

# **Cookbook for Tri-County Jr./Sr. High School**

**Created by HPS Menu Planner**

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## **Mixed Vegetables**

**HS: Brown Rice- 1 cup**

**MS: Brown Rice- 1/2 cup**

## **Smoothie**

**HS: Hashbrowns- 22 Each**

**Creamy Cheeseburger Penne**

**Baked Beans**

# Assorted Variety of Cereal

NO IMAGE

<b>Servings:</b>	9.00	<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-57750
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
Lucky Charms Reduced Sugar	1 Each		549485

## 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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	111.41
<b>Fat</b>	1.83g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	168.68mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.04g
<b>Total Sugar</b>	5.67g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	2.14g
<b>Vitamin A</b> 44.44mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 85.64mg	<b>Iron</b> 4.46mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger on Bun

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-57751
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	N/A	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 beef patty, 1 slice of cheese between hamburger bun.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<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 Each

Amount Per Serving	
<b>Calories</b>	338.00
<b>Fat</b>	14.50g
<b>Saturated Fat</b>	5.60g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	46.50mg
<b>Sodium</b>	649.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 63.00mg	<b>Iron</b> 4.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable with Cheese Stick & Goldfish

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-57752
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

Package all items together.

## 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>	490.00
<b>Fat</b>	26.50g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

No 100g Conversion Available

# HS: Tater Tots- 16 Each



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	16.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57759
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## 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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

Amount Per Serving	
<b>Calories</b>	220.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	1.38g
<b>Added Sugar</b>	0.12g
<b>Protein</b>	2.00g
<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>	153.95
<b>Fat</b>	8.40g
<b>Saturated Fat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	433.87mg
<b>Carbohydrates</b>	19.59g
<b>Fiber</b>	1.40g
<b>Total Sugar</b>	0.97g
<b>Added Sugar</b>	0.08g
<b>Protein</b>	1.40g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 0.28mg

# Homemade Ranch Dressing

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57758
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN FF NAT	1 Quart		551813
MAYONNAISE LT	2 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SPICE GARLIC POWDER	1 1/2 Tablespoon		513857
SPICE ONION POWDER	1 1/2 Tablespoon		126993
SPICE DILL WEED	1 1/2 Tablespoon		513938
SALT IODIZED	1/2 Tablespoon		125557
SAUCE WORCESTERSHIRE	1/2 Tablespoon		109843
SUGAR BEET GRANUL	1/2 Tablespoon		108588

## Preparation Instructions

1. Mix all ingredients in a large bowl. Stir well. Keep chilled until served.

## 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: 50.00

Serving Size: 2.00 Tablespoon

Amount Per Serving	
<b>Calories</b>	24.98
<b>Fat</b>	0.64g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.93mg
<b>Sodium</b>	117.47mg
<b>Carbohydrates</b>	4.43g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.83g
<b>Added Sugar</b>	0.12g
<b>Protein</b>	0.85g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.42mg	<b>Iron</b> 0.01mg

## Nutrition - Per 100g

<b>Calories</b>	20819.45
<b>Fat</b>	533.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5777.78mg
<b>Sodium</b>	97889.50mg
<b>Carbohydrates</b>	3688.89g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1522.22g
<b>Added Sugar</b>	100.00g
<b>Protein</b>	711.11g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29516.44mg	<b>Iron</b> 10.67mg

# Homemade French Dressing

NO IMAGE

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57757
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT	2 2/3 Cup		860311
SPICE MUSTARD DRY	4 Tablespoon		400018
SPICE GARLIC POWDER	1 1/3 Teaspoon		513857
SPICE ONION POWDER	1 1/3 Teaspoon		126993
SPICE PAPRIKA	10 2/3 Tablespoon		518331
MAYONNAISE LT	1 1/3 Cup	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD	1 1/3 Cup	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	200621
OIL SALAD VEG SOY CLR NT	8 Cup		292702
VINEGAR WHT DISTILLED 4	2 2/3 Cup		517582

## Preparation Instructions

1. Combine sugar, mustard powder, garlic powder, onion powder, salt, and paprika and mix well.
2. Combine seasonings, mayo, ketchup, oil and vinegar in a container. Mix thoroughly with immersion blender.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	152.63		
Fat	14.23g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	1.66mg		
Sodium	15.82mg		
Carbohydrates	5.47g		
Fiber	0.02g		
Total Sugar	4.67g		
Added Sugar	4.50g		
Protein	0.05g		
Vitamin A	0.06mcg	Vitamin C	0.01mg
Calcium	0.83mg	Iron	0.02mg

