

# **Cookbook for Walton-Verona K-5**

**Created by HPS Menu Planner**

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## Tator Tots

# Fresh Fruit Medley

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Juice Box 100%

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Cold Service 41F or below

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable Small



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
uncrustable grape 2.6 oz.	1 Each	THAW thaw and serve	527462

## Preparation Instructions

Thaw and serve

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	14.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Fruit Seasonal

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Cup

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP	1 Each		655010

## Preparation Instructions

Place in 4 oz bowl

CCP Cold service 41F or below

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

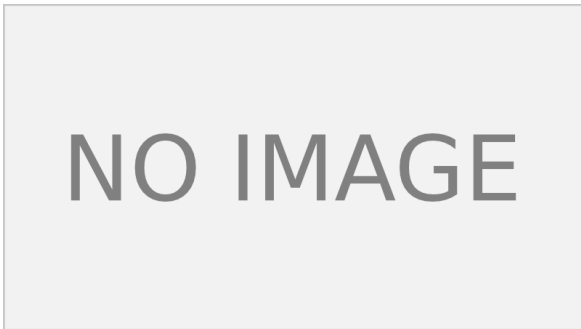
## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Eggo Mini Maple Pancakes



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad- Side Caesar

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53201
<b>School:</b>	Walton-Verona MiddleHigh		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
CROUTON SEAS PC PKT	1 Package	READY_TO_EAT Ready to use.	175400
CHEESE PARM PKT	1 Each		254959
DRESSING CEASAR CRMY	1 Tablespoon		115577

## Preparation Instructions

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

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

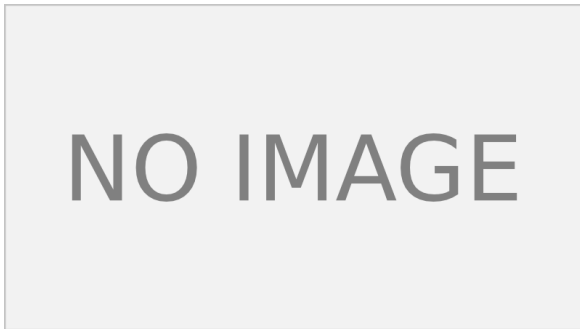
Amount Per Serving	
<b>Calories</b>	105.00
<b>Fat</b>	7.50g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.50g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 66.00mg	<b>Iron</b> 0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bagel with Cream Cheese



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

## Ingredients

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

## Preparation Instructions

Put items together for service

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Big Daddy Pepperoni Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 16/Z	2 Each		100240
16" Whole Grain, Round 4-Cheese Pizza	1 Slice	Cut the pizza into 8 equal slices	575522

## Preparation Instructions

BAKE

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.235
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	262.75
<b>Fat</b>	14.65g
<b>Saturated Fat</b>	5.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.54mg
<b>Sodium</b>	399.32mg
<b>Carbohydrates</b>	24.01g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	14.89g
<b>Vitamin A</b> 63.33mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 300.12mg	<b>Iron</b> 1.45mg

## Nutrition - Per 100g

No 100g Conversion Available

# Big Daddy Cheese Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
16" Whole Grain, Round 4-Cheese Pizza	1 Slice		575522

## Preparation Instructions

BAKE

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

CCP Hot hold 141 or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	245.10
<b>Fat</b>	13.01g
<b>Saturated Fat</b>	4.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.01mg
<b>Sodium</b>	333.43mg
<b>Carbohydrates</b>	24.01g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	14.31g
<b>Vitamin A</b> 63.33mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 300.12mg	<b>Iron</b> 1.40mg

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit-Canned Assorted

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44306

## Ingredients

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

## Preparation Instructions

Place in 3oz cup

CCP Hold cold service at 41F or lower

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	79.76
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.16mg
<b>Carbohydrates</b>	19.18g
<b>Fiber</b>	1.08g
<b>Total Sugar</b>	13.80g
<b>Added Sugar</b>	3.66g
<b>Protein</b>	0.32g
<b>Vitamin A</b> 61.78mcg	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 13.98mg	<b>Iron</b> 0.38mg

