 Each	READY_TO_EAT Ready to Eat	786580
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
SALSA CUP	1 Each	READY_TO_EAT None	677802
YOGURT STRAWB TUBE 2Z	2 Each	READY_TO_EAT Ready to Eat	895090

Preparation Instructions

READY_TO_EAT

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.500
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	482.70
Fat	20.40g
Saturated Fat	9.60g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	810.50mg
Carbohydrates	49.00g
Fiber	3.00g
Total Sugar	15.00g
Added Sugar	6.00g
Protein	19.60g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 669.46mg	Iron 0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23204
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice	Bacon Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
DOUGH BISC CENTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293

Preparation Instructions

BAKE

Biscuit

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Bacon

Standard Prep: Place bacon on a sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

Egg Omelet-538489 (1/2 Omelet)

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in the oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover it with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	243.33
Fat	12.90g
Saturated Fat	6.70g
Trans Fat	0.01g
Cholesterol	3.33mg
Sodium	823.53mg
Carbohydrates	26.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	5.43g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Smoothie w/Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23206
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1	1/2 Cup		293393
MILK WHT FF	1 Cup		557862
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

Preparation Instructions

Smoothie Cup- 672292 (20 oz) or 672312 (16 oz)

Smoothie Lid- 792210

Straw- 705980

18 oz. Smoothie

1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
2. Pulse with immersion blender until smooth.
3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

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

Donut Holes-

Basic Preparation

Thaw and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	1.200
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	248.23
Fat	1.38g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	8.73mg
Sodium	176.89mg
Carbohydrates	55.51g
Fiber	1.11g
Total Sugar	37.01g
Added Sugar	26.96g
Protein	12.25g
Vitamin A 499.83mcg	Vitamin C 0.00mg
Calcium 442.89mg	Iron 0.64mg

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23207
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330

Preparation Instructions

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes
CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

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

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

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 Serving

Amount Per Serving	
Calories	90.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	260.00mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Banana Smoothie w/Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23217
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
1% Chocolate Milk	1 Cup	READY_TO_DRINK	1555
BANANA GREEN	1 Each		686503
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

Preparation Instructions

Smoothie Cup- 672292

Smoothie Lid- 792201

Straw- 705980

18 oz. Smoothie

1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
2. Pulse with immersion blender until smooth.
3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

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

Donut Holes-

Basic Preparation

Thaw and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	1.200
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	339.93
Fat	4.08g
Saturated Fat	2.17g
Trans Fat	0.00g
Cholesterol	13.73mg
Sodium	305.19mg
Carbohydrates	75.51g
Fiber	3.21g
Total Sugar	44.51g
Added Sugar	12.96g
Protein	13.25g
Vitamin A 248.55mcg	Vitamin C 10.27mg
Calcium 417.89mg	Iron 0.38mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23218
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	1 Ounce	GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.	179906
CHEESE SLCD YEL	1/4 Ounce	Ready or Eat	334450
DOUGH BISC CNTRY STYL	1 Each	1. PAN FROZEN DOUGH ON PAPER LINED OR GREASED PAN WITH POINTS TOUCHING WIDTH- WISE OF PAN WITH SIDES TOUCHING LENGTH-WISE ON PAN. DO NOT PAN IN HONEY-COMB OR NESTED CONFIGURATION. , HALF SHEET PAN: 4 X 6 , FULL SHEET PAN: 6 X 8 ,2. BAKE UNTIL GOLDEN BROWN. , CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 20 - 25 MINUTES , CONVECTION OVEN: 325 F FOR APPROXIMATELY 15 - 20 MINUTES , NOTE: BAKING TIMES WILL VARY DUE TO EQUIPMENT AND NUMBER OF PANS IN OVENS. ,3. REMOVE FROM OVEN.	609293

Preparation Instructions

PREPARE FROM FROZEN.

BISCUIT:

PAN FROZEN DOUGH ON PAPER LINED OR GREASED PAN WITH POINTS TOUCHING WIDTH- WISE OF PAN WITH SIDES TOUCHING LENGTH-WISE ON PAN. DO NOT PAN IN HONEY-COMB OR NESTED CONFIGURATION. , HALF SHEET PAN: 4 X 6 , FULL SHEET PAN: 6 X 8 ,2. BAKE UNTIL GOLDEN BROWN. , CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 20 - 25 MINUTES , CONVECTION OVEN: 325 F FOR APPROXIMATELY 15 - 20 MINUTES , NOTE: BAKING TIMES WILL VARY DUE TO EQUIPMENT AND NUMBER OF PANS IN OVENS. ,3. REMOVE FROM OVEN.

HAM:

GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.

1- Biscuit

1 oz. Ham

1/2 Slice Cheese

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	280.83		
Fat	14.92g		
Saturated Fat	7.75g		
Trans Fat	0.00g		
Cholesterol	22.92mg		
Sodium	1144.17mg		
Carbohydrates	26.50g		
Fiber	1.00g		
Total Sugar	2.25g		
Added Sugar	1.00g		
Protein	10.25g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	80.25mg	Iron	1.68mg

Nutrition - Per 100g

No 100g Conversion Available

Curly Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23220
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CURLY SEAS	1/2 Cup		437350

Preparation Instructions

Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.

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

CCP: Hold for hot service at 135° F 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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	50.00		
Fat	2.67g		
Saturated Fat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	6.67g		
Fiber	0.33g		
Total Sugar	0.33g		
Added Sugar	0.00g		
Protein	0.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.13mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin w/Strawberry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23251
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	THAW- Store frozen until ready to use. Thaw overnight under refrigeration	262370
YOGURT DANIMAL STRAWB N/F	1 Ounce	READY_TO_EAT	885750

Preparation Instructions

Blueberry Muffin

THAW

Store frozen until ready to use. Thaw overnight under refrigeration.

CCP: Hold at 50°F -70°F

Strawberry Yogurt

READY_TO_EAT

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	207.50
Fat	7.00g
Saturated Fat	1.00g
Trans Fat	0.10g
Cholesterol	10.00mg
Sodium	148.75mg
Carbohydrates	33.50g
Fiber	1.00g
Total Sugar	17.50g
Added Sugar	15.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 25.00mg	Iron 0.72mg

Nutrition - Per 100g

No 100g Conversion Available

Pizzables

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23369
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR	1 Ounce		421812
PEPPERONI SLCD 14-16/Z	16 Each		729981
FLATBREAD W/GRAIN 4IN	2 Each		959048
SAUCE PIZZA W/BASL	1/2 Cup		100234

Preparation Instructions

Container- 200332

Lid- 366332

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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	400.00		
Fat	20.00g		
Saturated Fat	6.75g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1301.00mg		
Carbohydrates	53.50g		
Fiber	4.00g		
Total Sugar	10.00g		
Added Sugar	2.00g		
Protein	19.00g		
Vitamin A	0.20mcg	Vitamin C	0.06mg
Calcium	151.68mg	Iron	3.72mg

Nutrition - Per 100g

No 100g Conversion Available

Texas Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23647
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD TX TST SLCD WHT 3/4IN	1 Slice	Spray will butter spray and toast bread.	793350

Preparation Instructions

Spray will butter spray and toast bread.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	110.00
Fat	1.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	21.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 62.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Apples Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26344
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples CHL SL GRINS, 100/2OZ CO- Graves County Schools	1 Package	Ready To Eat	15M92

Preparation Instructions

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

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	30.20		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	1.03g		
Total Sugar	5.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26345
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets US#1 50-1/2 CUP PG/CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18D75

Preparation Instructions

Ready to eat

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	17.40
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.90mg
Carbohydrates	3.00g
Fiber	1.02g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26346
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL BABY WHL 100/2.6 OZ PG- Graves County Schools	1/2 Cup	READY_TO_EAT	18D69
RANCH LT DIP CUP	1 Each		499521

Preparation Instructions

Ready To Eat

DOD Second Option Number- 15O14- 1/2 Cup

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

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: 1.00 Serving

Amount Per Serving	
Calories	87.40
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	157.30mg
Carbohydrates	9.00g
Fiber	1.02g
Total Sugar	5.50g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 3000.00mcg	Vitamin C 3.02mg
Calcium 30.20mg	Iron 0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Grapes Giggles

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26347
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Grapes Red SDLS US#1 50-1/2 CUP PG/CS- Graves County Schools	1 Package	READY_TO_EAT	18D79

Preparation Instructions

READY_TO_EAT

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

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	104.00		
Fat	0.24g		
Saturated Fat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.02mg		
Carbohydrates	27.30g		
Fiber	1.36g		
Total Sugar	23.40g		
Added Sugar	0.00g		
Protein	1.10g		
Vitamin A	4.54mcg	Vitamin C	4.84mg
Calcium	15.10mg	Iron	0.54mg

Nutrition - Per 100g

No 100g Conversion Available

Orange Wedges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26348
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges CHL WEDGES 50/3 OZ PG- Graves County Schools	1 Package	READY_TO_EAT	17D67

Preparation Instructions

READY_TO_EAT

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

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	63.00
Fat	0.30g
Saturated Fat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	15.50g
Fiber	4.50g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.30g
Vitamin A 250.00mcg	Vitamin C 71.00mg
Calcium 70.00mg	Iron 0.80mg

Nutrition - Per 100g

No 100g Conversion Available

Grape Tomatoes w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26349
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomatoes FR GRAPE US #1 50-1/2 CUP PG/CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18D80
RANCH LT DIP CUP	1 Each	Ready To Eat	499521

Preparation Instructions

READY_TO_EAT

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

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: 1.00 Serving

Amount Per Serving	
Calories	106.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	125.00mg
Carbohydrates	12.14g
Fiber	1.20g
Total Sugar	7.76g
Added Sugar	0.00g
Protein	1.19g
Vitamin A 893.00mcg	Vitamin C 32.10mg
Calcium 20.00mg	Iron 0.43mg

Nutrition - Per 100g

No 100g Conversion Available

Very Berry Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26373
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BERRY 100	1 Each	Ready to drink	581195

Preparation Instructions

READY_TO_DRINK

CCP: Hold at 50°F -70°F

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Total Sugar	15.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit Punch Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26374
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX FRT PNCH 100% 40x4.23 FOZ Sunc	1 Each	Ready to drink	604558

Preparation Instructions

READY_TO_DRINK

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	15.00g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 18.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Kiwi Strawberry Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26375
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE STRAWB KIWI 100	1 Each	READY_TO_DRINK	214534

Preparation Instructions

READY_TO_DRINK

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Grape Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26376
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100% 40x4.23 FOZ Suncup	1 Each	Ready to drink	604557

Preparation Instructions

READY_TO_DRINK

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Total Sugar	19.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	10.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange-Tangerine Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26377
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100	1 Each	READY_TO_DRINK	698251

Preparation Instructions

READY_TO_DRINK

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	60.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	15.00g
Fiber	0.00g
Total Sugar	13.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal- SM

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26445
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.00
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	23.00g
Fiber	2.00g
Total Sugar	9.00g
Added Sugar	9.00g
Protein	2.00g
Vitamin A 300.00mcg	Vitamin C 3.60mg
Calcium 60.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal- SM

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26446
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.00 Serving

Amount Per Serving			
Calories	120.00		
Fat	3.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	22.00g		
Fiber	1.00g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Rice Krispie Treat

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26449
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN	1 Each	READY_TO_EAT	565002

Preparation Instructions

READY_TO_EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.250
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	50.00		
Fat	1.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Total Sugar	3.00g		
Added Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips- SM

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26627
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	0.000
Grain	1.250
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	110.00		
Fat	2.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26634
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT	6 Ounce	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.	573201
PASTA SPAGHETTI 10IN	2 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	654560

Preparation Instructions

Meat Sauce:

KEEP FROZEN Place the sealed bag in a steamer or in boiling water.

Heat for Approximately 45 minutes or until the product reaches serving temperature. CAUTION: Open the bag carefully to avoid being burned.

Spaghetti:

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE WATER. DRAIN WELL. DRIZZLE WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

Pasta- 8 ounce spoodle

Sauce- ounce spoodle

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

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

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.000
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: 8.00 Ounce

Amount Per Serving	
Calories	467.02
Fat	16.96g
Saturated Fat	6.28g
Trans Fat	1.06g
Cholesterol	57.45mg
Sodium	387.23mg
Carbohydrates	54.77g
Fiber	4.13g
Total Sugar	10.51g
Added Sugar	2.13g
Protein	22.96g
Vitamin A 688.30mcg	Vitamin C 20.21mg
Calcium 38.30mg	Iron 3.93mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	205.92
Fat	7.48g
Saturated Fat	2.77g
Trans Fat	0.47g
Cholesterol	25.33mg
Sodium	170.74mg
Carbohydrates	24.15g
Fiber	1.82g
Total Sugar	4.63g
Added Sugar	0.94g
Protein	10.12g
Vitamin A 303.49mcg	Vitamin C 8.91mg
Calcium 16.89mg	Iron 1.73mg

Chips & Dip

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27801
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS JALAP DIP CUP	2 Each	Ready-To-Eat	526160
SALSA CUP	1 Each	READY_TO_EAT None	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

Ready-To-Eat

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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	609.30
Fat	27.00g
Saturated Fat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1470.50mg
Carbohydrates	59.00g
Fiber	3.00g
Total Sugar	23.00g
Added Sugar	0.00g
Protein	23.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 694.00mg	Iron 0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Cherry Craisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28003
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY	1 Package	Ready-To-Eat	636402

Preparation Instructions

Ready-To-Eat

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cornbread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28004
School:	Central Elementary School		

Ingredients

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

Preparation Instructions

Thaw under refrigeration.

Optional: place in warmer before serving.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28007
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HONEY IW 36-3Z EARLY FRSH	1 Each	Thaw and Serve	449967

Preparation Instructions

Thaw and serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	350.00		
Fat	19.00g		
Saturated Fat	10.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Total Sugar	18.00g		
Added Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Celery w/Ranch Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28693
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery CHL STICKS 5 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P55
RANCH LT DIP CUP	1 Each		499521

Preparation Instructions

Ready-To-Eat

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

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 Serving

Amount Per Serving	
Calories	85.00
Fat	6.03g
Saturated Fat	1.01g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	167.00mg
Carbohydrates	5.48g
Fiber	0.30g
Total Sugar	3.21g
Added Sugar	0.00g
Protein	0.11g
Vitamin A 72.00mcg	Vitamin C 0.50mg
Calcium 26.00mg	Iron 0.03mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Soft Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28695
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST CHS IW	1 Package	Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.	880415

Preparation Instructions

Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	280.00mg
Carbohydrates	41.00g
Fiber	3.00g
Total Sugar	14.00g
Added Sugar	13.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Soft Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28696
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST COCOA FILLED IW	1 Package	Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.	880370

Preparation Instructions

Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	260.00
Fat	7.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	44.00g
Fiber	3.00g
Total Sugar	15.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28974
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	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.	722330

Preparation Instructions

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.
CCP: Heat to 165° F or higher for at least 15 seconds.
CCP: Hold for hot service at 135° F or higher.