## Nutrition - Per 100g

<b>Calories</b>	3317.99		
<b>Fat</b>	309.39g		
<b>Saturated Fat</b>	43.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.14mg		
<b>Sodium</b>	343.95mg		
<b>Carbohydrates</b>	118.93g		
<b>Fiber</b>	0.41g		
<b>Total Sugar</b>	101.54g		
<b>Added Sugar</b>	97.92g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	1.26mcg	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	18.11mg	<b>Iron</b>	0.44mg

# Homemade Blueberry Muffin

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57761
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	36 3/8 Ounce		533165
SUGAR BEET GRANUL	63 5/8 Ounce		108588
YOGURT GRK PLN N/F	2 1/4 Quart		398331
LEMON JUICE 100%	1 1/8 Cup		311227
FLAVORING VANILLA IMIT 1-QT KE	3 Tablespoon		110736
OIL SALAD VEG SOY CLR NT	3 Cup		292702
FLOUR WHOLE WHEAT STONE GROUND	5 3/4 Pound		330094
BAKING POWDER	6 Tablespoon		361032
SALT IODIZED	4 1/2 Tablespoon		125557
BAKING SODA	2 1/2 Teaspoon		513849
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	2 1/2 Pound		119873

## Preparation Instructions

1. Pre-heat oven to 350 degrees F.
2. Mix sugar and eggs together until mixture changes to a light/pale yellow color.

3. Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.
  4. Fold in the blueberries with a spatula.
- \*Important\* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.
5. Use #12 scoop (green) for muffin batter to fill muffin tins.
  6. Bake at 350 degrees F for 15-20 minutes or until tops are evenly golden brown.

## Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.074
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	254.28		
<b>Fat</b>	8.58g		
<b>Saturated Fat</b>	1.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.90mg		
<b>Sodium</b>	484.20mg		
<b>Carbohydrates</b>	38.49g		
<b>Fiber</b>	3.08g		
<b>Total Sugar</b>	19.88g		
<b>Added Sugar</b>	18.05g		
<b>Protein</b>	7.63g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.92mg
<b>Calcium</b>	71.20mg	<b>Iron</b>	1.18mg

## Nutrition - Per 100g

<b>Calories</b>	384.10		
<b>Fat</b>	12.96g		
<b>Saturated Fat</b>	2.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.30mg		
<b>Sodium</b>	731.41mg		
<b>Carbohydrates</b>	58.14g		
<b>Fiber</b>	4.65g		
<b>Total Sugar</b>	30.03g		
<b>Added Sugar</b>	27.27g		
<b>Protein</b>	11.53g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	1.39mg
<b>Calcium</b>	107.55mg	<b>Iron</b>	1.78mg

# Yogurt Parfait

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-57755
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup		569744
Variety of Fruit	1/2 Cup	BAKE dish into 4 oz. portion cups	

## Preparation Instructions

Place 1/4 cup of granola into insert cup. In larger cup place 1/4 cup of yogurt, then 1/2 cup of fruit, and last 1/4 cup of yogurt. Insert granola cup inside of cup and place lid on. Hold in cooler or under refrigeration.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<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>	257.97
<b>Fat</b>	2.67g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	143.32mg
<b>Carbohydrates</b>	52.01g
<b>Fiber</b>	5.05g
<b>Total Sugar</b>	27.77g
<b>Added Sugar</b>	9.81g
<b>Protein</b>	7.36g
<b>Vitamin A</b> 119.40mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.18mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	947.73
<b>Fat</b>	9.80g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.71mg
<b>Sodium</b>	526.51mg
<b>Carbohydrates</b>	191.06g
<b>Fiber</b>	18.55g
<b>Total Sugar</b>	102.01g
<b>Added Sugar</b>	36.04g
<b>Protein</b>	27.03g
<b>Vitamin A</b> 438.66mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 603.16mg	<b>Iron</b> 0.00mg

# Breaded Chicken Sandwich

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-57767
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

## 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 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 65.00mg	<b>Iron</b> 4.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Ham Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57768
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	1 ounce weight or 1/4 cup	100012
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Can also sub in Goldfish Crackers (GFS#745481, GFS#112702, and GFS#736280)	282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

## Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 1.9.26

## 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>	1.000
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	363.19
<b>Fat</b>	15.58g
<b>Saturated Fat</b>	6.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.44mg
<b>Sodium</b>	888.62mg
<b>Carbohydrates</b>	40.35g
<b>Fiber</b>	3.34g
<b>Total Sugar</b>	5.80g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	20.33g
<b>Vitamin A</b> 404.04mcg	<b>Vitamin C</b> 6.79mg
<b>Calcium</b> 156.84mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	427.03
<b>Fat</b>	18.31g
<b>Saturated Fat</b>	7.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.20mg
<b>Sodium</b>	1044.82mg
<b>Carbohydrates</b>	47.44g
<b>Fiber</b>	3.92g
<b>Total Sugar</b>	6.82g
<b>Added Sugar</b>	2.35g
<b>Protein</b>	23.90g
<b>Vitamin A</b> 475.06mcg	<b>Vitamin C</b> 7.98mg
<b>Calcium</b> 184.41mg	<b>Iron</b> 3.39mg

# Turkey Chef Salad w/ Cheez-it® & Croutons

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57769
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
TURKEY BRST DELI 40 COMM	1 3/4 Ounce	USDA Brown Box Commodity--Weight--Diced	110550
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	1 ounce weight or 1/4 cup	100012
CUCUMBER SELECT	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW	1 Package	Can also sub in Goldfish Crackers (GFS#745481, GFS#112702, and GFS#736280)	282422
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

## Preparation Instructions

Place lettuce in bottom of container and layer diced turkey, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 1.9.26

## 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>	1.000
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	386.53
<b>Fat</b>	15.71g
<b>Saturated Fat</b>	6.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.63mg
<b>Sodium</b>	945.13mg
<b>Carbohydrates</b>	39.39g
<b>Fiber</b>	3.34g
<b>Total Sugar</b>	4.78g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	25.05g
<b>Vitamin A</b> 404.04mcg	<b>Vitamin C</b> 6.79mg
<b>Calcium</b> 156.84mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	389.57
<b>Fat</b>	15.84g
<b>Saturated Fat</b>	6.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.02mg
<b>Sodium</b>	952.56mg
<b>Carbohydrates</b>	39.70g
<b>Fiber</b>	3.36g
<b>Total Sugar</b>	4.82g
<b>Added Sugar</b>	2.02g
<b>Protein</b>	25.25g
<b>Vitamin A</b> 407.22mcg	<b>Vitamin C</b> 6.84mg
<b>Calcium</b> 158.08mg	<b>Iron</b> 2.91mg

# Seasoned Corn

NO IMAGE

<b>Servings:</b>	82.00	<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-57819
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound		100348
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## 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: 82.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	77.16		
<b>Fat</b>	2.18g		
<b>Saturated Fat</b>	0.49g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.30mg		
<b>Carbohydrates</b>	16.10g		
<b>Fiber</b>	2.01g		
<b>Total Sugar</b>	3.02g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.01g		
<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>	91.47		
<b>Fat</b>	2.58g		
<b>Saturated Fat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.02mg		
<b>Carbohydrates</b>	19.08g		
<b>Fiber</b>	2.39g		
<b>Total Sugar</b>	3.58g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.39g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Spaghetti and Meat Sauce



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57770
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	17 1/2 Pound		100158
ONION DEHY CHPD	7 Ounce		263036
SEASONING ITAL HRB	1 1/2 Cup		428574
SALT IODIZED	2 Tablespoon		125557
TOMATO DCD 6-10 COMM	1 1/2 #10 CAN		150590
TOMATO PASTE FCY	1 1/2 Quart	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
SAUCE TOMATO	16 2/3 Cup	1 #10 can + 1 quart	306347
SAUCE WORCESTERSHIRE	2/3 Cup		109843
Water	4 1/5 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	9 3/4 Pound		221460

# Preparation Instructions

1. Brown ground beef and drain. Press draining beef to remove excess fat.
2. Add onions to ground beef mixture. Sauté beef mixture for 2 minutes or until onions are lightly browned.
3. Add Italian spice blend and salt. Blend well and add diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water.
4. Bring this mixture to boil and lower to a simmer and cook the spaghetti sauce for 1 hour stirring occasionally to prevent sticking.