## Nutrition - Per 100g

<b>Calories</b>	93.78
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.53mg
<b>Carbohydrates</b>	22.56g
<b>Fiber</b>	1.27g
<b>Total Sugar</b>	16.22g
<b>Added Sugar</b>	4.31g
<b>Protein</b>	0.38g
<b>Vitamin A</b> 72.64mcg	<b>Vitamin C</b> 0.94mg
<b>Calcium</b> 16.43mg	<b>Iron</b> 0.45mg

# Corn- Steamed

NO IMAGE

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44213
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	4 #10 CAN		851329
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon		225037

## Preparation Instructions

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

CCP Hold at 135 F or higher

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 3.00 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	75.66		
<b>Fat</b>	0.95g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.13g		
<b>Fiber</b>	1.89g		
<b>Total Sugar</b>	5.67g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.89g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Cereal Assorted

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-54670
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

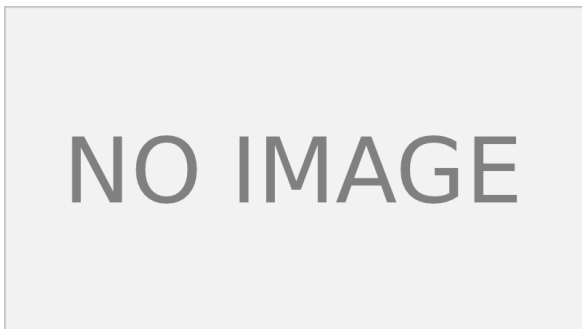
Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	112.00
<b>Fat</b>	2.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	151.00mg
<b>Carbohydrates</b>	22.80g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	6.00g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 140.00mcg	<b>Vitamin C</b> 0.72mg
<b>Calcium</b> 82.00mg	<b>Iron</b> 3.70mg

## Nutrition - Per 100g

No 100g Conversion Available

# Toast with Butter Option



<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44246

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CCS 24 oz. Whole Grain Rich Sandwich Bread X	24 1 Slice		1292
BUTTER ALT LIQ NT	3/4 Cup		614640

## Preparation Instructions

Spray sheet pan with butter spray

Place bread on a sheet pan

spread liquid butter on the top of the bread- 1/2 tablespoon per slice

Toast in a convection oven until lightly brown- approximately 5-7minutes

Place in heat and hold until ready to serve

Cook to the line during service.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	130.00
<b>Fat</b>	8.00g
<b>Saturated Fat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 34.50mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# French Toast Sticks

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	<b>BAKE</b> 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! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062
SUGAR POWDERED 6X	1 Teaspoon	Sprinkle!	108693

## Preparation Instructions

Prepare french toast according to instructions and put in 1/4 tray boats and dust with powder sugar.

Hot hold service 135F or above

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available

# Juice Box 100%

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Sandwich



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

## Ingredients

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

## Preparation Instructions

Each case yeilds approximately 170 count

Directions:

HACCP STEP: WASH HANDS.

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

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	4.67g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.67mg
<b>Sodium</b>	350.00mg
<b>Carbohydrates</b>	30.67g
<b>Fiber</b>	2.33g
<b>Total Sugar</b>	4.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 76.67mg	<b>Iron</b> 2.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Tomato

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Serve on line for garnish  
CCP 41F or below

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

## Nutrition - Per 100g

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

# Fries-Crinkle Cut

NO IMAGE

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44496

## Ingredients

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

## Preparation Instructions

1 case yields 120 servings

1 bag yields 20 portions- 2.5oz portion

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 2.50 Ounce

Amount Per Serving	
<b>Calories</b>	133.33
<b>Fat</b>	4.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	26.67mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.33g
<b>Total Sugar</b>	1.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.33g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.33mg	<b>Iron</b> 0.40mg

## Nutrition - Per 100g

<b>Calories</b>	188.13
<b>Fat</b>	5.64g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	37.63mg
<b>Carbohydrates</b>	33.86g
<b>Fiber</b>	1.88g
<b>Total Sugar</b>	1.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.81mg	<b>Iron</b> 0.56mg

# Applesauce Cup



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Total Sugar</b>	15.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

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

# Grill Cheese

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Spray butter mist on trays.