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 Serving

Amount Per Serving	
Calories	114.00
Fat	5.00g
Saturated Fat	1.80g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	296.00mg
Carbohydrates	5.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	13.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 45.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese Entree

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28975
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	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.	150731

Preparation Instructions

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.

CCP: Heat to 165° F or higher for at least 15 seconds.
CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	298.60
Fat	12.10g
Saturated Fat	6.70g
Trans Fat	0.01g
Cholesterol	36.00mg
Sodium	649.30mg
Carbohydrates	32.00g
Fiber	2.10g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	15.30g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 383.00mg	Iron 1.07mg

Nutrition - Per 100g

Calories	175.55
Fat	7.11g
Saturated Fat	3.94g
Trans Fat	0.01g
Cholesterol	21.16mg
Sodium	381.72mg
Carbohydrates	18.81g
Fiber	1.23g
Total Sugar	4.70g
Added Sugar	0.00g
Protein	8.99g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 225.17mg	Iron 0.63mg

Ham & Cheese Hot Pocket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28976
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY HAM CHS	1 Each	For best results, do not thaw more than 2 hours prior to cooking. DO NOT REFREEZE. Cook for 9-11 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook to an internal temperature of 165°F as measured by a food thermometer. CAUTION: Product will be hot. Let stand for 2 minutes.	549632

Preparation Instructions

For best results, do not thaw more than 2 hours prior to cooking. DO NOT REFREEZE.

Cook for 9-11 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film.

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

CAUTION: Product will be hot. Let stand for 2 minutes.

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

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

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	280.00
Fat	11.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	590.00mg
Carbohydrates	31.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 337.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28977
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD	4 Ounce	Preparation Instructions: 1. Oven: Remove product from bag and dump into oven-able container- cover and heat at 350 degrees for 30 minutes or until product reaches 160 degrees F. 2. Steamer: Place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. 3. Water Bath: Place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.	498702
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each	Thaw at room temperature. READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Roll

Thaw at room temperature for 4-6 hours.

READY_TO_EAT

No baking necessary.

BBQ

Preparation Instructions:

1. Oven: Remove product from bag and dump into oven-able container- cover and heat at 350 degrees for 30 minutes or until product reaches 160 degrees F.
2. Steamer: Place bag in steamer for 23-30 minutes or until product reaches 160 degrees F.
3. Water Bath: Place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Place 2 oz. of BBQ on each slider bun.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.710
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	439.00
Fat	19.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	71.00mg
Sodium	423.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	20.00g
Added Sugar	4.00g
Protein	24.00g
Vitamin A 1650.00mcg	Vitamin C 0.00mg
Calcium 108.00mg	Iron 5.06mg

Nutrition - Per 100g

No 100g Conversion Available

Totchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28984

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS	1/2 Cup	FRY 1 LB AT360 DEGREES F FOR 1 MINUTE AND 45 SECONDS. OVEN RECONSTITUTION: CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 10 MINUTES. CONVENTION: BAKE 1 LB AT 450 DEGREES F. FOR 15 MINUTES.	324167
CHILI BEEF W/BEAN	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

FRY 1 LB AT360 DEGREES F FOR 1 MINUTE AND 45 SECONDS. OVEN RECONSTITUTION: CONVECTION: BAKE 1 LB AT 400 DEGREES F. FOR 10 MINUTES. CONVENTION: BAKE 1 LB AT 450 DEGREES F. FOR 15 MINUTES.

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	369.77
Fat	15.81g
Saturated Fat	4.42g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	676.71mg
Carbohydrates	42.10g
Fiber	6.78g
Total Sugar	5.15g
Added Sugar	0.00g
Protein	16.05g
Vitamin A 1288.51mcg	Vitamin C 19.55mg
Calcium 67.15mg	Iron 4.05mg

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28985

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce	PRODUCT SHOULD BE KEPT FROZEN AND HEATED FROM A FROZEN STATE. - Preheat oven to 350°F - Line full size sheet pan with parchment paper. - Open 5lb. bag of JTM Seasoned Beef and distribute evenly on the parchment lined sheet pan. - Bake at 350°F for 8-10 minutes until product reaches 140°F for 15 seconds and hold hot. - Continue with recipe preparation as directed.	720861
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

PRODUCT SHOULD BE KEPT FROZEN AND HEATED FROM A FROZEN STATE. - Preheat oven to 350°F - Line full size sheet pan with parchment paper. - Open 5lb. bag of JTM Seasoned Beef and distribute evenly on the parchment lined sheet pan. - Bake at 350°F for 8-10 minutes until product reaches 140°F for 15 seconds and hold hot. - Continue with recipe preparation as directed.

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

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

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	303.10
Fat	10.90g
Saturated Fat	3.90g
Trans Fat	0.52g
Cholesterol	40.00mg
Sodium	578.50mg
Carbohydrates	32.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	4.00g
Protein	17.90g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 66.00mg	Iron 3.44mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28989
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN GLZD IW 110-2.9Z	1 Package	Convection Oven: Thawed product 4-7 minutes at 325 degrees F. Frozen product 13-15 minutes at 325 degrees F. Microwave: Thawed product 20 to 25 seconds. Frozen product 40-45 seconds.	426575

Preparation Instructions

Convection Oven: Thawed product 4-7 minutes at 325 degrees F. Frozen product 13-15 minutes at 325 degrees F. Microwave: Thawed product 20 to 25 seconds. Frozen product 40-45 seconds.

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

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

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
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	72.41		
Fat	2.41g		
Saturated Fat	0.86g		
Trans Fat	0.00g		
Cholesterol	43.10mg		
Sodium	106.90mg		
Carbohydrates	10.00g		
Fiber	0.69g		
Total Sugar	3.10g		
Added Sugar	0.00g		
Protein	2.76g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	17.93mg	Iron	0.69mg

Nutrition - Per 100g

No 100g Conversion Available

Peppers & Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28990
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ONION FLME RSTD	2 Ounce	STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.	847208

Preparation Instructions

STANDARD OR CONVECTION OVEN,MICROWAVE,GRILL OR PAN FRY. GREAT AS A PIZZA TOPPING OR IN PASTAS,SANDWICHES,SALADS,QUESADILLAS & OTHER ENTREES. EACH BAG YIELDS 13-3Z SERVINGS. CONSISTENT.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

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 Serving

Amount Per Serving			
Calories	120.00		
Fat	2.67g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	21.33g		
Fiber	5.33g		
Total Sugar	13.33g		
Added Sugar	0.00g		
Protein	2.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	53.33mg	Iron	1.07mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Craisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28991
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED STRAWB	1 Package	READY_TO_SERVE	531681

Preparation Instructions

READY_TO_SERVE

CCP: Hold at 50°F -70°F

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28992
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK R/SOD EZ SPLT	1 Each	STANDARD PREP: PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN. HEATING TIME 7-9 MINUTES FOR FULL SHEET PAN AT 325°F. SEE PACKAGE FOR COMPLETE HEATING INSTRUCTIONS.	120851
EGG OMELET CHS COLBY	1/2 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470

Preparation Instructions

Biscuit- STANDARD PREP: PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN. HEATING TIME 7-9 MINUTES FOR FULL SHEET PAN AT 325°F. SEE PACKAGE FOR COMPLETE HEATING INSTRUCTIONS.

Egg- Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	120.00
Fat	5.00g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	245.00mg
Carbohydrates	13.50g
Fiber	3.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 73.50mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28993
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGGBCN WGRAIN	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x12" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

Preparation Instructions

BAKE

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x12" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	250.00
Fat	11.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	390.00mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	2.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 190.50mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Gala Apples

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30658
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples FR Royal Gala 125-150 CT 40 LB CS- Graves County Schools	1 Apple	READY_TO_EAT	14J93

Preparation Instructions

READY_TO_EAT

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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	89.50
Fat	0.19g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.57mg
Carbohydrates	21.50g
Fiber	3.61g
Total Sugar	16.30g
Added Sugar	0.00g
Protein	0.39g
Vitamin A 1.57mcg	Vitamin C 0.00mg
Calcium 11.00mg	Iron 0.19mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30659
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT CUP	1 Each	Ready To Eat	753931

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	50.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.00g
Fiber	1.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 5.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni French Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30660
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154420

Preparation Instructions

BAKE

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	310.00
Fat	12.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	670.00mg
Carbohydrates	33.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 250.04mg	Iron 2.66mg

Nutrition - Per 100g

No 100g Conversion Available

Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30661
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GLAZE DONUT HNY DIPT	1/2 Tablespoon	STIR GLAZE BEFORE APPLYING TO HOT DONUTS. FOR BEST RESULTS, DONUT SURFACE SHOULD BE 180 F (82 C) OR GREATER. DIP OR POUR GLAZE OVER HOT DONUTS. ALLOW TO DRY ON COOLING RACK 10 - 15 MINUTES. SECURELY TIGHTEN LID AFTER EACH USE.	613789
SUGAR POWDERED 10X 12-2 PION	1/4 Teaspoon	Ready To Eat	859740
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

Preparation Instructions

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.
3. Finish: Glaze or roll in granulated/powdered sugar immediately, or ice when cool.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.400
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	72.80
Fat	0.43g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.29mg
Carbohydrates	16.88g
Fiber	0.11g
Total Sugar	15.30g
Added Sugar	13.27g
Protein	0.22g
Vitamin A 0.03mcg	Vitamin C 0.00mg
Calcium 0.66mg	Iron 0.07mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30662
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	1 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing. 3. Bosco Sticks may be thawed in packaging. 4. Bosco Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.	555982

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Sticks on a baking sheet.
3. THAWED: 7-9 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

Oven temperatures may vary. Adjust baking time and or temperature as necessary.

THAW

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Sticks covered while thawing.
3. Bosco Sticks may be thawed in packaging.
4. Bosco Sticks have 8 days shelf life when refrigerated.

Oven temperatures may vary. Adjust baking time and

or temperature as necessary.

CCP: Heat to 135° F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	210.00		
Fat	6.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	270.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	211.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips- LG

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30663
School:	Central Elementary School		

Ingredients

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. UNSPECIFIED</p>	662512

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	200.00		
Fat	7.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Blend Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30664
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285670

Preparation Instructions

PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	26.67
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	4.00g
Fiber	1.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	0.67g
Vitamin A 83.33mcg	Vitamin C 3.33mg
Calcium 0.00mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Blend Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30665
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285670

Preparation Instructions

2 bags of butter buds to 30 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 30 pounds.

PACKAGING: 30#

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F 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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	26.67
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	4.00g
Fiber	1.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	0.67g
Vitamin A 83.33mcg	Vitamin C 3.33mg
Calcium 0.00mg	Iron 0.27mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30666
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	6 Ounce	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.	491074
CHIX CKD SHRD WHT IQF	1 Ounce	READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)	617760

Preparation Instructions

Penne Alfredo

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.

Chicken

READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 1.00

Serving Size: 8.00 Serving

Amount Per Serving	
Calories	343.60
Fat	12.87g
Saturated Fat	7.33g
Trans Fat	0.06g
Cholesterol	54.67mg
Sodium	717.07mg
Carbohydrates	31.00g
Fiber	0.10g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	25.70g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 401.16mg	Iron 1.38mg

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Rice Krispie Treat

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30667
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN	1 Each	READY_TO_EAT	565002

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.250
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	50.00		
Fat	1.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Total Sugar	3.00g		
Added Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Garlic Parmesan Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30668
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convection oven to 375 degrees F and bake for 6-8 minutes. Grill for 2 minutes or until heated through.	644051

Preparation Instructions

Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convection oven to 375 degrees F and bake for 6-8 minutes. Grill for 2 minutes or until heated through.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	150.00		
Fat	3.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Honey Wheat Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30669
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

READY_TO_EAT

No baking necessary.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	70.00		
Fat	1.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Total Sugar	2.00g		
Added Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN BULK	1 Each	DO NOT REMOVE WRAP BEFORE HEATING. FROM THAWED STAGE: PREHEAT CONVECTION OVEN TO 325°F DEGREES, PLACE ONTO BUN PAN AND HEAT FOR 10 TO 12 MINUTES. SERVE. FROM FROZEN: PREHEAT CONVECTION OVEN TO 275 DEGREES, PLACE SANDWICHES ONTO BUN PAN AND HEAT 12 TO 15 MINUTES. SERVE. NOTE: SANDWICHES CAN BE HEATED FROM A FROZEN STATE; HOWEVER, IT IS RECOMMENDED THEY ARE HEATED FROM A THAWED STATE.	158141

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Component	Amount
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	280.30		
Fat	9.90g		
Saturated Fat	5.60g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	580.80mg		
Carbohydrates	31.00g		
Fiber	3.00g		
Total Sugar	6.00g		
Added Sugar	0.00g		
Protein	18.50g		
Vitamin A	523.96mcg	Vitamin C	0.00mg
Calcium	465.89mg	Iron	1.64mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32130

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Cup	Thaw	764830

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
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: 0.50 Serving

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	6.00g		
Total Sugar	10.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Cereal- SM

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Carrot Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
Low-Fat Ranch Dip	1 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle-795940 Lid- 796010	R-16992

Preparation Instructions

Clear Container- 792220

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of celery & 1/4 cup of carrots.

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

Meal Components

Amount Per Serving

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: 1.00 Serving

Amount Per Serving			
Calories	90.00		
Fat	5.11g		
Saturated Fat	3.52g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	317.60mg		
Carbohydrates	9.00g		
Fiber	2.50g		
Total Sugar	6.05g		
Added Sugar	0.00g		
Protein	1.54g		
Vitamin A	11722.00mcg	Vitamin C	2.20mg
Calcium	77.00mg	Iron	0.76mg

Nutrition - Per 100g

No 100g Conversion Available

Soft Shell Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32859
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6IN	2 Each	Ready To Eat	713320
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	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.	722330

Preparation Instructions

2 oz. Taco Filling per 1 Tortilla Shell.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.524
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.164
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	303.85
Fat	10.31g
Saturated Fat	4.27g
Trans Fat	0.00g
Cholesterol	42.90mg
Sodium	693.50mg
Carbohydrates	34.31g
Fiber	2.52g
Total Sugar	4.52g
Added Sugar	2.00g
Protein	20.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 100.78mg	Iron 3.26mg

Nutrition - Per 100g

No 100g Conversion Available

Jalapeno Peppers

Servings:	1.00	Category:	Condiments or Other
Serving Size:	5.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32860
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 128CT	5 Each	Ready to eat	466240

Preparation Instructions

1 oz. 5-7 slices

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: 5.00 Each

Amount Per Serving			
Calories	2.50		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	0.50g		
Fiber	0.50g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Banana Peppers

Servings:	1.00	Category:	Condiments or Other
Serving Size:	5.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32861
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	5 Each	Ready to eat.	466220

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	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
Calories	0.09		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	0.02g		
Fiber	0.02g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken, Cheese & Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32862
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD	3 1/11 Ounce	Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.	266310
SAUCE CHS QUESO BLANCO FZ	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving	722110
RICE MEXICAN FIESTA 6-25.9Z UBEN	1 Cup	COMBINE RICE,WATER,BUTTER OR MARGARINE & SALT,STIR WELL. BRINGTO VIGOROUS BOIL. REMOVE FROM HEAT,COVER & LET STAND 12 MIN, UNTIL MOST OF LIQUID IS ABSORBED. FLUFF & SERVE. NO MSG ADDED.	473006

Preparation Instructions

Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.560
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	367.80
Fat	7.66g
Saturated Fat	2.80g
Trans Fat	0.01g
Cholesterol	76.30mg
Sodium	1644.05mg
Carbohydrates	45.56g
Fiber	1.05g
Total Sugar	3.03g
Added Sugar	1.03g
Protein	26.59g
Vitamin A 679.95mcg	Vitamin C 18.12mg
Calcium 146.98mg	Iron 3.69mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sticks w/Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32917
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 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
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Marinara- Heat Marinara Sauce in a pot and pour over pasta. Can also be used as a pizza sauce.