CCP: Heat to 160 degrees or higher for 15 seconds at the completion of the cooking process.

5. Boil water and cook pasta until al-dente (cooked just long enough to be still firm, and not too soft), according to the directions on the package. DO NOT overcook.
6. Divide mixture equally into medium half-steamtable pans (10"x12"x4") which have been lightly sprayed with pan release spray. For 200 servings, use 12 pans.
7. Combine the sauce and spaghetti noodles.
8. Portion 1 cup with an 8 ounce ladle or spoodle.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<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: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	363.36		
<b>Fat</b>	13.33g		
<b>Saturated Fat</b>	4.18g		
<b>Trans Fat</b>	2.09g		
<b>Cholesterol</b>	54.33mg		
<b>Sodium</b>	422.64mg		
<b>Carbohydrates</b>	41.55g		
<b>Fiber</b>	5.49g		
<b>Total Sugar</b>	7.16g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	21.31g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.48mg	<b>Iron</b>	1.87mg

## Nutrition - Per 100g

<b>Calories</b>	256.92		
<b>Fat</b>	9.43g		
<b>Saturated Fat</b>	2.95g		
<b>Trans Fat</b>	1.48g		
<b>Cholesterol</b>	38.41mg		
<b>Sodium</b>	298.83mg		
<b>Carbohydrates</b>	29.38g		
<b>Fiber</b>	3.88g		
<b>Total Sugar</b>	5.06g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	15.07g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.41mg	<b>Iron</b>	1.32mg

# Seasoned Green Beans

NO IMAGE

<b>Servings:</b>	68.00	<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-57817
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	3 #10 CAN		100307
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## 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>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	36.76		
<b>Fat</b>	1.41g		
<b>Saturated Fat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	149.96mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	2.00g		
<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>	2201.06		
<b>Fat</b>	84.54g		
<b>Saturated Fat</b>	35.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8979.69mg		
<b>Carbohydrates</b>	239.45g		
<b>Fiber</b>	119.73g		
<b>Total Sugar</b>	119.73g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	59.86g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Spicy Chicken Sandwich



<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-57771
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

## 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 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 4.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Diced Ham Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57772
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

Updated 1.19.26

## 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 Wrap

Amount Per Serving	
<b>Calories</b>	290.41
<b>Fat</b>	12.55g
<b>Saturated Fat</b>	7.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.44mg
<b>Sodium</b>	587.70mg
<b>Carbohydrates</b>	32.55g
<b>Fiber</b>	3.25g
<b>Total Sugar</b>	3.27g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.37g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 1.44mg

## Nutrition - Per 100g

<b>Calories</b>	455.26
<b>Fat</b>	19.67g
<b>Saturated Fat</b>	11.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.26mg
<b>Sodium</b>	921.31mg
<b>Carbohydrates</b>	51.03g
<b>Fiber</b>	5.09g
<b>Total Sugar</b>	5.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 68.98mg	<b>Iron</b> 2.26mg

# Crispy Breaded Chicken Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57773
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	Leftover cooled and documented correctly---Dice/cut patty.	558061
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

Layer ingredients on top of tortilla-diced chicken patty, shredded lettuce, and shredded cheese. Hold in cooler for service.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	3.250
<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 Wrap

Amount Per Serving	
<b>Calories</b>	454.10
<b>Fat</b>	20.62g
<b>Saturated Fat</b>	7.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.40mg
<b>Sodium</b>	714.00mg
<b>Carbohydrates</b>	45.02g
<b>Fiber</b>	6.25g
<b>Total Sugar</b>	3.25g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	21.89g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 79.00mg	<b>Iron</b> 3.44mg

## Nutrition - Per 100g

<b>Calories</b>	3080.73
<b>Fat</b>	139.89g
<b>Saturated Fat</b>	48.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	240.16mg
<b>Sodium</b>	4843.96mg
<b>Carbohydrates</b>	305.43g
<b>Fiber</b>	42.40g
<b>Total Sugar</b>	22.05g
<b>Added Sugar</b>	6.78g
<b>Protein</b>	148.51g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 535.96mg	<b>Iron</b> 23.34mg

# HS: Fries- 1 Cup



<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-57774
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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>	117.58
<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>	23.52mg
<b>Carbohydrates</b>	21.16g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	1.18g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.18g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.76mg	<b>Iron</b> 0.35mg