Put 24 slices of bread on the tray

Add two slices of cheese to each bread

add another 24 slices of bread to make a sandwich

then spread liquid margarine on the top of the bread - approximately 1/2 tablespoon a sandwich

Bake in oven at 350F for 5-7 minutes or until golden brown

Heat 135 F or higher for at least 15 seconds

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	19.00g
<b>Saturated Fat</b>	8.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 292.50mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Ranch Wedge Potato



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

## Nutrition - Per 100g

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

# Grab&Go Deli Sub

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

Assemble Deli Sub- Hold 41F or lower for service

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available

# PopTart-1

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44294

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Each		695880
PASTRY POP-TART WGRAIN STRAWB	1 Each		695890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.125
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	2.75g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	117.50mg
<b>Carbohydrates</b>	36.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	14.50g
<b>Added Sugar</b>	14.50g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.80mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Biscuit Sandwich Sausage



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

## Ingredients

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

## Preparation Instructions

CCP Hot Hold 135 F or higher

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Cups



<b>Servings:</b>	24.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46629
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

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

## Preparation Instructions

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

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

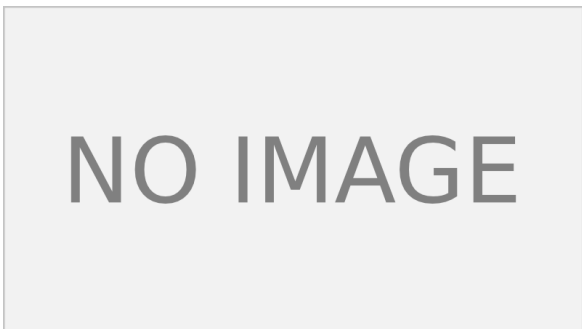
Serving Size: 3.00 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	75.66		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	18.91g		
<b>Fiber</b>	0.95g		
<b>Total Sugar</b>	16.08g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.62mg	<b>Iron</b>	0.38mg

# String Cheese option



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bongards Low Moisture Part Skim Mozzarella String Cheese Stick - 168/1 oz	2 Gram		122019

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	2.86
<b>Fat</b>	0.21g
<b>Saturated Fat</b>	0.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.54mg
<b>Sodium</b>	7.14mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.25g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 7.14mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab&Go-Yogurt Combo Pack



<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44175

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	3 Each	READY_TO_EAT Ready to eat single serving	551770
CRACKER GRHM TEDDY CINN	1 Each		509965
CHEESE STRING MOZZ	3 Each		579050
PRETZEL TWIST TINY	1 Each	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.	105210
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

## Preparation Instructions

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

Note- Pair yogurt and string cheese with either the goldfish, teddy graham or pretzels-

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	232.16
<b>Fat</b>	8.85g
<b>Saturated Fat</b>	3.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	343.82mg
<b>Carbohydrates</b>	27.12g
<b>Fiber</b>	0.69g
<b>Total Sugar</b>	13.02g
<b>Added Sugar</b>	6.67g
<b>Protein</b>	11.71g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 416.86mg	<b>Iron</b> 0.89mg

## Nutrition - Per 100g

No 100g Conversion Available

# Pancakes for Lunch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45233
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	<b>READY_TO_EAT</b> 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. <b>DO NOT RE-FREEZE!</b> 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

## Preparation Instructions

### 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.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

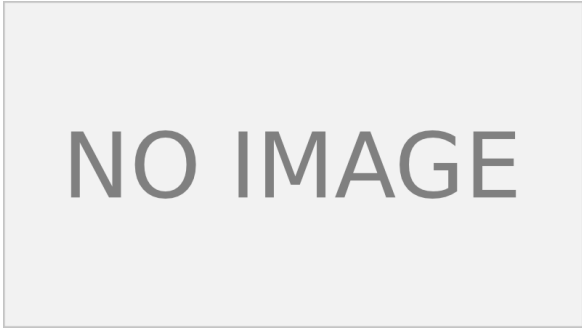
Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	160.00
<b>Fat</b>	3.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	10.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 73.20mg	<b>Iron</b> 1.46mg