Ready to Eat

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.875
Grain	1.875
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: 6.00 Each

Amount Per Serving	
Calories	355.00
Fat	13.00g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	710.00mg
Carbohydrates	40.00g
Fiber	3.00g
Total Sugar	7.00g
Added Sugar	1.00g
Protein	20.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 544.00mg	Iron 1.65mg

Nutrition - Per 100g

No 100g Conversion Available

Emoji Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33526
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4IN EGGOJI	2 Each		888284

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	180.00
Fat	6.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	300.00mg
Carbohydrates	29.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	5.00g
Protein	4.00g
Vitamin A 1000.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Ham Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35558
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
HAM CNTRY BISC THN SLCD 1.5Z 2-5#	1/2 Slice		166592

Preparation Instructions

BAKE

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Ham- Prepare from frozen.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	200.00**
Fat	8.00g**
Saturated Fat	4.50g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	410.00mg**
Carbohydrates	29.00g**
Fiber	1.00g**
Total Sugar	3.00g**
Added Sugar	1.00g**
Protein	5.00g**
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 220.00mg**	Iron 1.70mg**

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35561
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET SKLLT CHS	1/2 Each	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. 10 minutes. Cook frozen product for approx. 20 minutes.	728460
BACON CKD THN SLCD	1 Slice	Bacon Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
CROISSANT BKD PLN MARG SLCD	1 Each	BAKE Standard Prep: Thaw to room temperature and serve. THAW Baked croissants require limited preparation, just thaw and serve.	120872

Preparation Instructions

Croissant

Standard Prep: Thaw to room temperature and serve. Baked croissants require limited preparation, just thaw and serve.

Bacon

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

Egg Omelet

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. 10 minutes. Cook frozen product for approx. 20 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.167
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	353.33		
Fat	18.40g		
Saturated Fat	8.20g		
Trans Fat	0.01g		
Cholesterol	138.33mg		
Sodium	533.53mg		
Carbohydrates	33.00g		
Fiber	1.10g		
Total Sugar	5.50g		
Added Sugar	4.00g		
Protein	12.93g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	78.50mg	Iron	2.26mg

Nutrition - Per 100g

No 100g Conversion Available

Honey Nut Cheerios Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35565
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP	1 Each	READY_TO_EAT Ready to eat	105307

Preparation Instructions

READY_TO_EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	210.00
Fat	2.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	45.00g
Fiber	4.00g
Total Sugar	19.00g
Added Sugar	19.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 150.00mg	Iron 5.40mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35567
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BLUEB IW	1 Piece	THAW AT ROOM TEMPERATURE.	523222

Preparation Instructions

THAW AT ROOM TEMPERATURE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	270.00		
Fat	8.00g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	46.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35568
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW	1 Each	THAW AT ROOM TEMPERATURE.	230361

Preparation Instructions

THAW AT ROOM TEMPERATURE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	260.00
Fat	8.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Total Sugar	24.00g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Watermelon

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Cup	Ready to eat.	326089

Preparation Instructions

DOD- 15P42

Hold at 41 degrees or lower.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	45.60
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	11.00g
Fiber	0.60g
Total Sugar	9.00g
Added Sugar	0.00g
Protein	0.90g
Vitamin A 864.88mcg	Vitamin C 12.31mg
Calcium 10.64mg	Iron 0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35595

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE 9-12CT	1/2 Cup	Hold for cold service at 41° or lower.	605273

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	30.10
Fat	0.15g
Saturated Fat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.15mg
Carbohydrates	7.00g
Fiber	0.80g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	0.75g
Vitamin A 2993.07mcg	Vitamin C 32.48mg
Calcium 7.97mg	Iron 0.19mg

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Strawberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	1 4 oz.	Ready To Eat	811490
CEREAL LUCKY CHARMS	1 Ounce	READY_TO_EAT Ready to eat	427829

Preparation Instructions

Layer-

Strawberry Yogurt

Lucky Charms

Clear Container- 792220

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	0.750
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	251.94		
Fat	2.25g		
Saturated Fat	0.37g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	289.70mg		
Carbohydrates	53.13g		
Fiber	2.00g		
Total Sugar	28.42g		
Added Sugar	24.69g		
Protein	6.73g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	264.33mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Cocoa	1 Tablespoon	Ready To Eat	269654
CEREAL COCOA PUFFS	1 Ounce	Ready To Eat	130745
non dairy whipped topping	2 Tablespoon	THAW	
SYRUP CHOC	1 Tablespoon		199133

Preparation Instructions

Layer-

Yogurt

Cocoa Puffs

On Top

Chocolate Syrup

Clear Container- 792220

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	1.563
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	363.58
Fat	3.85g
Saturated Fat	0.97g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	234.00mg
Carbohydrates	86.38g
Fiber	2.90g
Total Sugar	45.71g
Added Sugar	27.69g
Protein	7.53g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 307.14mg	Iron 12.85mg

Nutrition - Per 100g

No 100g Conversion Available

Pancake & Sausage Patty

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35598

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
SAUSAGE PTY WHL HOG 2Z	1 Each	COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 165 DEGREES.	568724

Preparation Instructions

Pancake

The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. **DO NOT RE-FREEZE!** Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.

Sausage

Bake or grill to an internal temperature of 165 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	220.00
Fat	12.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	300.00mg
Carbohydrates	15.00g
Fiber	1.00g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.60mg	Iron 1.45mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken & French Toast Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	2 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
FRENCH TST STIX WGRAIN	2 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.333
Grain	1.667
Fruit	0.667
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	279.52
Fat	9.52g
Saturated Fat	1.80g
Trans Fat	0.07g
Cholesterol	43.33mg
Sodium	459.37mg
Carbohydrates	28.33g
Fiber	2.98g
Total Sugar	4.50g
Added Sugar	4.00g**
Protein	17.77g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 34.19mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fat Free White Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fat Free White Milk- Graves County Schools	1 Cup	READY_TO_DRINK Hold for cold service at 41° or lower.	5404

Preparation Instructions

Hold for cold service at 41° or lower.

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 Serving

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	120.00mg
Carbohydrates	11.00g
Fiber	0.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 150.00mcg	Vitamin C 0.00mg
Calcium 300.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Club Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD 6IN	1 Each	Thawing Instructions KEEP FROZEN - ALLOW 1 TO 2 HOURS AT ROOM TEMPERATURE BEFORE USING Basic Preparation READY TO USE AFTER THAWING.	219670
TURKEY BRST SLCD OVN RSTD	2 1/2 Ounce	Ready to eat.	344120
BACON CKD THN SLCD	1 Slice	Basic Preparation HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
HAM SMKD RND CLSC W/A	1 1/2 Ounce	Ready to eat.	179906

Preparation Instructions

Bacon- Basic Preparation

HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.192
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	328.33
Fat	10.50g
Saturated Fat	3.95g
Trans Fat	0.01g
Cholesterol	70.83mg
Sodium	1783.53mg
Carbohydrates	30.20g
Fiber	1.00g
Total Sugar	2.70g
Added Sugar	1.00g
Protein	29.63g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.85mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Tortellini

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTELLINI CHS CKD	1/2 Cup	PREPARATION INSTRUCTIONS FOR 1LB: BRING 4 QUARTS OF SALTED WATER TO A SLOW BOIL, PUT FROZEN TORTELLINI INTO BOILING WATER AND STIR GENTLY TO PREVENT FROM STICKING. BOIL FOR 2-3 MINUTES. PRODUCT INTERNAL TEMPERATURE MUST BE 160 DEGREES F OR HIGHER. DRAIN AND SERVE WITH BUTTER, CHEESE OR YOUR FAVORITE SAUCE. TORTELLINI CAN ALSO BE COOKED IN CHICKEN OR BEEF BROTH AS A SOUP OR IN A COLD SALAD DISH.	874140
SAUCE ALFREDO FZ	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.	155661

Preparation Instructions

Tortellini-

PREPARATION INSTRUCTIONS FOR 1LB: BRING 4 QUARTS OF SALTED WATER TO A SLOW BOIL, PUT FROZEN TORTELLINI INTO BOILING WATER AND STIR GENTLY TO PREVENT FROM STICKING. BOIL FOR 2-3 MINUTES. PRODUCT INTERNAL TEMPERATURE MUST BE 160 DEGREES F OR HIGHER. DRAIN AND SERVE WITH BUTTER, CHEESE OR YOUR FAVORITE SAUCE. TORTELLINI CAN ALSO BE COOKED IN CHICKEN OR BEEF BROTH AS A SOUP OR IN A COLD SALAD DISH.

Alfredo Sauce-

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

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: 8.00 Serving

Amount Per Serving	
Calories	285.82
Fat	12.18g
Saturated Fat	6.00g
Trans Fat	0.05g
Cholesterol	49.51mg
Sodium	818.28mg
Carbohydrates	29.06g
Fiber	1.00g
Total Sugar	5.92g
Added Sugar	0.00g
Protein	13.84g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 341.48mg	Iron 0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baked Potato- Graves County Schools	1 Each	<p>BAKE PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: DO NOT REFRIGERATE; STORING BELOW 42 F CAN RESULT IN CHILL INJURY. OPTIMUM STORAGE IS 45-55 F; STORE IN A DARK AREA WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY TO USE IN A COOKING APPLICATION. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher.</p>	15R72
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	2 1/2 Ounce	<p>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.</p>	661891
SAUCE CHS CHED	1 Ounce	<p>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.</p>	271081
BROCCOLI CUTS IQF	1/2 Cup	<p>Basic Preparation PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.</p>	359010
Shredded Cheddar Cheese	1 Ounce		100003
Sour Cream	1 Serving		R-35675
Bacon	1 Serving	<p>BAKE Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher.</p>	R-37707

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.500
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	535.31
Fat	25.35g
Saturated Fat	14.54g
Trans Fat	0.20g
Cholesterol	92.93mg
Sodium	786.97mg
Carbohydrates	48.56g
Fiber	9.07g
Total Sugar	6.39g
Added Sugar	0.00g
Protein	27.32g
Vitamin A 213.19mcg	Vitamin C 42.00mg
Calcium 219.05mg	Iron 3.64mg

Nutrition - Per 100g

No 100g Conversion Available

Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35629

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Basic Preparation Ready to eat.	680130
PEPPERONI SLCD 14- 16/Z	14 Each	Basic Preparation THAW & USE. GREAT ON SALADS, IN SANDWICHES, ADDED TO CASSEROLE DISHES, ON BURGERS, IN ITALIAN FOOD & ESPECIALLY ON PIZZA.	729981
EGG HARD CKD PLD	1 Each	READY_TO_EAT Product is fully cooked and ready to eat. Do not heat.	219160
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

Container- 200332

Lid- 366332

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	362.50
Fat	23.88g
Saturated Fat	9.88g
Trans Fat	0.00g
Cholesterol	211.25mg
Sodium	908.38mg
Carbohydrates	28.38g
Fiber	2.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	20.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 246.00mg	Iron 2.12mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Ranch Dressing- SM

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35630

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	3 1/5 Ounce		192716
1% White Milk- Graves County Schools	1/2 Gallon	READY_TO_DRINK	4752
MAYONNAISE	1/2 Gallon	READY_TO_EAT This ready-to-use mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	631411

Preparation Instructions

- 1- 3.2 oz Hidden Valley Ranch Packet
- 8- Cups (1/2 Pints or 8 oz.) Prairie Farms- 4752
- 8- Cups of Mayonnaise
- Serving- 2 Tablespoons

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: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	106.15		
Fat	11.15g		
Saturated Fat	2.09g		
Trans Fat	0.00g		
Cholesterol	10.93mg		
Sodium	141.45mg		
Carbohydrates	1.69g		
Fiber	0.00g		
Total Sugar	0.69g		
Added Sugar	0.00g		
Protein	0.50g		
Vitamin A	9.38mcg	Vitamin C	0.00mg
Calcium	19.63mg	Iron	0.03mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
PEPPERONI SLCD 16/Z	3 Each	Ready to Eat	100240
OLIVE RIPE SLCD BLK SPAIN	3 Each	Ready to Eat	324531
PEPPERS BAN RING MILD	3 Each	Ready to Eat	466220
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with remaining ingredients

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.130
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	121.51
Fat	6.35g
Saturated Fat	1.83g
Trans Fat	0.00g
Cholesterol	9.04mg
Sodium	323.08mg
Carbohydrates	10.96g
Fiber	1.01g
Total Sugar	1.81g
Added Sugar	1.00g
Protein	5.21g
Vitamin A 4090.00mcg	Vitamin C 1.88mg
Calcium 75.96mg	Iron 1.69mg

Nutrition - Per 100g

No 100g Conversion Available

Berry Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35632

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1 Cup	READY_TO_EAT	15D44
CHEESE MOZZ 2 SHRD FTNR	1 Ounce	READY_TO_EAT	421812
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/4 Cup	READY_TO_EAT	17W87
BLUEBERRY	1/8 Cup	READY_TO_EAT	451690

Preparation Instructions

Ready to eat.

Container- 792220 or 146633

Place romaine lettuce bowl and top with remaining ingredients

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.380
DarkGreen	0.500
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	70.46
Fat	13.82g
Saturated Fat	1.76g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	103.96mg
Carbohydrates	7.55g
Fiber	2.19g
Total Sugar	4.27g
Added Sugar	0.00g
Protein	27.72g
Vitamin A 4104.64mcg	Vitamin C 24.92mg
Calcium 123.90mg	Iron 0.66mg

Nutrition - Per 100g

No 100g Conversion Available

Carrots & Green Peppers Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	15014
PEPPERS GREEN 2	1/4 Cup	READY_TO_EAT	280437
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Clear Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of carrots & 1/4 cup of green pepper strips.

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

Green Peppers- 15P35

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.250
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	142.45
Fat	10.13g
Saturated Fat	7.04g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	537.32mg
Carbohydrates	9.25g
Fiber	1.88g
Total Sugar	7.03g
Added Sugar	0.00g
Protein	2.60g
Vitamin A 5998.83mcg	Vitamin C 31.05mg
Calcium 117.23mg	Iron 0.51mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower & Cucumber Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P30
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Clear Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010.