# Homemade Chocolate Chip Cookie

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57775
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHOLE WHEAT STONE GROUND	14 1/2 Ounce		330094
BAKING SODA	3/4 Teaspoon		513849
SALT IODIZED	3/4 teaspoons		125557
SUGAR BEET GRANUL	3 1/2 Ounce		108588
SUGAR BROWN LT	9 1/4 Ounce		860311
BUTTER BLND SLD EURO ZT	10 Ounce	READY_TO_EAT Ready to use.	648560
EGG SHL MED A GRD	3 Each		206547
FLAVORING VANILLA IMIT	1 1/2 Teaspoon		110744
CHOC CHIPS SMISWT 1000/	7 1/2 Ounce		874523

## Preparation Instructions

1. Blend flour, baking soda, salt, sugar, and brown sugar in mixer for 2 minutes on low speed.
2. Add butter, eggs, and vanilla. Mix for 1 minute on medium speed.
3. Add chocolate chips. Blend for 30 seconds on medium speed.
4. Portion with level No. 40 scoop (1.66 Tbsp) in rows of 5 across and 5 down onto each sheet pan (18"x26"x1"). For 50 servings, use 2 pans.

5. Bake until lightly browned:

Conventional oven: 375 degrees for 10-12 minutes

Convection oven: 325 degrees for 6-8 minutes.

DO NOT OVERBAKE

6. Cool for 1 minute. Remove from sheet pans.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.500
<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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	115.99		
<b>Fat</b>	6.39g		
<b>Saturated Fat</b>	2.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.90mg		
<b>Sodium</b>	104.69mg		
<b>Carbohydrates</b>	15.15g		
<b>Fiber</b>	1.16g		
<b>Total Sugar</b>	8.82g		
<b>Added Sugar</b>	8.82g		
<b>Protein</b>	1.85g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.46mg

## Nutrition - Per 100g

<b>Calories</b>	454.33		
<b>Fat</b>	25.04g		
<b>Saturated Fat</b>	11.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.78mg		
<b>Sodium</b>	410.08mg		
<b>Carbohydrates</b>	59.33g		
<b>Fiber</b>	4.55g		
<b>Total Sugar</b>	34.57g		
<b>Added Sugar</b>	34.57g		
<b>Protein</b>	7.24g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.49mg	<b>Iron</b>	1.82mg

# Seasoned Carrots

NO IMAGE

<b>Servings:</b>	73.00	<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-57818
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## 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: 73.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	38.26		
<b>Fat</b>	2.33g		
<b>Saturated Fat</b>	0.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.26mg		
<b>Sodium</b>	52.79mg		
<b>Carbohydrates</b>	6.07g		
<b>Fiber</b>	2.02g		
<b>Total Sugar</b>	3.03g		
<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

<b>Calories</b>	40.37		
<b>Fat</b>	2.45g		
<b>Saturated Fat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.61mg		
<b>Sodium</b>	55.71mg		
<b>Carbohydrates</b>	6.40g		
<b>Fiber</b>	2.13g		
<b>Total Sugar</b>	3.20g		
<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

# Chicken & Noodles



<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57783
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	12 Gallon	<p><b>HEAT_AND_SERVE</b>            Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F.            Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F.            Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F.            Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Tablespoon		263036
BUTTER BLND SLD EURO ZT	3 Cup	<p><b>READY_TO_EAT</b>            Ready to use.</p>	648560
FLOUR WHOLE WHEAT STONE GROUND	5 5/8 Cup	5 1/4 cup + 6 Tbsp.	330094
MILK DRY N/F INSTANT	9 Cup	Reconstituted.	255917
SPICE PEPR BLK REG FINE GRIND	3 Tablespoon		225037
Chicken, Diced, Cooked, Frozen	38 1/4 Pound		100101

## Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt butter. Add flour and stir until smooth.
3. Add flour mixture, milk, and pepper, and chicken to noodles. Stir gently to combine.
4. Stir occasionally until thickened. CCP: Heat to 165 degrees or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10"x12"x4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. CCP: Hold for hot service at 135 degrees or higher. Portion with 8 oz ladle (1 cup).