## Nutrition - Per 100g

No 100g Conversion Available

# With Sausage



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57050
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD CN 1.5Z	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

## Preparation Instructions

BAKE

To Bake (convection oven): Preheat oven to 325°F, heat for 3 1

2 - 4 minutes if frozen, 3 - 3 1

2 minutes if thawed.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	180.00		
<b>Fat</b>	17.00g		
<b>Saturated Fat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

## Nutrition - Per 100g

No 100g Conversion Available

# Meat and Cheese Box

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56931
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 16/Z	5 Each		100240
CHEESE STRING MOZZ LT IW	1 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CHIP MULTIGR ORIG	1 Package	sunchip	864640

## Preparation Instructions

Assemble in bag for grab and go service  
Keep Cold 41F or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	344.12
<b>Fat</b>	16.62g
<b>Saturated Fat</b>	4.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.82mg
<b>Sodium</b>	644.71mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	12.47g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 1.42mg

## Nutrition - Per 100g

No 100g Conversion Available

# Hashbrown Patty



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44917
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	6.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.20mg

## Nutrition - Per 100g

No 100g Conversion Available

# Peach Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.40 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CUP	1 Each		232470

## Preparation Instructions

CCP Cold service 41F or below

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.40 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	72.15		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	16.84g		
<b>Fiber</b>	1.60g		
<b>Total Sugar</b>	15.23g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chocolate Chip French Toast

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45066
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	<b>HEAT_AND_SERVE</b> 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

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	10.00g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<b>Iron</b> 3.60mg

## Nutrition - Per 100g

No 100g Conversion Available

# Wrap-Deli

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46184
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 120CT SLCD	2 Slice		164216
TURKEY BRST SLCD OVN RSTD	3 Slice		689541
TORTILLA FLOUR 8IN	1 Each		713330

## Preparation Instructions

Start with tortilla shell , Put turkey and sliced cheese on wrap and roll for service- have mustard and mayo packets for student selection

- Hold cold foods at 41 °F or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	13.75g
<b>Saturated Fat</b>	8.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	1107.50mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Sidekicks Variety



<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44491

## Ingredients

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

## Preparation Instructions

Pull prior to service

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fiesta Beans- Refried or Black

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44799
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1 1/4 #10 CAN	Drain Excess Water and heat in steamer to 135F Minimum.	231981
BEAN REFRD	1 1/4 #10 CAN		293962

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	87.30
<b>Fat</b>	0.65g
<b>Saturated Fat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	215.02mg
<b>Carbohydrates</b>	14.87g
<b>Fiber</b>	3.88g
<b>Total Sugar</b>	0.65g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.17g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.42mg	<b>Iron</b> 1.26mg

## Nutrition - Per 100g

<b>Calories</b>	102.65
<b>Fat</b>	0.76g
<b>Saturated Fat</b>	0.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	252.82mg
<b>Carbohydrates</b>	17.49g
<b>Fiber</b>	4.56g
<b>Total Sugar</b>	0.76g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.08g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.52mg	<b>Iron</b> 1.48mg

# Salsa, Shred Lettuce, Banana Pepper



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56932
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	5 Each		466220
SALSA 103Z	1 Ounce	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	452841
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	12.59		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.00mg		
<b>Carbohydrates</b>	2.52g		
<b>Fiber</b>	0.18g		
<b>Total Sugar</b>	1.00g		
<b>Added Sugar</b>	0.67g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.86mg	<b>Iron</b>	0.67mg

## Nutrition - Per 100g

No 100g Conversion Available

# Build Own Nachos- Fajita Chicken



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
USDA Diced Chicken with seasoning	2 Ounce	To cook USDA diced chicken safely, ensure it reaches a minimum internal temperature of 165°F (74°C). This item is fully cooked diced chicken meat. This product is diced into approximately 1/2-inch cubes and is a natural proportion product that contains a minimum of 50% white meat.	R-54789