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of cauliflower & 1/4 cup of cucumber.

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

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: 1.00 Each

Amount Per Serving	
Calories	129.62
Fat	10.10g
Saturated Fat	7.06g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	510.88mg
Carbohydrates	6.17g
Fiber	1.54g
Total Sugar	7.71g
Added Sugar	0.00g
Protein	2.65g
Vitamin A 26.92mcg	Vitamin C 12.31mg
Calcium 109.62mg	Iron 0.65mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Tomato w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Tomato Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35648

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	16W37
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
DRESSING MIX RNCH	1/8 Ounce	Ready to eat.	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Clear Container- 792220

Mix 48 ounces of sour cream with 1- 3.2-ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

2-ounce spoodle or 2 oz. souffle- 795940 Lid- 796010

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of broccoli & 1/4 cup of tomato.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
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 Each

Amount Per Serving	
Calories	135.69
Fat	10.10g
Saturated Fat	7.13g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	529.96mg
Carbohydrates	6.55g
Fiber	1.22g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	3.31g
Vitamin A 1348.00mcg	Vitamin C 26.85mg
Calcium 112.12mg	Iron 0.41mg

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower & Celery Cup w/Ranch Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Celery CHL STICKS 5 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P55
Low-Fat Ranch Dip	1 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle 2 oz. souffle- 795940 Lid- 796010	R-16992

Preparation Instructions

Clear Container- 792220

Fill cup w/ 2 oz. of low fat ranch dip, 1/4 cup of cauliflower & 1/4 cup of celery.

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

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: 1.00 Serving

Amount Per Serving	
Calories	73.27
Fat	5.09g
Saturated Fat	3.54g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	280.29mg
Carbohydrates	3.51g
Fiber	0.73g
Total Sugar	2.61g
Added Sugar	0.00g
Protein	1.56g
Vitamin A 36.00mcg	Vitamin C 12.56mg
Calcium 58.77mg	Iron 0.13mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Chex- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35656
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Chex 2 oz. Bowl	1 Each	READY_TO_EAT Ready To Eat	14883

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	230.00		
Fat	5.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Vinaigrette Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35668
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING VINAG RASPB	2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	795710

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	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	120.00		
Fat	10.00g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Ranch Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35669
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BUFF RNCH CUP	1 Each	Ready to serve.	353554

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Serving

Amount Per Serving	
Calories	60.00
Fat	4.50g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	140.00mg
Carbohydrates	5.00g
Fiber	0.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	0.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 10.00mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Apples

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35670
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P	1/2 Cup		117773

Preparation Instructions

Brown Sugar
Cinnamon
Butter Buds

Meal Components

Amount Per Serving

	Amount
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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	50.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	12.00g
Fiber	2.00g
Total Sugar	9.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	0.00mg
Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing- SM

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35671
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL FF PKT	1 Each	Ready To Eat	187194

Preparation Instructions

Ready To Eat

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 Each

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Total Sugar	2.00g		
Added Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sour Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35675
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT	1 Each	Ready to Eat	745903

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	0.000
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	60.00		
Fat	5.00g		
Saturated Fat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	10.00mg		
Carbohydrates	1.00g		
Fiber	1.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chick' N Dippin Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35682
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHIX DIPPIN 100-1FLZ FLVRFRSH	1 Each	READY_TO_DRINK open cup, apply to food	640212

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
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 Each

Amount Per Serving	
Calories	130.00
Fat	0.00g**
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	135.00mg
Carbohydrates	6.00g
Fiber	0.00g
Total Sugar	5.00g
Added Sugar	5.00g
Protein	0.00g
Vitamin A	0.00mcg**
Vitamin C	0.00mg**
Calcium	0.00mg
Iron	0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35746
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1/2 Cup		231981

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	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	130.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	80.00mg	Iron	1.90mg

Nutrition - Per 100g

No 100g Conversion Available

Sweet & Sour Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35747
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SWT & SOUR IND	1 Each	Ready To Eat	251710

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	0.000
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	35.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Total Sugar	7.00g		
Added Sugar	7.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Wings w/Garlic Parmesan Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35748
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK DING BRD CKD	5 Piece	DEEP_FRY FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.	686031
SAUCE WNG GARL PARM	1 Teaspoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	167403

Preparation Instructions

DEEP_FRY

FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 5.00 Serving

Amount Per Serving	
Calories	23.73
Fat	1.63g
Saturated Fat	0.27g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	115.43mg
Carbohydrates	1.33g
Fiber	0.10g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.02mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35890
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	Ready-To-Eat	105931

Preparation Instructions

Ready-To-Eat

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00
Fat	5.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	44.00g
Fiber	6.00g
Total Sugar	11.00g
Added Sugar	11.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 130.00mg	Iron 4.50mg

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35900
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	Ready-To-Serve	105850

Preparation Instructions

Ready-To-Serve

CCP: Store at 50°F - 70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	230.00
Fat	2.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	47.00g
Fiber	3.00g
Total Sugar	15.00g
Added Sugar	12.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 5.60mg

Nutrition - Per 100g

No 100g Conversion Available

Garlic Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35909
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	1 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

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 or until heated through
CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes or until heated through.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	100.00
Fat	3.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	14.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.10mg

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedge

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35913
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	1/2 Cup		609676

Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES. CONVECTION OVEN COOK AT 400 DEGREES F FOR 8 - 12 MINUTES. CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 22 - 25 MINUTES. IMPINGEMENT OVEN COOK AT 450 DEGREES F FOR 8 - 11 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	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	81.13		
Fat	3.40g		
Saturated Fat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	206.67mg		
Carbohydrates	11.33g		
Fiber	1.33g		
Total Sugar	0.67g		
Added Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	12.84mg	Iron	0.27mg

Nutrition - Per 100g

No 100g Conversion Available

Margarine Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35915
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE CUP SPRD 900-5GM CNTRYCR	1 Each	Ready To Eat	542121

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	0.000
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	25.00
Fat	2.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.00mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 200.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast Bites & Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37703
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN	6 Each	Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.	391073
BACON CKD THN SLCD	2 Slice		874124

Preparation Instructions

Thaw at room temp. for 30-60 minutes. Heat in oven at 375 degrees for 2-3 minutes. Roll in granulated sugar immediately, or ice when cool.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.333
Grain	1.995
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	426.17		
Fat	27.80g		
Saturated Fat	11.39g		
Trans Fat	0.02g		
Cholesterol	46.66mg		
Sodium	707.07mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Total Sugar	13.95g		
Added Sugar	10.50g		
Protein	6.86g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	16.86mg	Iron	1.98mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37704
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/4 Ounce	READY_TO_EAT	100018
TURKEY BRST SLCD WHT 1/2Z	1 Slice	Heat turkey to 165 degrees. Place 1.22 oz. turkey and 1/2 slice of cheese on each Sister Schubert roll. Wrap, place in warmer.	244190
ROLL PRKRHSE PARBK	1 Each	FOR BEST RESULTS USE CONVENTIONAL OVEN, PREHEATED TO 350 DEGREES F. BRUSH TOPS OF ROLLS WITH BUTTER OR CUSTOM TOPPING OF YOUR CHOICE. (SEE BELOW FOR SUGGESTIONS.) PLACE ROLLS ON BAKING SHEET ON MIDDLE RACK OF OVEN. BAKE 5 TO 10 MINUTES. (OPTION: 3-5 MINUTES IN CONVECTION OVEN.) FOR RECIPES, REFER TO WEBSITE: MARZETTI.COM/FOODSERVICE/PRODUCTS.PHP	494385

Preparation Instructions

Heat turkey to 165 degrees. Place 1.22 oz. turkey and 1/2 slice of cheese on roll. Wrap, place in warmer.- Serve 2 sliders

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	4.000
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	215.83
Fat	8.00g
Saturated Fat	2.92g
Trans Fat	0.00g
Cholesterol	23.75mg
Sodium	429.17mg
Carbohydrates	27.50g
Fiber	0.00g
Total Sugar	5.25g
Added Sugar	5.00g
Protein	9.08g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.47mg

Nutrition - Per 100g

No 100g Conversion Available

Jello

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37705
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX BERRY BLUE	1 Tablespoon	DISSOLVE CONTENTS OF 24OZ PKG IN 2 QUARTS OF VERY HOT WATER (160-180 BEST). ADD 2 QUARTS OF COLD OR ICE WATER AND STIR AGAIN. POUR INTO INDIVIDUAL DISHES, MOLDS OR A SHALLOW PAN. CHILL UNTIL FIRM, 4 HOURS OR OVER NIGHT. TO ADD FRUIT, CHILL GELATIN UNTIL SLIGHTLY THICKENED ADD DRAINED, CANNED, OR FRESH FRUIT PIECES. DO NOT ADD FRESH OR FROZEN PINEAPPLE, PAPAYA, FIGS, GUAVA OR KIWI FRUIT SINCE THEY INTERFERE WITH THE GEL SET. ALTERNATE ONE STEP RECIPE - DISSOLVE IN 1 GALLON OF VERY HOT WATER - SET TIME WILL BE SLIGHTLY LONGER.	554901

Preparation Instructions

524603
524581
524646
524654
524662
524611
524638

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 Serving

Amount Per Serving			
Calories	35.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	8.50g		
Fiber	0.00g		
Total Sugar	8.50g		
Added Sugar	8.50g		
Protein	0.50g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

pudding

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37706
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS CHOC FUDG	1/2 Cup	Ready To Eat	106755

Preparation Instructions

244643
106747
106763
106771
163554

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 Serving

Amount Per Serving			
Calories	140.00		
Fat	3.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Total Sugar	20.00g		
Added Sugar	17.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37707
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124

Preparation Instructions

BAKE

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	46.67		
Fat	3.80g		
Saturated Fat	1.40g		
Trans Fat	0.02g		
Cholesterol	6.67mg		
Sodium	167.07mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.87g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39063

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	Ready To Eat	368248

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	280.00
Fat	6.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	52.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	15.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 420.00mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available

Powdered Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39101
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CCS DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each	Ready To Eat	371058

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	280.00		
Fat	11.00g		
Saturated Fat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Total Sugar	20.00g		
Added Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39105
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	Ready To Eat	371065

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	270.00		
Fat	10.00g		
Saturated Fat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Total Sugar	21.00g		
Added Sugar	20.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	41.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39106
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each	Ready To Eat	371398

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	240.00		
Fat	11.00g		
Saturated Fat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Total Sugar	8.00g		
Added Sugar	8.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each	READY_TO_EAT	811411

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	260.00
Fat	5.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	52.00g
Fiber	5.00g
Total Sugar	15.00g
Added Sugar	14.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 390.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Peach Cheerios Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39312

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each	READY_TO_EAT	368353

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	280.00
Fat	6.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	51.00g
Fiber	5.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 460.00mg	Iron 6.60mg

Nutrition - Per 100g

No 100g Conversion Available

Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39357
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS	2 Ounce	Ready To Eat	233927
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Ready To Eat	680130
YOGURT STRAWB TUBE 2Z	2 Each	Ready to Eat	895090

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

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	188.49
Fat	8.58g
Saturated Fat	4.64g
Trans Fat	0.00g
Cholesterol	30.36mg
Sodium	249.09mg
Carbohydrates	17.73g
Fiber	0.04g
Total Sugar	10.00g
Added Sugar	6.00g
Protein	11.71g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 428.91mg	Iron 0.04mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/8 Cup	READY_TO_EAT	15P30
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/2 Cup	READY_TO_EAT	15P71
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/8 Cup	READY_TO_EAT	16L26
BACON CKD THN SLCD	2 Slice		874124
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	2 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
CHEESE CHED SHRD	1 Ounce	Ready to eat.	199720
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Ready to eat	282422
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each	Ready to Eat	433153

Preparation Instructions

Salad Container- 108301

Place romaine, spinach and spring mix in the bottom of the salad container.

Place items on top of lettuce.

Bacon- HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP
BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	2.000
Red/Orange	0.516
OtherVeg	0.125
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	653.91
Fat	30.33g
Saturated Fat	11.49g
Trans Fat	0.02g
Cholesterol	260.00mg
Sodium	1278.77mg
Carbohydrates	52.82g
Fiber	6.08g
Total Sugar	4.82g
Added Sugar	2.00g**
Protein	38.61g
Vitamin A 9803.75mcg**	Vitamin C 19.76mg**
Calcium 222.80mg	Iron 6.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD TX TST SLCD WHT 3/4IN	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	793350
PEPPERONI SLCD 14-16/Z	8 Each	Ready To Eat	729981
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place 16 pepperoni and 1 oz. of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.

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

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

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	312.50
Fat	11.00g
Saturated Fat	3.38g
Trans Fat	0.00g
Cholesterol	18.75mg
Sodium	695.50mg
Carbohydrates	48.75g
Fiber	2.00g
Total Sugar	4.25g
Added Sugar	2.00g
Protein	10.75g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 175.25mg	Iron 2.18mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Link & Biscuit Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39382
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK BUFFET CRSE 16/#	1 Each	BAKE OR GRILL TO AN INTERNAL TEMP OF 165 DEGREES F.	161100
DOUGH BISC STICK 250-1.25Z RICH	1 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	216.67		
Fat	19.10g		
Saturated Fat	7.67g		
Trans Fat	0.05g		
Cholesterol	21.67mg		
Sodium	313.33mg		
Carbohydrates	13.67g		
Fiber	0.30g		
Total Sugar	1.33g		
Added Sugar	0.00g		
Protein	4.77g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.32mg	Iron	1.62mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39383
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/CHS	1 Each	BAKE Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.	125046

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	208.00
Fat	7.50g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	399.00mg
Carbohydrates	25.00g
Fiber	3.30g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	10.30g
Vitamin A 242.25mcg	Vitamin C 0.99mg
Calcium 122.64mg	Iron 2.01mg

Nutrition - Per 100g

No 100g Conversion Available

BLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39384
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD TX TST SLCD WHT 3/4IN	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	793350
BACON CKD THN SLCD	4 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	313.33
Fat	10.60g
Saturated Fat	2.80g
Trans Fat	0.04g
Cholesterol	13.33mg
Sodium	714.13mg
Carbohydrates	42.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	2.00g
Protein	11.73g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 124.00mg	Iron 2.24mg

Nutrition - Per 100g

No 100g Conversion Available

Eagle Griddle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39386
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
EGG SCRMBD PTY GRLLD	1 Each	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. 10 minutes. Cook frozen product for approx. 20 minutes.	663091

Preparation Instructions

PANCAKE:

READY_TO_EAT

The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.

EGG:

READY_TO_EAT

The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.

For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.

PANCAKES: 2

BACON: 1 SLICE

EGG PATTIE: 1

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	153.33		
Fat	6.90g		
Saturated Fat	1.70g		
Trans Fat	0.01g		
Cholesterol	108.33mg		
Sodium	298.53mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Total Sugar	5.00g		
Added Sugar	2.00g		
Protein	6.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	57.60mg	Iron	0.79mg

Nutrition - Per 100g

No 100g Conversion Available

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39387
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each	Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.	607351

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	0.000
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	300.00		
Fat	13.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	43.00g		
Fiber	3.00g		
Total Sugar	12.00g		
Added Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39403
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrot CHL SHRD WHL 4/5 LB BG- Graves County Schools	1/4 Cup	Ready to eat	16L26
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/4 Cup	Ready to eat	15N66
Tomatoes FR Grape 12/1 PT CO 8 LB CS- Graves County Schools	1/4 Cup	READY_TO_EAT	15P71
CHEESE CHED SHRD	1 Ounce	Ready to Eat	199720
OLIVE RIPE SLCD BLK SPAIN	3 Each	Ready to eat	324531
BACON CKD THN SLCD	1/4 Cup		874124
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	Ready to eat	15D44
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1/4 Cup	Ready to eat	15P30
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	16W37
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	Ready to eat	16W41
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
BACON BITS IMIT	1 Tablespoon	Ready to eat	230904
PEPPERS BAN RING MILD	3 Each	Ready to eat	466220
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1/4 Each	Ready to eat	433153

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	2.000
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	429.46
Fat	20.63g
Saturated Fat	8.73g
Trans Fat	0.02g
Cholesterol	103.33mg
Sodium	929.55mg
Carbohydrates	25.78g
Fiber	7.04g
Total Sugar	6.76g
Added Sugar	1.00g**
Protein	26.15g
Vitamin A 9906.37mcg**	Vitamin C 71.77mg**
Calcium 77.71mg	Iron 4.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Casserole

Servings:	8.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39414
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE LIQUID	12 Tablespoon	READY_TO_EAT This ready-to-use.	266965
CRACKER RITZ	2 Package	Ready To Use	426962
CHIX CKD SHRD WHT IQF	5 Cup	Ready To Use	617760
SOUP CRM OF CHIX	21 Ounce	Ready To Use	695513
SOUR CREAM	1 Cup	Ready To Use	285218

Preparation Instructions

Preheat oven to 350 degrees.

Whisk together sour cream, cream of chicken soup and chicken.

Place mix in greased pan.

Combine crackers and margarine and top casserole with crumb mixture.

Bake for 20- 25 minutes, or until filling is hot and bubbly.

Try an 8 oz spoodle.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.750
Grain	0.063
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: 8.00

Serving Size: 8.00 Serving

Amount Per Serving	
Calories	411.31
Fat	24.62g
Saturated Fat	7.41g
Trans Fat	0.00g
Cholesterol	96.09mg
Sodium	657.75mg
Carbohydrates	10.88g
Fiber	0.00g
Total Sugar	3.44g
Added Sugar	0.00g
Protein	36.19g
Vitamin A 328.13mcg	Vitamin C 0.00mg
Calcium 56.58mg	Iron 0.53mg

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39415
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SAUCE CHS CHED	1 Ounce	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.	271081
BROCCOLI FLORETS IQF 20# P/L	1/2 Cup	Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender. Avoid overcooking for better flavor and color. Season to taste. Marketing Tips	342622

Preparation Instructions

2 bags of butter buds to 24 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 24 pounds.

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

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

CCP: Hold for hot service at 135° F or 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: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	72.31
Fat	4.40g
Saturated Fat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg**
Sodium	237.37mg
Carbohydrates	4.53g
Fiber	1.30g
Total Sugar	1.05g
Added Sugar	0.00g**
Protein	5.15g
Vitamin A 358.24mcg	Vitamin C 29.05mg
Calcium 128.49mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39420
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baked Potato- Graves County Schools	1 Each	BAKE CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher.	15R72

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	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	164.00
Fat	0.19g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.80mg
Carbohydrates	37.30g
Fiber	4.47g
Total Sugar	1.75g
Added Sugar	0.00g
Protein	4.37g
Vitamin A 0.00mcg	Vitamin C 42.00mg
Calcium 25.60mg	Iron 1.72mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Slider Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39428
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	2 Ounce	Heat ham to 165 degrees. Place 1.22 oz. ham and 1/2 slice of cheese on each sister schubert roll. Wrap, place in warmer.	179906
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/4 Ounce	READY_TO_EAT	100018
ROLL PRKRHSE PARBK	1 Each	Ready To Eat	494385
CRACKER GLDFSH CHS	2 Ounce	Ready To Eat	233927
PICKLE SPEAR 400CT +/-25	1 Ounce	Ready To Eat	476897

Preparation Instructions

Heat ham to 165 degrees. Place 1.22 oz. ham and 1/2 slice of cheese on roll. Wrap, place in warmer. Serve 2 sliders.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
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	264.68
Fat	10.60g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	49.62mg
Sodium	1301.74mg
Carbohydrates	27.57g
Fiber	0.00g
Total Sugar	5.25g
Added Sugar	5.00g
Protein	16.26g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.15mg	Iron 1.88mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41495

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE HNYDEW CHNK	1/2 Cup	Ready to eat.	154415

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	0.000
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	35.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	8.00g		
Fiber	0.90g		
Total Sugar	8.00g		
Added Sugar	0.00g		
Protein	0.80g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.21mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41496

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	Ready To Eat	786580
YOGURT DANIMAL VAN N/F	1 Each	Ready To Eat	200612
CANTALOUPE HNYDEW CHNK	1/2 Cup	Ready To Eat	154415
CRACKER CHEEZ-IT WGRAIN	1 Package	Ready To Eat	512342

Preparation Instructions

Container-

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
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	315.00
Fat	10.50g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	470.00mg
Carbohydrates	43.00g
Fiber	2.90g
Total Sugar	19.00g
Added Sugar	5.00g
Protein	13.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.41mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Egg Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41503
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/ W/A	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG SCRMBD LIQ MIX BOIL-IN-BAG	2 Ounce	Thaw to use.	417441
CHEESE CHED SHRD	1/2 Ounce	Ready to eat.	199720

Preparation Instructions

Preheat oven to 350 degrees.

Spray muffin tins with cooking spray.

Place ham slice in each muffin cup and gently press down in the middle until a cup shape forms.

Add 2 ounces of liquid egg.

Sprinkle .5 oz. of cheese on top of liquid egg.

Bake for 20-25 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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 Serving

Amount Per Serving	
Calories	134.00
Fat	9.13g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	190.63mg
Sodium	232.50mg
Carbohydrates	1.63g
Fiber	0.00g
Total Sugar	1.13g
Added Sugar	0.00g
Protein	10.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.50mg	Iron 1.05mg

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41508
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL	1 Cup	Basic Preparation COOKS IN 1 MIN. CAN BE COOKED IN A MICROWAVE OR CAN ON THE STOVE. FOR STOVETOP PREPARATION BRING WATER TO BOIL IN A HEAVY SAUCEPAN, STIR OATS INTO BRISKLY BOILING SALTED WATER. RETURN TO BOIL. REDUCE HEAT. SIMMER 1 MINUTE, STIRRING OCCASIONALLY. TRANSFER TO STEAM TABLE; COVER. SERVE IMMEDIATELY.	240869

Preparation Instructions

Set up oatmeal bar to include the following toppings.

Banana- 686503

Diced Strawberries- 621420- 2 oz.

Blueberries-119873- 2 oz.

Raisins- 105686- 2 oz.

Brown Sugar- 846775- 1 Tablespoon

Mini Chocolate Chips- 874525- 1 Tablespoon

Granola-711664- 1 Tablespoon

Black Bowl- 146633

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	300.00		
Fat	5.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	54.00g		
Fiber	8.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.20mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41510
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	2 7/13 Ounce	From frozen state fry at 360 degrees until it reaches 165 degrees.	265632
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
BACON CKD THN SLCD	1 Slice	Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.	874124
PORK CRMBL CKD 45/Z W/TVP 2-5# BURK	1 Ounce	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	461830
Peppered Gravy	1 Serving	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher. 2 ounce spoodle	R-8888
Shredded Cheese	1 Serving	Ready to serve. Another option- 150250 CCP: Hold for cold service at 41° F or lower.	R-9246

Preparation Instructions

Bacon-

Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.

Potato round coins-

From frozen state fry at 360 degrees until it reaches 165 degrees.

Scrambled Egg-

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes

CONVENTIONAL OVEN - 300 F Thawed: 30-35 minutes Frozen: 35-40 minutes

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

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

Meal Components

Amount Per Serving

<hr/>	
Meat/Meat Alternate	3.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<hr/>	
Amount Per Serving	
<hr/>	
Calories	679.07
Fat	45.64g
Saturated Fat	18.68g
Trans Fat	0.03g
Cholesterol	259.33mg
Sodium	2109.53mg
Carbohydrates	31.71g
Fiber	6.69g
Total Sugar	5.31g
Added Sugar	2.00g
Protein	32.73g
<hr/>	
Vitamin A 200.00mcg	Vitamin C 0.54mg
Calcium 133.31mg	Iron 3.25mg

Nutrition - Per 100g

No 100g Conversion Available

Eagle Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41516
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/ W/A	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG OMELET CHS COLBY	1 Each	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. 10 minutes. Cook frozen product for approx. 20 minutes.	554470
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.040
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	247.50
Fat	9.13g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	168.13mg
Sodium	502.50mg
Carbohydrates	26.13g
Fiber	1.00g
Total Sugar	1.13g
Added Sugar	0.00g
Protein	13.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 176.00mg	Iron 2.45mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41524
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	4 Ounce	Ready to Eat	499989

Preparation Instructions

Set up yogurt bar to include the following toppings.

Students will choose strawberry or vanilla.

Vanilla Yogurt- 499989

Banana- 686503

Diced Strawberries- 630480- 2 oz.

Blueberries-119873- 2 oz.

Raisins- 105686- 2 oz.

Mini Chocolate Chips- 583103- 1 Tablespoon

Clear 9 oz.- 792220

Lid- 792201

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	89.55
Fat	0.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	74.63mg
Carbohydrates	16.42g
Fiber	0.00g
Total Sugar	10.45g
Added Sugar	5.97g
Protein	4.48g
Vitamin A 119.40mcg	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Granola

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41631
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671

Preparation Instructions

Use 1 oz. souffle and lid.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	85.82		
Fat	0.93g		
Saturated Fat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.94mg		
Carbohydrates	18.66g		
Fiber	1.12g		
Total Sugar	7.84g		
Added Sugar	7.84g		
Protein	1.87g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.93mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available

Ham, Turkey and Cheese Sub Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	1 Ounce	GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.	179906
TURKEY BRST SLCD WHT 1/2Z	2 Slice	Thaw and serve.	244190
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
BLUEBERRY	1/6 Cup	Ready to eat.	451690
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/6 Cup	Ready to eat.	17W87
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
Grapes Red SDLS US #1/18 LB CS- Graves County Schools	1/6 Cup	READY_TO_EAT	14P36

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.917
Grain	3.000
Fruit	0.510
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	404.85
Fat	18.60g
Saturated Fat	3.85g
Trans Fat	0.00g
Cholesterol	44.17mg
Sodium	985.94mg
Carbohydrates	56.10g
Fiber	5.13g
Total Sugar	13.22g
Added Sugar	4.00g
Protein	36.86g
Vitamin A 33.48mcg	Vitamin C 16.84mg
Calcium 174.64mg	Iron 3.44mg

Nutrition - Per 100g

No 100g Conversion Available

Beef & Cheese Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK STIX BF SAUSAGE IW	2 Each	Ready to eat.	565850
CHEESE STRING MOZZ	2 Ounce	Ready to eat.	347211
EGG HARD CKD PLD	1 Each	READY_TO_EAT Product is fully cooked and ready to eat. Do not heat.	219160
CRACKER CHEEZ-IT WGRAIN	1 Package	Ready to eat.	512342
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/6 Cup	READY_TO_EAT	17W87
BLUEBERRY	1/6 Cup	Ready to eat.	451690
GRAPES RED SDLSS	1/6 Cup		197831

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.500
Grain	1.500
Fruit	0.510
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	501.30
Fat	33.49g
Saturated Fat	12.53g
Trans Fat	0.00g
Cholesterol	230.00mg
Sodium	845.82mg
Carbohydrates	29.44g
Fiber	3.35g
Total Sugar	8.28g
Added Sugar	0.00g**
Protein	47.69g
Vitamin A 45.04mcg**	Vitamin C 17.98mg**
Calcium 561.42mg	Iron 8.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chipotle Ranch Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41696
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CHIPOTLE	2 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741

Preparation Instructions

READY_TO_SERVE

CCP: Store at 50°F - 70°F.

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: 2.00 Tablespoon

Amount Per Serving			
Calories	150.00		
Fat	16.00g		
Saturated Fat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41698
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1/4 Cup	Drain and serve	610372

Preparation Instructions

Drain and serve.

CCP: Store at 50°F - 70°F.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.00g		
Fiber	0.50g		
Total Sugar	8.50g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.50mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ranch Sauce Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41699
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CUP	1 Each	Ready to serve.	353536

Preparation Instructions

Ready to serve.

CCP: Store at 50°F - 70°F.

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 Each

Amount Per Serving			
Calories	70.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	120.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Butter

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41700
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 10X 12-2 PION	7 Cup		859740
STRAWBERRY SMALL DCD 1/2IN IQF	2 Cup	Thaw and serve.	630480
MARGARINE BTR BLND EURO ZT	7 Cup	READY_TO_EAT Ready to use.	653862

Preparation Instructions

Cup- 795910

Lid- 518021

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: 100.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	146.50		
Fat	7.84g		
Saturated Fat	2.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.60mg		
Carbohydrates	17.02g		
Fiber	0.06g		
Total Sugar	16.38g		
Added Sugar	16.24g		
Protein	0.02g		
Vitamin A	0.27mcg	Vitamin C	1.33mg
Calcium	2.38mg	Iron	0.02mg

Nutrition - Per 100g

Calories	516.76		
Fat	27.65g		
Saturated Fat	9.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	217.29mg		
Carbohydrates	60.04g		
Fiber	0.21g		
Total Sugar	57.78g		
Added Sugar	57.28g		
Protein	0.06g		
Vitamin A	0.96mcg	Vitamin C	4.70mg
Calcium	8.40mg	Iron	0.08mg

Blue Raspberry Lemon Sidekick

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41703
School:	Central Elementary School		

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	23.00g
Fiber	0.00g
Total Sugar	21.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 180.00mcg	Vitamin C 60.00mg
Calcium 90.00mg	Iron 1.40mg

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41705
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI	10 Each	Keep frozen until ready to prepare. Preheat oven to 375 degrees F. Spray bottom and sides of full steam table pan with non-stick cooking spray. Pour 3 cups sauce in the pan and cover the bottom. Empty the total contents of 1 bag of frozen ravioli and cover with 5 cups of sauce. Toss ravioli and sauce together so ravioli are sufficiently covered. Bake for 50 minutes or until reaching internal temperature of 165 degrees F for at least 15 seconds.	323457
SAUCE MARINARA A/P	1/2 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	592714

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	130.00
Fat	2.70g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	24.00mg
Sodium	498.00mg
Carbohydrates	20.80g
Fiber	2.80g
Total Sugar	6.60g
Added Sugar	0.00g
Protein	7.60g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 61.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parmesan Cheese

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41706
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM PKT	1 Each	Ready to eat.	254959

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	0.000
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	15.00		
Fat	1.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	55.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
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

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41744
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD DILL CKD	1 Each	Cook from frozen state. Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	627323
SAUCE MARINARA A/P	1 Tablespoon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
CHEESE PARM SHVD	2 Ounce	Ready to eat.	140560
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready To Eat	266546

Preparation Instructions

Hamburger Bun-

Ready to Eat

Dill Flavored Chicken

Cook from frozen state.