## Preparation Instructions

Heatfajita chicken according to manufacturer directions. CCP: Heat to 160°F or higher for 15 seconds.  
CCP: Hold at hot holding for 140°F or higher

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	72.00		
<b>Fat</b>	2.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	56.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

<b>Calories</b>	126.99		
<b>Fat</b>	3.53g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.08mg		
<b>Sodium</b>	98.77mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	21.16g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Build Own Nachos- Queso

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57243

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	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

## Preparation Instructions

Heat cheese sauce according to manufacturer's direction in the steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, Place Tortilla Rounds in tray with 2oz queso and 2 oz of taco meat on side

- Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

## Nutrition - Per 100g

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

# Build Own Nachos- Nachos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.75 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44188

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	1 3/4 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

## Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer's direction in the steamer or hot water bath. CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, Place Tortilla Rounds in tray with 2oz queso and 2 oz of taco meat on side

- Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.75 Ounce

Amount Per Serving	
<b>Calories</b>	245.00
<b>Fat</b>	10.50g
<b>Saturated Fat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	201.25mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.50g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.50mg	<b>Iron</b> 0.88mg

## Nutrition - Per 100g

<b>Calories</b>	493.84
<b>Fat</b>	21.16g
<b>Saturated Fat</b>	3.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	405.65mg
<b>Carbohydrates</b>	70.55g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	7.05g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.82mg	<b>Iron</b> 1.76mg

# Build Own Nachos- Taco Beef



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57241

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330

## Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.  
CCP: Hold at hot holding for 140°F or higher

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	226.20
<b>Fat</b>	9.60g
<b>Saturated Fat</b>	3.60g
<b>Trans Fat</b>	0.58g
<b>Cholesterol</b>	68.00mg
<b>Sodium</b>	591.40mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	25.60g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg**	<b>Iron</b> 0.00mg**

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

## Nutrition - Per 100g

<b>Calories</b>	398.95
<b>Fat</b>	16.93g
<b>Saturated Fat</b>	6.35g
<b>Trans Fat</b>	1.02g
<b>Cholesterol</b>	119.93mg
<b>Sodium</b>	1043.05mg
<b>Carbohydrates</b>	17.64g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	7.05g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	45.15g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg**	<b>Iron</b> 0.00mg**

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

# Breakfast Pizza

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

CCP Hot Hold 135 or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

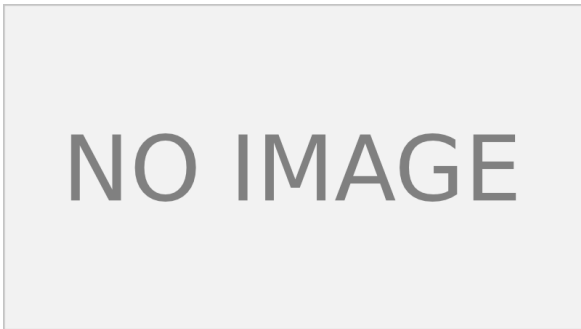
Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44841

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each	BAKE Basic Preparation 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. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS	265039
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	17.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.89mg	<b>Iron</b> 1.85mg

## Nutrition - Per 100g

No 100g Conversion Available

# Mandarin Oranges

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50779
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	4 Ounce		612448

## Preparation Instructions

1/2 cup serving CCP 41F or below for service

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	70.55		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.76mg		
<b>Carbohydrates</b>	16.46g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	12.93g		
<b>Added Sugar</b>	10.58g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.52mg	<b>Iron</b>	0.47mg

# Iced Donut



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICING VAN RTU HEAT NICE	2 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722
Rich's Yeast-Raised Whole Grain Ring Donuts	1 Each		556582

## Preparation Instructions

Thaw donut and drizzle icing on top! Be creative- can make it special by adding a little color :)