Conventional Oven: Heat 14-16 minutes at 375 F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375 F. Turn after 6 minutes.

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

CCP: Hold for hot service at 135° F 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 Serving

Amount Per Serving	
Calories	596.15
Fat	25.99g
Saturated Fat	12.00g
Trans Fat	0.00g
Cholesterol	113.00mg
Sodium	1467.55mg
Carbohydrates	41.00g
Fiber	4.45g
Total Sugar	6.63g
Added Sugar	3.00g
Protein	44.55g
Vitamin A 59.54mcg	Vitamin C 0.01mg
Calcium 595.40mg	Iron 4.06mg

Nutrition - Per 100g

No 100g Conversion Available

Eagle Supreme Nacho Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41751
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 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
CHIX BRST STRP FAJT GRLLD	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave 4 1 2 - 5 1 2 minutes on high setting from frozen. UNPREPARED	481858
PORK PULLED BBQ LO SOD	2 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.	498702

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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 Serving

Amount Per Serving	
Calories	301.42
Fat	14.32g
Saturated Fat	4.80g
Trans Fat	0.00g
Cholesterol	96.95mg
Sodium	656.58mg
Carbohydrates	12.99g
Fiber	1.26g
Total Sugar	9.93g
Added Sugar	0.67g
Protein	29.87g
Vitamin A 825.00mcg	Vitamin C 0.00mg
Calcium 201.72mg	Iron 2.83mg

Nutrition - Per 100g

No 100g Conversion Available

Alfredo Pasta Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41757
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	4 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.	491074
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place cooked pasta into foil pans top with parmesan and mozzarella cheese.

Bake at 350 degrees for 5-10 minutes.

Pan- 195361 or 361180

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	228.00
Fat	10.02g
Saturated Fat	5.87g
Trans Fat	0.04g
Cholesterol	28.42mg
Sodium	527.54mg
Carbohydrates	20.92g
Fiber	0.07g
Total Sugar	5.58g
Added Sugar	0.00g
Protein	13.13g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 324.79mg	Iron 0.84mg

Nutrition - Per 100g

No 100g Conversion Available

Rotini Pasta Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41758
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	4 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.	728590
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place cooked pasta into foil pans top with parmesan and mozzarella cheese.

Bake at 350 degrees for 5-10 minutes.

Pan- 195361 or 361180

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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	205.65
Fat	10.29g
Saturated Fat	4.28g
Trans Fat	0.54g
Cholesterol	32.78mg
Sodium	299.89mg
Carbohydrates	14.77g
Fiber	1.61g
Total Sugar	3.48g
Added Sugar	0.54g
Protein	12.22g
Vitamin A 329.57mcg	Vitamin C 12.37mg
Calcium 84.47mg	Iron 1.61mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41762
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHVD	1/4 Ounce	Ready to eat.	140560
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	2 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
TORTILLA FLOUR ULTRGR 8IN	1 Each	Ready to eat.	882700
DRESSING CAESAR REGAL	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	726079

Preparation Instructions

Cook Chicken Strips

Place 2 strips on tortilla.

Top with .25 oz of parmesan cheese.

Top with with 1 tablespoon of caesar dressing.

Roll wrap and cut on the diagonal.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.333
Grain	2.167
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	409.17
Fat	18.67g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	52.08mg
Sodium	648.67mg
Carbohydrates	39.83g
Fiber	5.33g
Total Sugar	2.00g
Added Sugar	0.00g**
Protein	22.42g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 139.33mg	Iron 3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41764
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD	1 Tablespoon	Ready to eat.	293962
SAUCE CHS QUESO BLANCO FZ	1/2 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.	722110
CHIX CKD SHRD WHT IQF	1 1/2 Ounce	READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)	617760
TORTILLA FLOUR ULTRGR 8IN	1 Each	Ready to eat.	882700
CHEESE CHED SHRD	1/2 Ounce	Ready to eat.	199720

Preparation Instructions

Portion chicken in the center of 8" tortillas.

Top with refried beans, queso cheese and shredded cheese.

Roll tortillas leaving ends open.

Bake in a 350°F oven until cheese is melted.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.063
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	333.05
Fat	12.70g
Saturated Fat	7.51g
Trans Fat	0.00g
Cholesterol	48.75mg
Sodium	433.98mg
Carbohydrates	33.13g
Fiber	4.78g
Total Sugar	2.13g
Added Sugar	0.00g
Protein	24.18g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 104.87mg	Iron 2.43mg

Nutrition - Per 100g

No 100g Conversion Available

French Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41765
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN HNY PKT	1 Each		266515

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	0.000
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	190.00		
Fat	15.00g		
Saturated Fat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Total Sugar	12.00g		
Added Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast Sticks & Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43857

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	BAKE Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
FRENCH TST STIX WGRAIN	3 Each	BAKE Preheat oven to 350F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 15 minutes	548732

Preparation Instructions

BAKE

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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 Each

Amount Per Serving	
Calories	216.67
Fat	7.80g
Saturated Fat	2.40g
Trans Fat	0.02g
Cholesterol	131.67mg
Sodium	467.07mg
Carbohydrates	25.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	5.00g
Protein	10.87g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.73mg

Nutrition - Per 100g

No 100g Conversion Available

Mixed Berry Scone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43919

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH SCONE MXD BRY WGRAIN 2.5Z	1 Each	Prepare from frozen. Place scones on full sheet pan lined with parchment paper. Bake in rack oven for 14 to 18 minutes at 350 degrees F. Bake in conventional oven for 24 to 30 minutes at 400 degrees F.	319296

Preparation Instructions

Place scones on full sheet pan lined with parchment paper. Bake in rack oven for 14 to 18 minutes at 350 degrees F. Bake in conventional oven for 24 to 30 minutes at 400 degrees F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	324.90
Fat	10.70g
Saturated Fat	5.10g
Trans Fat	0.11g
Cholesterol	23.00mg
Sodium	359.90mg
Carbohydrates	52.00g
Fiber	4.50g
Total Sugar	18.00g
Added Sugar	14.00g
Protein	5.20g
Vitamin A 10.81mcg	Vitamin C 4.58mg
Calcium 25.86mg	Iron 1.97mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	Thaw and serve. If desired, can be toasted or baked.	266547
EGG OMELET CHS COLBY	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	240080

Preparation Instructions

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

Thaw and serve. If desired, can be toasted or baked.

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

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

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	171.52
Fat	13.86g
Saturated Fat	4.90g
Trans Fat	0.02g
Cholesterol	171.67mg
Sodium	475.25mg
Carbohydrates	1.97g
Fiber	0.12g
Total Sugar	0.12g
Added Sugar	0.12g
Protein	10.05g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 84.82mg	Iron 1.18mg

Nutrition - Per 100g

No 100g Conversion Available

Biscuit & Sausage Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	BAKE- Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
GRAVY MIX PEPR DRY	1 Tablespoon	Slowly add 24 ounces dry mix to 1 gallon of hot water (180-200 degrees F). While mixing with a wire whip. Mix until smooth. Cover and let stand 10 minutes.	701450
PORK CRMBL CKD 45/Z W/TVP 2-5# BURK	2 Ounce	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	461830

Preparation Instructions

Biscuit

BAKE- Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Gravy

Slowly add 24 ounces dry mix to 1 gallon of hot water (180-200 degrees F). While mixing with a wire whip. Mix until smooth. Cover and let stand 10 minutes.

Sausage

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	809.83
Fat	49.90g
Saturated Fat	20.05g
Trans Fat	0.04g
Cholesterol	72.00mg
Sodium	2959.97mg
Carbohydrates	53.51g
Fiber	11.00g
Total Sugar	11.75g
Added Sugar	5.00g
Protein	40.20g
Vitamin A 400.00mcg	Vitamin C 1.08mg
Calcium 394.62mg	Iron 6.86mg

Nutrition - Per 100g

No 100g Conversion Available

Apple Juice Box

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100	1 Each	Ready to drink	581193

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	13.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ultimate Breakfast Round

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR IW	1 Each	Basic Preparation READY TO SERVE ONCE THAWED Thawing Instructions CAN BE THAWED AT ROOM TEMPERATURE	129001

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	306.60
Fat	9.50g
Saturated Fat	3.20g
Trans Fat	0.10g
Cholesterol	7.00mg
Sodium	207.30mg
Carbohydrates	50.00g
Fiber	5.40g
Total Sugar	21.00g
Added Sugar	20.00g
Protein	5.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.99mg	Iron 1.81mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.	533034
TORTILLA FLOUR 6IN	1 Each	Ready to serve.	713320

Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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 Serving

Amount Per Serving	
Calories	260.00
Fat	15.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	255.00mg
Sodium	580.00mg
Carbohydrates	15.50g
Fiber	0.00g
Total Sugar	2.50g
Added Sugar	1.00g
Protein	14.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 112.00mg	Iron 2.08mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Stuffer

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET BKFST TKY HAM CHS IW	1 Each	Basic Preparation Cook in oven for 7-9 minutes in a 350 degrees F convection oven. Cook to an internal temperature of 165 degrees F as measured by a food thermometer. Let stand for 2 minutes. Thawing Instructions Thaw under refrigeration.	994657

Preparation Instructions

Basic Preparation

Cook in oven for 7-9 minutes in a 350 degrees F convection oven. Cook to an internal temperature of 165 degrees F as measured by a food thermometer. Let stand for 2 minutes.

Thawing Instructions

Thaw under refrigeration.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	160.00
Fat	5.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	330.00mg
Carbohydrates	22.00g
Fiber	0.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 69.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Apple Cinnamon Texas Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43929
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW	1 Slice	Basic Preparation BAKE AT 350 DEGREES F IN A CONVECTION OVEN FOR 5-7 MINUTES. CAN ALSO BE WARMED IN A WARMING UNIT, OR SERVED AT ROOM TEMPERATURE. Thawing Instructions PREPARE FROM FROZEN STATE	152504

Preparation Instructions

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

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

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	0.000
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	260.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Total Sugar	17.00g		
Added Sugar	13.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	53.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich w/Potato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43935
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL	2 Ounce	Place 4 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.	334450
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice	Thaw to serve.	266547
SOUP POTATO CHOPHOUSE	4 Ounce	Basic Preparation HEAT SOUP TO 160 DEGREES Thawing Instructions READY TO COOK	155111

Preparation Instructions

Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.

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

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

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	344.85
Fat	26.06g
Saturated Fat	14.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	1038.18mg
Carbohydrates	14.97g
Fiber	0.62g
Total Sugar	4.12g
Added Sugar	0.12g
Protein	12.68g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 363.82mg	Iron 0.31mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Chicken Enchilada Soup

Servings:	35.00	Category:	Entree
Serving Size:	5.20 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43959
School:	Fancy Farm Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POU6-106Z LOL	106 Ounce		310744
CHIX CKD SHRD WHT IQF	42 Ounce		617760
BROTH CHIX	24 Ounce		264865
CORN SUPER SWT	9 Ounce		358991

Preparation Instructions

PREPARATION

STEP 1

Combine all ingredients in deep full hotel pan; cover. Heat to 165°F for 15 seconds. Hold warm until service.

CCP: Maintain hot food at 140°F or above

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

STEP 2

When ready for service, use level #6 scoop to portion into desired serving container.

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	0.380

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 5.20 Serving

Amount Per Serving	
Calories	1354.31
Fat	90.86g
Saturated Fat	48.50g
Trans Fat	0.00g
Cholesterol	263.49mg
Sodium	8189.28mg
Carbohydrates	44.71g
Fiber	0.14g
Total Sugar	6.16g
Added Sugar	0.68g
Protein	71.78g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 1971.45mg	Iron 0.14mg

Nutrition - Per 100g

No 100g Conversion Available

Street Corn

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43964
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6- 106Z LOL	53 Ounce	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
CORN FLME RSTD W/JALAP	42 Ounce	Skillet: Heat 2 tablespoons oil in a large skillet on medium-high heat. Add half a bag of product and cover for 6-8 minutes, stirring frequently. Microwave: Microwave half bag of product on high for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. Convection: Bake vegetables at 350 degrees F for 8-13 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time. Thawing Instructions None	853921
Tajin Seasoning	1 Tablespoon	Ready to use.	958969

Preparation Instructions

PREPARATION

STEP 1

Combine Ultimate Creamy White™ Cheese Sauce and seasoning in 4-inch-deep full steam table pan.

Fold corn blend into sauce. Cover.

Heat in steamer or bake in 350°F convection oven until heated through to 165°F for 15 seconds.

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

Garnish with additional seasoning, if desired.

4 Ounce Spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	95.75		
Fat	5.71g		
Saturated Fat	2.97g		
Trans Fat	0.00g		
Cholesterol	13.95mg		
Sodium	250.10mg		
Carbohydrates	7.40g		
Fiber	1.06g		
Total Sugar	2.82g		
Added Sugar	1.06g		
Protein	4.78g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	86.47mg	Iron	0.18mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Mashed Potato Bowl

Servings:	40.00	Category:	Entree
Serving Size:	9.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44027
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	10 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	106 Ounce	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
CHIX PCORN LRG WGRAIN CKD	5 1/3 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CORN CUT IQF	20 Ounce		283730
CHEESE CHED SHRD	20 Ounce	Ready to eat.	199720

Preparation Instructions

Prepare mashed potatoes according to the manufacturer's instructions. Hold warm until service.

Heat Ultimate Creamy White™ Cheese Sauce until temperature reaches 165°F for 15 seconds. Hold warm until service.

Place chicken onto sheet pan; bake at 325°F until internal temperature reaches 165°F. Hold warm until service.

Steam corn until internal temperature reaches 150°F. Hold warm until service.

To serve, portion 1/4 cup (#16 scoop) mashed potatoes into the serving dish. Top with 2 ounces of breaded chicken and 1/2 cup (#8 scoop) corn. Ladle 2 ounces (#16 scoop) cheese sauce over top. Sprinkle with 1/2 ounce Cheddar cheese.

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

CCP: Maintain hot food at 140°F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.602
Grain	0.496
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: 40.00

Serving Size: 9.00 Serving

Amount Per Serving	
Calories	374.70
Fat	12.55g
Saturated Fat	5.15g
Trans Fat	0.00g
Cholesterol	53.01mg
Sodium	397.11mg
Carbohydrates	47.75g
Fiber	5.49g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	18.30g
Vitamin A 99.14mcg	Vitamin C 0.00mg
Calcium 43.85mg	Iron 1.41mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Swiss Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44045
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD WGRAIN CKD 2Z 4-5#	2 Each	Cook until internal temperature reaches 165 degrees	747611
ROLL YEAST WHEAT	2 Each	Thaw to serve.	112401
CHEESE SWS 160CT SLCD PROC	1 Slice	Place 1/2 of slice of cheese on each slider.	164348
BACON CKD THN SLCD	1 Slice		874124

Preparation Instructions

Chicken

Cook 14-16 minutes at 375. Turn product after 6 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.500
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: 2.00 Serving

Amount Per Serving	
Calories	573.33
Fat	22.40g
Saturated Fat	6.20g
Trans Fat	0.01g
Cholesterol	95.83mg
Sodium	1203.53mg
Carbohydrates	61.00g
Fiber	8.00g
Total Sugar	10.50g
Added Sugar	8.00g
Protein	31.93g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 122.50mg	Iron 4.62mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44081
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAMCHS WGRAIN IW	1 Each	Basic Preparation Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes. Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes. Thawing Instructions Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.	672642

Preparation Instructions

Basic Preparation

Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes.

Thawing Instructions

Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.

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	186.20
Fat	4.20g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	392.20mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	10.60g
Vitamin A 121.85mcg	Vitamin C 0.00mg
Calcium 105.20mg	Iron 1.85mg

Nutrition - Per 100g

No 100g Conversion Available

Cranberry Sauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44082
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY SAUCE JELLIED	1/2 Cup		164740

Preparation Instructions

Ready to eat.

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	220.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	56.00g		
Fiber	2.00g		
Total Sugar	48.00g		
Added Sugar	46.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Beef Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	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.	722330
SHELL TACO CORN WGRAIN 5IN	2 Each	PRODUCT IS SHELF STABLE AND READY TO USE. BEST SERVED WARM. HEATING INSTRUCTIONS ARE TO HEAT SHELLS IN A DRY HEAT CABINET FOR 30 MINUTES AT 170°F PRIOR TO FILLINGS	714350

Preparation Instructions

2 oz. Taco Filling per 1 Tortilla Shell.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.524
Grain	0.840
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: 2.00 Each

Amount Per Serving			
Calories	243.85		
Fat	10.98g		
Saturated Fat	2.94g		
Trans Fat	0.00g		
Cholesterol	42.90mg		
Sodium	373.50mg		
Carbohydrates	19.64g		
Fiber	3.86g		
Total Sugar	2.52g		
Added Sugar	0.00g		
Protein	17.74g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.12mg	Iron	1.26mg

Nutrition - Per 100g

No 100g Conversion Available

Trix Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46307
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S CUP	1 Each	Ready to eat.	383189

Preparation Instructions

Ready-To-Eat

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	220.00
Fat	3.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	47.00g
Fiber	3.00g
Total Sugar	12.00g
Added Sugar	12.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 160.00mg	Iron 4.90mg

Nutrition - Per 100g

No 100g Conversion Available

Jammer- SM

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46308
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR JAM WGRAIN IW	1 Each		630302

Preparation Instructions

Thaw and serve.

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

Meal Components

Amount Per Serving

Component	Amount
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	14.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	28.00g
Fiber	4.00g
Total Sugar	12.00g
Added Sugar	10.00g
Protein	9.00g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	121.00mg
Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable- SM

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46309
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	527462

Preparation Instructions

Thaw 60 minutes. Serve within 8-10 hours for optimal freshness. Do not microwave.

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

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: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46371
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5IN WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 27 to 29 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	605911

Preparation Instructions

Thawing Instructions

Cook from frozen.

Basic Preparation

Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
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	310.00
Fat	13.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	510.00mg
Carbohydrates	31.00g
Fiber	3.00g
Total Sugar	8.00g
Added Sugar	1.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.20mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46372
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	2 Cup	READY_TO_EAT	15D44
CHEESE PARM SHVD	1 Ounce	Ready To Eat	140560
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	3 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Container Number- 108301

Place romaine lettuce in the clear container. Place chicken and parmesan on top of romaine lettuce. Place two breadsticks on top of the salad.

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

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	465.98
Fat	19.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1127.52mg
Carbohydrates	35.10g
Fiber	4.00g
Total Sugar	3.12g
Added Sugar	2.00g**
Protein	36.16g
Vitamin A 8180.00mcg**	Vitamin C 3.76mg**
Calcium 335.00mg	Iron 4.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Slider Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46397
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/4 Ounce	READY_TO_EAT	100018
ROLL PRKRHSE PARBK	1 Each	Ready To Eat	494385
CRACKER GLDFSH CHS	2 Ounce	Ready To Eat	233927
PICKLE SPEAR 400CT +/-25	1 Ounce	Ready To Eat	476897
TURKEY BRST SLCD WHT 1/2Z	1 Slice	Ready to eat.	244190

Preparation Instructions

Heat ham to 165 degrees. Place 1.22 oz. turkey and 1/2 slice of cheese on roll. Serve 2 sliders.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.583
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
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	216.34
Fat	8.02g
Saturated Fat	2.92g
Trans Fat	0.00g
Cholesterol	23.79mg
Sodium	690.08mg
Carbohydrates	27.57g
Fiber	0.00g
Total Sugar	5.25g
Added Sugar	5.00g
Protein	9.09g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.15mg	Iron 1.47mg

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46403
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

Preparation Instructions

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary. Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes.

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

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

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	380.00
Fat	19.00g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	730.00mg
Carbohydrates	33.00g
Fiber	3.00g
Total Sugar	8.00g
Added Sugar	2.00g
Protein	20.00g
Vitamin A 70.00mcg	Vitamin C 0.00mg
Calcium 330.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fettuccini Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46404
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	3 2/3 Ounce	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.	155661
PASTA FETT 20IN	2 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	201270

Preparation Instructions

Alfredo

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.

Pasta

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

Alfredo- 4 oz spoodle

Pasta- 8 oz. spoodle

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

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

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: 8.00 Serving

Amount Per Serving	
Calories	384.00
Fat	12.20g
Saturated Fat	6.40g
Trans Fat	0.06g
Cholesterol	36.00mg
Sodium	760.40mg
Carbohydrates	50.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	18.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 380.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Frosted Flakes Cereal- LG

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48863
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS MULTIGR 60CT KELL	1 Each	Ready to Eat	393934

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	3.56		
Fat	0.00g**		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.93mg		
Carbohydrates	0.86g		
Fiber	0.08g		
Total Sugar	0.22g		
Added Sugar	0.22g		
Protein	0.08g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.17mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48865
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Confetti Pancakes	1 Each	Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Microwave: Place 1 pouch, picture side up, on a microwave-safe dish. Heat on high for 45 seconds. Pull pouch apart carefully to remove heated product	395303

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on a baking sheet. Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on a baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Microwave: Place 1 pouch, picture side up, on a microwave-safe dish. Heat on high for 45 seconds. Pull the pouch apart carefully to remove the heated product

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	200.00
Fat	7.30g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	6.00g
Total Sugar	11.00g
Added Sugar	11.00g
Protein	4.00g
Vitamin A 209.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available

1% Strawberry Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Strawberry Milk	1	READY_TO_DRINK	13877

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	0.000
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	140.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	100.00mg
Carbohydrates	22.00g
Fiber	0.00g
Total Sugar	23.00g
Added Sugar	0.00g**
Protein	8.00g
Vitamin A 15.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ketchup Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49135
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP FCY LO SOD 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	117905

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	0.000
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	25.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Total Sugar	6.00g		
Added Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe & Honey Dew

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CANTALOUPE HNYDEW CHNK	1 Cup		838411

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.800
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: 0.50 Cup

Amount Per Serving			
Calories	96.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	25.60g		
Fiber	1.60g		
Total Sugar	24.00g		
Added Sugar	0.00g		
Protein	1.60g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.40mg	Iron	0.58mg

Nutrition - Per 100g

No 100g Conversion Available

Plums

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49210
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PLUM 40-60CT	1 Each	Ready To Eat	164178

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	30.40
Fat	0.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	8.00g
Fiber	0.90g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 227.70mcg	Vitamin C 6.27mg
Calcium 3.96mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available

Smart Mouth- Personal Pan Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49238

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smart Mouth- Personal Pepperoni Pizza	1 Each	BAKE	07013552520105077

Preparation Instructions

- 1 Crust
- 1/2 oz Sauce
- 3 oz Spoodle Cheese (1.6 oz)
- 8 Slices Pepperoni

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	410.00
Fat	170.00g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	750.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	4.00g
Added Sugar	0.00g**
Protein	21.00g
Vitamin A 60.00mcg	Vitamin C 4.00mg
Calcium 35.00mg	Iron 15.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smart Mouth- Personal Pan Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smart Mouth- Personal Pan Cheese Pizza	1 Each	BAKE	070135105077

Preparation Instructions

- 1 Crust
- 1/2 oz. Sauce
- 4 oz. Spoodle Cheese (2 oz.)

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	390.00
Fat	18.00g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	650.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	4.00g
Added Sugar	0.00g**
Protein	21.00g
Vitamin A 70.00mcg	Vitamin C 4.00mg
Calcium 45.00mg	Iron 15.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50786
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN TST CRUNCH FZ	1 Serving		516700

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	300.00		
Fat	11.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	260.00mg		
Carbohydrates	50.00g		
Fiber	7.00g		
Total Sugar	21.00g		
Added Sugar	20.00g		
Protein	4.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Trix Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50789
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN TRIX FZ	1 Each		516703

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	10.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	260.00mg		
Carbohydrates	50.00g		
Fiber	7.00g		
Total Sugar	20.00g		
Added Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Turkey and Cheese Wrap Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50790
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	1 Ounce	GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.	179906
TURKEY BRST SLCD WHT 1/2Z	2 Slice	Thaw and serve.	244190
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
BLUEBERRY	1/6 Cup	Ready to eat.	451690
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/6 Cup	Ready to eat.	17W87
TORTILLA FLOUR 8IN	1 Each	Ready to eat.	713330

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.917
Grain	2.250
Fruit	0.340
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	347.17
Fat	19.06g
Saturated Fat	4.84g
Trans Fat	0.00g
Cholesterol	44.17mg
Sodium	1025.26mg
Carbohydrates	43.45g
Fiber	4.11g
Total Sugar	6.25g
Added Sugar	1.00g
Protein	34.67g
Vitamin A 16.48mcg	Vitamin C 16.84mg
Calcium 147.92mg	Iron 2.35mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Ranch Dressing- LG

Servings:	64.00	Category:	Condiments or Other
Serving Size:	4.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50791
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	3 1/5 Ounce		192716
1% White Milk- Graves County Schools	1/2 Gallon	READY_TO_DRINK	4752
MAYONNAISE	1/2 Gallon	READY_TO_EAT This ready-to-use mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	631411

Preparation Instructions

- 1- 3.2 oz Hidden Valley Ranch Packet
- 8- Cups (1/2 Pints or 8 oz.) Prairie Farms- 4752
- 8- Cups of Mayonnaise
- Serving- 4 Tablespoons

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: 64.00

Serving Size: 4.00 Tablespoon

Amount Per Serving	
Calories	212.31
Fat	22.29g
Saturated Fat	4.18g
Trans Fat	0.00g
Cholesterol	21.86mg
Sodium	282.90mg
Carbohydrates	3.37g
Fiber	0.00g
Total Sugar	1.38g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 18.75mcg	Vitamin C 0.00mg
Calcium 39.27mg	Iron 0.05mg

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Macaroni Bites

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50873
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BITE MAC CHS WGRAIN	4 Each	<p>Handling Instructions: Cooking Instructions:</p> <ul style="list-style-type: none">• For food safety, quality, and thorough cooking, please follow the instructions below.• Keep frozen until ready to prepare.• Product is not ready to eat until fully cooked to an internal temperature of 155°F for 15 seconds. <p>Due to differences in appliances, cooking times may vary and require adjustment.</p> <p>Caution-Product will be hot!</p> <p>CONVECTION OVEN:</p> <ul style="list-style-type: none">• Preheat oven to 350° F.• Arrange product in a single layer on baking sheet.• Bake for 10 minutes (1 full bag).• If baking more than one tray, longer cooking times may be required. <p>CONVENTIONAL OVEN:</p> <ul style="list-style-type: none">• Preheat oven to 450° F.• Arrange product in a single layer on baking sheet and place on middle rack of oven.• Bake for 14 minutes (half of 1 bag).	500572

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.800
Grain	1.600
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 Each

Amount Per Serving	
Calories	1018.80
Fat	50.40g
Saturated Fat	22.80g
Trans Fat	1.64g
Cholesterol	116.00mg
Sodium	1724.80mg
Carbohydrates	84.00g
Fiber	8.80g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	56.40g
Vitamin A 85.44mcg	Vitamin C 1.68mg
Calcium 1359.24mg	Iron 3.88mg

Nutrition - Per 100g

No 100g Conversion Available

Chili w/Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50882
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Ounce	Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.	100018
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice	Thaw and serve	266547
HOMEMADE CHILI MAC	4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	

Preparation Instructions

Place 2 slices of cheese between 2 pieces of bread. Butter spray both sides of sandwich. Place on baking pan, bake 350 degrees for 10 minutes or until golden brown.

Chili- KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	114.85
Fat	9.06g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	278.18mg
Carbohydrates	2.97g
Fiber	0.12g
Total Sugar	1.12g
Added Sugar	0.12g
Protein	5.18g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 1.82mg	Iron 0.06mg

Nutrition - Per 100g

No 100g Conversion Available

Cornbread Poppers

Servings:	1.00	Category:	Grain
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50895
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each	Bake to cook.	963499

Preparation Instructions

Bake to cook.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
Calories	154.25		
Fat	7.55g		
Saturated Fat	3.40g		
Trans Fat	0.07g		
Cholesterol	8.00mg		
Sodium	203.80mg		
Carbohydrates	19.50g		
Fiber	1.40g		
Total Sugar	4.50g		
Added Sugar	2.00g		
Protein	2.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.83mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Nachos

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50898
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT GRLLD	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 15 - 18 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 4 - 6 minutes at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave 4 1 2 - 5 1 2 minutes on high setting from frozen. UNPREPARED	481858

Preparation Instructions

Bake the chicken at 375 degrees for 8-10 minutes or until 165 degrees. Mix pulled chicken with queso sauce and place in the warmer. The recipe from Parsley Marketing stated the recipe made 60 servings.

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

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

Use a 3 oz. spoodle.

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: 3.00 Ounce

Amount Per Serving	
Calories	120.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	141.10
Fat	4.70g
Saturated Fat	1.18g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	623.17mg
Carbohydrates	2.35g
Fiber	0.00g
Total Sugar	1.18g
Added Sugar	1.18g
Protein	22.34g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 235.16mg	Iron 1.18mg

Smart Mouth- Personal Pan Buffalo Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50922
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smart Mouth- Personal Pan Buffalo Chicken Pizza	1 Serving	BAKE	

Preparation Instructions

No Preparation Instructions available.