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	474.50
<b>Fat</b>	14.40g
<b>Saturated Fat</b>	6.30g
<b>Trans Fat</b>	0.13g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	474.60mg
<b>Carbohydrates</b>	80.00g
<b>Fiber</b>	3.80g
<b>Total Sugar</b>	43.00g
<b>Added Sugar</b>	9.00g
<b>Protein</b>	7.40g
<b>Vitamin A</b> 0.83mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.11mg	<b>Iron</b> 2.23mg

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli-Roasted

NO IMAGE

<b>Servings:</b>	105.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47265
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1/2 Cup		209810
Black Pepper	2 Teaspoon	BAKE	24108
DRESSING MIX RNCH	1 Package		192716
broccoli - frozen	15 Pound		110473

## Preparation Instructions

1. Place frozen broccoli in lined sheet pans
2. Add 15 lbs. broccoli per pan (you may need to cut in pieces)
3. Roast at 400F for 8-12 minutes
4. Pour into solid pan and season according to directions.
5. Set on hot line for service
6. Batch cook as needed

CCP Hold at or above 135F

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	7.96
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.68mg
<b>Carbohydrates</b>	1.58g
<b>Fiber</b>	0.86g
<b>Total Sugar</b>	0.29g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.86g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Garlic Texas Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57051
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	1 Slice		197582

## Preparation Instructions

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.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.50g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.10mg

## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57052
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD FINE	1 Ounce		191043

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
<b>Calories</b>	55.00
<b>Fat</b>	4.50g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	95.00mg
<b>Carbohydrates</b>	0.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 45.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	194.01		
<b>Fat</b>	15.87g		
<b>Saturated Fat</b>	8.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.91mg		
<b>Sodium</b>	335.10mg		
<b>Carbohydrates</b>	1.76g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	10.58g		
<b>Vitamin A</b>	158.73mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	352.74mg	<b>Iron</b>	0.00mg

# Spaghetti Noodles

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47833
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	1/2 Cup	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560

## Preparation Instructions

CCP Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.063
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	100.00		
<b>Fat</b>	0.50g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Total Sugar</b>	1.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	3.50g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.90mg

## Nutrition - Per 100g

No 100g Conversion Available

# with Marinara Sauce

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57245
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Spaghetti Sauce	2 Ounce	<b>Serving Suggestions</b> Heat Pasta Sauce through in a pot and pour over your favorite type of pasta	852759

## Preparation Instructions

CCP Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	2.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	12.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	176.37
<b>Fat</b>	3.53g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1657.88mg
<b>Carbohydrates</b>	35.27g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	21.16g
<b>Added Sugar</b>	3.53g
<b>Protein</b>	7.05g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 88.18mg	<b>Iron</b> 3.53mg

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

# Meatballs

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57246
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	4 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

CCP Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	154.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	236.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Hot Vegetables of the Day

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# And Waffle

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46108
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	1 Each	<b>READY_TO_EAT</b> Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652

## Preparation Instructions

### Basic Preparation

Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	90.00
<b>Fat</b>	3.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken



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

## Ingredients

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

## Preparation Instructions

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 4.50 Ounce

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

## Nutrition - Per 100g

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

# Nardone Pizza-Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55342
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WHLWHE	1 Slice		505221

## Preparation Instructions

### Basic Preparation

For a crispy crust - preheat oven to 325F. Place pizza directly on center oven rack. Cook for 7-10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust - preheat oven to 325F. Place pizza on baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	14.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 433.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

No 100g Conversion Available

# Pillsbury Cinnamon Roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-56018

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pillsbury Cinnamon Roll Dough, Whole Grain, 2.87 oz	1 Each	<b>Basic Preparation</b> 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.	119090

## Preparation Instructions

### Basic Preparation

PLACE 20 ROLLS ON PARCHMENT LINED 4X5 DOUBLE-STACKED PAN. BAKE CONVENTIONAL OVEN @ 350\* FOR 22-26 MIN, CONVECTION OVEN @ 300\* FOR 14-18 MIN, RACK OVEN @ 325\* F FOR 22-26 MIN. COOL & ICE.