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	390.00		
Fat	16.00g		
Saturated Fat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	770.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Total Sugar	4.00g		
Added Sugar	0.00g		
Protein	26.00g		
Vitamin A	8.00mcg	Vitamin C	4.00mg
Calcium	35.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Churro & Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHURRO W/CINN SGR	1 Each	Thaw at room temperature for 30 minutes. Commercial convection oven: 350 degrees F for 3-5 minutes. Rack Oven: 350 degrees F for 8-11 minutes. Conventional Oven" 350 degrees F for 5-8 minutes. Bake time dependent on desired level of crispness finish. Cool slightly for 5 minutes. While still warm, toss in cinnamon sugar to fully coat.	473523
BACON TKY CKD	1 Slice	CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	296.82		
Fat	17.31g		
Saturated Fat	7.75g		
Trans Fat	0.16g		
Cholesterol	11.16mg		
Sodium	484.32mg		
Carbohydrates	31.00g		
Fiber	0.50g		
Total Sugar	13.00g		
Added Sugar	12.18g		
Protein	3.66g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.20mg	Iron	0.56mg

Nutrition - Per 100g

No 100g Conversion Available

Chick-n-Minis

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BITE BRD DILL WGRAIN	4 Each	Conventional oven 14-16 minutes at 375 degrees F. Turn product after 6 minutes. Convection Oven 13-15 minutes at 375 degrees F. Turn product after 6 minutes. Fryer 3.5-4 minutes at 350 degrees F.	658911

Preparation Instructions

Mini Roll- 444674

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: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	160.00
Fat	4.80g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	376.00mg
Carbohydrates	9.60g
Fiber	0.00g
Total Sugar	1.60g
Added Sugar	0.00g
Protein	18.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 18.40mg	Iron 0.80mg

Nutrition - Per 100g

No 100g Conversion Available

Dutch Waffle & Sausage Link

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each	Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.	607351
SAUSAGE LNK CKD R/SOD IQF 1Z	1 Each	Best if Cook from Frozen, Cook thoroughly till product reaches an internal temperature of 165 degrees.	483162

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	400.00
Fat	22.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	455.00mg
Carbohydrates	44.00g
Fiber	3.00g
Total Sugar	13.00g
Added Sugar	11.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Smoothie w/Vanilla Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY SLCD 4+1	1/2 Cup	Thaw	293393
MILK WHT FF	1 Cup	Ready to Drink	557862
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

Smoothie Cup- 672292 (20 oz) or 672312 (16 oz)

Smoothie Lid- 792210

Straw- 705980

18 oz. Smoothie

1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
2. Pulse with immersion blender until smooth.
3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

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

Donut Holes-

Basic Preparation

Thaw and serve.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	357.93
Fat	4.95g
Saturated Fat	1.47g
Trans Fat	0.00g
Cholesterol	8.73mg
Sodium	257.60mg
Carbohydrates	73.13g
Fiber	2.00g
Total Sugar	42.71g
Added Sugar	26.69g
Protein	14.03g
Vitamin A 499.80mcg	Vitamin C 0.00mg
Calcium 442.23mg	Iron 0.57mg

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
SAUCE PIZZA W/BASL	2 Ounce	READY_TO_EAT	100234
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
MEATBALL CKD .65Z	3 Each	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860

Preparation Instructions

Place buns face up on a sheet pan with parchment paper. Add pizza sauce (2 ounces) to the bun. Top with 3 meatballs, and add 1 ounce of mozzarella cheese. Place in oven and toast for 5-7 minutes at 350 degrees, or until product reaches an internal temperature of 135 degrees.

CCP: Heat to 135 F or higher.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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	328.00
Fat	10.75g
Saturated Fat	4.00g
Trans Fat	0.45g
Cholesterol	30.75mg
Sodium	592.00mg
Carbohydrates	40.75g
Fiber	3.75g
Total Sugar	9.75g
Added Sugar	4.75g
Protein	17.75g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 165.50mg	Iron 3.75mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Scrambler

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52568

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pillsbury Egg/Turkey Sausage/Cheese Toaster Pastries, Frozen, Scrambler, 3.28 Oz Package, 72/Case	1 Package	Heat frozen Breakfast Scrambler in ovenable pouch. For best quality, follow heating and hold time directions. Bake times will vary by oven type and load. Preheat oven. Place 24 (6x4) frozen pouches flat on baking sheet. Oven Temp Heat Time - Frozen Convection 350°F 15-17 minutes Conventional 350°F 22-24 minutes Warming Unit 150°F 2 hours Do not place pouches directly on oven rack or let pouches touch oven sides. Hold Time: May be held in a Warming Unit for up to 3 hours at 150°F. Do not refreeze. Discard any unused portions. Microwave: For best results, thaw overnight in the refrigerator prior to microwaving. Product can be held in the refrigerator for up to 24 hours before preparing. · Place one thawed pouch in microwave and heat on HIGH for 15-20 seconds. · Let stand one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating.	550645

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	0.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52569
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE CHOC WGRAIN	1 Each	Ready to eat	462415

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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	270.00
Fat	12.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	38.00g
Fiber	4.00g
Total Sugar	14.00g
Added Sugar	13.00g
Protein	5.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 32.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52574

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	Ready to eat	680130
CHEESE STRING MOZZ	1 Each	Ready to eat	347211
TURKEY ITAL COMBO SLCD	2 Ounce	Ready to eat	199721
CRACKER GLDFSH WGRAIN COLOR	1 Package	Ready to eat	112702
Grapes	1/2 Cup	DOD- 14P36 Ready to eat. CCP: Hold for cold service at 41° F or lower.	R-9398

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	1.000
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 Each

Amount Per Serving	
Calories	472.00
Fat	21.70g
Saturated Fat	10.70g
Trans Fat	0.00g
Cholesterol	78.87mg
Sodium	809.40mg
Carbohydrates	44.33g
Fiber	2.00g
Total Sugar	24.87g
Added Sugar	0.00g**
Protein	25.67g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 476.78mg	Iron 5.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Frito Chili Pie

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52576
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
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

Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

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

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

6 ounce spoodle

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: 6.00 Ounce

Amount Per Serving	
Calories	396.43
Fat	20.15g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	31.90mg
Sodium	486.71mg
Carbohydrates	39.44g
Fiber	6.12g
Total Sugar	5.15g
Added Sugar	0.00g
Protein	13.38g
Vitamin A 1288.51mcg	Vitamin C 19.55mg
Calcium 92.49mg	Iron 3.49mg

Nutrition - Per 100g

Calories	233.06
Fat	11.84g
Saturated Fat	2.20g
Trans Fat	0.00g
Cholesterol	18.76mg
Sodium	286.13mg
Carbohydrates	23.19g
Fiber	3.60g
Total Sugar	3.03g
Added Sugar	0.00g
Protein	7.87g
Vitamin A 757.51mcg	Vitamin C 11.50mg
Calcium 54.37mg	Iron 2.05mg

Bacon Bits

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52593
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124

Preparation Instructions

BAKE

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

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

CCP: Hold for hot service at 135° F 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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	46.67		
Fat	3.80g		
Saturated Fat	1.40g		
Trans Fat	0.02g		
Cholesterol	6.67mg		
Sodium	167.07mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.87g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available

Iced Coffee

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53993

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% White Milk	1 Each	READY TO DRINK CCP: Hold for cold service at 41° F or lower.	R-8391
COFFEE DECAF BLEND	2 Ounce	Open packet and distribute coffee evenly in filter. For optimal results brew with cold, fresh water. Serve coffee immediately.	418652
SYRUP CRML SGR FR	1/2 Fluid Ounce	Ready to use. 2 Pumps	608962

Preparation Instructions

Make coffee per instructions and store in the cooler.

Place 2 oz of cold brew in a 16 oz. cup.

Syrup 608962 or 853910

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 Each

Amount Per Serving	
Calories	121.46
Fat	2.56g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	212.01mg
Carbohydrates	16.90g
Fiber	0.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	10.49g
Vitamin A 150.00mcg	Vitamin C 0.00mg
Calcium 290.00mg	Iron 0.25mg

Nutrition - Per 100g

No 100g Conversion Available

Pancake & Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54158
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	READY TO EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
BACON TKY CKD	1 Slice	CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770

Preparation Instructions

Pancake

The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. **DO NOT RE-FREEZE!** Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.

Bacon

CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
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	181.12
Fat	4.41g
Saturated Fat	0.35g
Trans Fat	0.00g
Cholesterol	16.16mg
Sodium	289.12mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	10.00g
Added Sugar	4.18g
Protein	5.76g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 73.20mg	Iron 1.52mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54165
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD WBCN CHS	2 Ounce	Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.	533034
TORTILLA FLOUR 6IN	1 Each	Ready to serve.	713320

Preparation Instructions

Thaw. Bake in a pan sprayed with pan release. Cover pan with foil. Conventional Oven 275 degrees, 25 to 30 minutes, stirring every 10 minutes. Conventional oven 300 degrees for 35 to 40 min. stirring every 10 minutes.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
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	200.00		
Fat	11.00g		
Saturated Fat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	440.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Total Sugar	2.00g		
Added Sugar	1.00g		
Protein	10.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	82.00mg	Iron	1.72mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54169
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC CNTRY STYL	1 Each	PAN FROZEN DOUGH ON LINED OR GREASED PAN. FULL SHEET PAN: INDIVIDUAL: 8X5 CLUSTERED: 9X7 HALF SHEET PAN: INDIVIDUAL: 5X4 CLUSTERED: 7X4. BAKE FROM FROZEN OR THAWED STATE UNTIL GOLDEN BROWN. FROM FROZEN: CONVENTIONAL OVEN: 375 F FOR APPROXIMATELY 18-23 MINUTES. CONVECTION OVEN: 325 F FOR APPROXIMATELY 15-20 MINUTES. FROM THAWED: REDUCE ABOVE BAKE TIMES BY 3 TO 4 MINUTES. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	609293
Omelet with Colby Cheese filling	1/2 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in the oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover it with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	538489
SAUSAGE PTY WHL HOG 2Z	1 Each		568724

Preparation Instructions

BAKE

Biscuit

Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

Sausage

COOK THOROUGHLY IN OVEN OR GRIDDLE TO INTERNAL TEMPERATURE OF 160 DEGREES.

Egg Omelet-538489 (1/2 Omelet)

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in the oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover it with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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 Each

Amount Per Serving	
Calories	415.00
Fat	26.00g
Saturated Fat	11.75g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	1065.00mg
Carbohydrates	26.50g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	17.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 88.00mg	Iron 2.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

General TSO Chicken

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	6 Ounce	PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.	199341

Preparation Instructions

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
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: 6.00 Ounce

Amount Per Serving	
Calories	323.08
Fat	10.77g
Saturated Fat	1.54g
Trans Fat	0.00g
Cholesterol	76.92mg
Sodium	692.31mg
Carbohydrates	36.92g
Fiber	1.54g
Total Sugar	21.54g
Added Sugar	0.00g
Protein	18.46g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.77mg	Iron 1.11mg

Nutrition - Per 100g

Calories	189.94
Fat	6.33g
Saturated Fat	0.90g
Trans Fat	0.00g
Cholesterol	45.22mg
Sodium	407.01mg
Carbohydrates	21.71g
Fiber	0.90g
Total Sugar	12.66g
Added Sugar	0.00g
Protein	10.85g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 18.09mg	Iron 0.65mg

Tangerine Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	6 Ounce	PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.	791710

Preparation Instructions

Chicken

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Hunan Sauce

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
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: 6.00 Ounce

Amount Per Serving	
Calories	292.31
Fat	6.15g
Saturated Fat	1.54g
Trans Fat	0.00g
Cholesterol	69.23mg
Sodium	584.62mg
Carbohydrates	38.46g
Fiber	3.08g
Total Sugar	20.00g
Added Sugar	20.00g
Protein	21.54g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 2.22mg

Nutrition - Per 100g

Calories	171.85
Fat	3.62g
Saturated Fat	0.90g
Trans Fat	0.00g
Cholesterol	40.70mg
Sodium	343.70mg
Carbohydrates	22.61g
Fiber	1.81g
Total Sugar	11.76g
Added Sugar	11.76g
Protein	12.66g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.30mg

Fortune Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN	1 Each	Ready to Eat	565142

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.167
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	11.67		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Total Sugar	1.67g		
Added Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Kiwi Sidekick

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-56121
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SideKicks 100% Strawberry Kiwi Juice Slushie Cup	1 Each	Ready to eat	863880

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	23.00g
Fiber	0.00g
Total Sugar	21.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 180.00mcg	Vitamin C 60.00mg
Calcium 90.00mg	Iron 1.40mg

Nutrition - Per 100g

No 100g Conversion Available

Mini Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56210
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HSE 0.63Z 6x24 CO Sister Schub	1 Each		444674

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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	331.30		
Fat	12.30g		
Saturated Fat	4.50g		
Trans Fat	0.29g		
Cholesterol	30.00mg		
Sodium	549.90mg		
Carbohydrates	47.00g		
Fiber	1.40g		
Total Sugar	9.00g		
Added Sugar	8.00g		
Protein	7.40g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	12.95mg	Iron	2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56216
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	32 Ounce	1. Heat JTM Products in a steamer, kettle or boiling water. 2. Heat for approximately 45 minutes and check for an internal temp. of 165°F or higher (HACCP Critical Control Point - 145°F for 15 seconds) 3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use..	722110
SAUCE ENCHILADA	32 Ounce	Ready to serve	690580
CHEESE CHED MLD SHRD 4-5 LOL	20 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 8IN	44 Each		882700
CHIX CKD SHRD WHT IQF	5 Pound		617760

Preparation Instructions

Prep Time: 45 min.

1. WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR
2. Portion 34 oz. (4.25 cups) of poco sauce mixed with diced tomatoes in each hotel pan to coat bottom.
3. Portion 1.58 oz. (#20 scoop) of chicken in the center of 8" tortillas.
4. Roll tortillas leaving ends open.
7. Portion 22 enchiladas in each hotel pan. (2x11)
8. Ladle 18 oz. of queso blanco over each pan of enchiladas evenly.
9. Sprinkle 10 oz. of shredded cheddar cheese over each pan.
10. Bake in a 350°F oven until cheese is melted.

Recipe yields 44 servings (one enchilada equals 6.14 oz. by weight per serving.)

*One serving provides 2.0 oz. M/MA + 1/8 cup R/O vegetable + 1.5 oz. Grain Equivalent

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.120
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	368.49
Fat	11.20g
Saturated Fat	6.46g
Trans Fat	0.00g
Cholesterol	49.48mg
Sodium	979.94mg
Carbohydrates	42.23g
Fiber	6.95g
Total Sugar	4.91g
Added Sugar	0.00g
Protein	25.16g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 168.71mg	Iron 2.22mg

Nutrition - Per 100g

No 100g Conversion Available