Can pull night before and allow to slack in cooled off warming unit- to help with increase of proof of product

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	11.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 19.70mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nardone Pizza-Pepperoni



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55343
<b>School:</b>	Walton-Verona K-5		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WHLWHE	1 Slice	<b>Basic Preparation</b> For a crispy crust - preheat oven to 325F. Place pizza directly on center oven rack. Cooke for7-10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust - preheat oven to 325F. Place pizza on baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.	505221
PEPPERONI SLCD 16/Z	2 Each		100240

## Preparation Instructions

### Basic Preparation

For a crispy crust - preheat oven to 325F. Place pizza directly on center oven rack. Cooke for7-10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust - preheat oven to 325F. Place pizza on baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.235
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	327.65
<b>Fat</b>	15.65g
<b>Saturated Fat</b>	7.59g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.53mg
<b>Sodium</b>	535.88mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	18.59g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 433.00mg	<b>Iron</b> 1.75mg

## Nutrition - Per 100g

No 100g Conversion Available

# Muffin Assorted

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49955
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN BLUEB WGRAIN IW	1 Each		557970

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	95.00**
<b>Fat</b>	3.00g**
<b>Saturated Fat</b>	1.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	17.50mg**
<b>Sodium</b>	65.00mg**
<b>Carbohydrates</b>	16.50g**
<b>Fiber</b>	1.00g**
<b>Total Sugar</b>	8.50g**
<b>Added Sugar</b>	8.50g**
<b>Protein</b>	1.50g**
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 20.00mg**	<b>Iron</b> 0.75mg**

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

## Nutrition - Per 100g

No 100g Conversion Available

# CornDog



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44484
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX	1 Each		276813

## Preparation Instructions

### Basic Preparation

FROM THAWED - CONVECTION OVEN 350°F FOR 14-17 MINUTES (FULL SHEET PAN); CONVENTIONAL OVEN 350°F FOR 24-26 MINUTES (FULL SHEET PAN); FRY 350°F FOR 4-5 MINUTES (QTY: 3); MICROWAVE ON HIGH FOR 30 SECONDS, TURN 30 SECONDS MORE (QTY: 2)

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

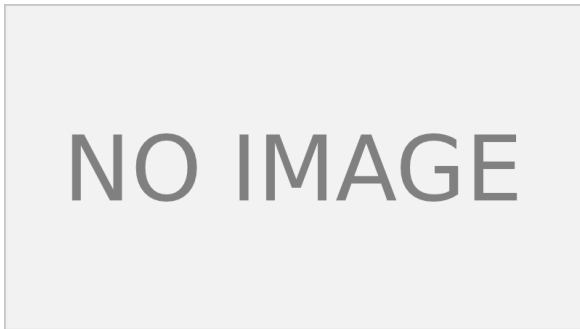
Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	6.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 30.00mg	<b>Iron</b> 0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR R/SOD	1/2 Cup		567091

## Preparation Instructions

CCP Hot hold 135F or above

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	11.96		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	31.52mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	0.43g		
<b>Total Sugar</b>	0.98g		
<b>Added Sugar</b>	0.87g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.37mg	<b>Iron</b>	0.21mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Tator Tots

NO IMAGE

<b>Servings:</b>	166.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	30 Pound	Basic Preparation CONVECTION OVEN: BAKE AT 425°F FOR 8-12 MINUTES. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. TURN ONCE FOR UNIFORM COOKING.	141510

## Preparation Instructions

1 bag yields 27 portions

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 166.00

Serving Size: 9.00 Each

Amount Per Serving	
<b>Calories</b>	124.25
<b>Fat</b>	6.78g
<b>Saturated Fat</b>	1.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	350.15mg
<b>Carbohydrates</b>	15.81g
<b>Fiber</b>	1.13g
<b>Total Sugar</b>	0.78g
<b>Added Sugar</b>	0.07g
<b>Protein</b>	1.13g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.30mg	<b>Iron</b> 0.23mg

## Nutrition - Per 100g

No 100g Conversion Available