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.750
<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: 300.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	202.19
<b>Fat</b>	5.62g
<b>Saturated Fat</b>	1.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.44mg
<b>Sodium</b>	459.46mg
<b>Carbohydrates</b>	19.33g
<b>Fiber</b>	0.65g
<b>Total Sugar</b>	1.45g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.14g
<b>Vitamin A</b> 20.40mcg	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 34.48mg	<b>Iron</b> 0.96mg

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

## Nutrition - Per 100g

<b>Calories</b>	237.54		
<b>Fat</b>	6.60g		
<b>Saturated Fat</b>	1.65g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.12mg		
<b>Sodium</b>	539.78mg		
<b>Carbohydrates</b>	22.71g		
<b>Fiber</b>	0.76g		
<b>Total Sugar</b>	1.70g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	20.13g		
<b>Vitamin A</b>	23.97mcg	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	40.51mg	<b>Iron</b>	1.13mg

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

# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	41.00	<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-57784
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce		146581
Water	17 Cup	1 gallon + 1 cup	Water

## Preparation Instructions

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

## 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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	63.74
<b>Fat</b>	0.40g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	87.64mg
<b>Carbohydrates</b>	13.54g
<b>Fiber</b>	1.59g
<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> 7.97mg	<b>Iron</b> 0.24mg

## Nutrition - Per 100g

<b>Calories</b>	347.90
<b>Fat</b>	2.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	478.37mg
<b>Carbohydrates</b>	73.93g
<b>Fiber</b>	8.70g
<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> 43.49mg	<b>Iron</b> 1.30mg

# Gravy

NO IMAGE

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57841
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	22 5/8 Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552061
Water	1 Gallon	READY_TO_DRINK	Water

## Preparation Instructions

OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

## 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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	14.65
<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>	54.43mg
<b>Carbohydrates</b>	2.93g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.42g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.42g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.19mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	292.49
<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>	1086.39mg
<b>Carbohydrates</b>	58.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	8.36g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.36g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 83.57mg	<b>Iron</b> 0.00mg

# HS: Dinner Rolls- 2 Each



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57847
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll	2 Each		266548

## 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: 2.00 Each

Amount Per Serving	
<b>Calories</b>	140.00
<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>	216.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Biscuit

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-57785
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC WGRAIN EZ SPLIT	1 Each		269210

## Preparation Instructions

For chicken : BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Fro biscuit: BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET | HALF SHEET 6 X 9 (54 BISCUITS) | 4 X 6 (24 BISCUITS)

OVEN | TEMP. | TIME | TIME

STANDARD

REEL | 375°F | 34-38 M | 31-35 M

RACK | 350°F | 30-34 M | 27-31 M

CONVECTION\* | 325°F | 23-27 M | 21-25 M

\*ROTATE PAN HALFWAY THROUGH BAKE TIME

Assemble sandwiches.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.750
<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 Each

Amount Per Serving	
<b>Calories</b>	305.00
<b>Fat</b>	13.50g
<b>Saturated Fat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	545.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.50g
<b>Total Sugar</b>	3.00g
<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> 141.00mg	<b>Iron</b> 2.60mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Taco Meat

NO IMAGE

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57842
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	25 Pound		100101
SEASONING TACO MIX	2 1/2 Package		159204
Water	12 1/2 Cup	READY_TO_DRINK	Water

## Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving.

## 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: 200.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	79.97		
<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>	239.35mg		
<b>Carbohydrates</b>	1.59g		
<b>Fiber</b>	0.80g		
<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>	0.29mg

## Nutrition - Per 100g

<b>Calories</b>	141.04		
<b>Fat</b>	3.53g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.07mg		
<b>Sodium</b>	422.14mg		
<b>Carbohydrates</b>	2.81g		
<b>Fiber</b>	1.41g		
<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>	0.51mg

# HS Only: Tortilla Chips

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57846
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<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: 1.00

Serving Size: 0.00 Each

Amount Per Serving	
<b>Calories</b>	120.00
<b>Fat</b>	4.50g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	100.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	0.00g
<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> 23.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Taco Meat

NO IMAGE

<b>Servings:</b>	119.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57865
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	20 Pound		100158
ONION DEHY CHPD	10 Tablespoon		263036
SEASONING TACO MIX	2 1/2 Package		159204
Water	11 1/2 Cup	READY_TO_DRINK	Water

## Preparation Instructions

1. Cook meat with onion and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

## 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: 119.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	178.95		
<b>Fat</b>	12.04g		
<b>Saturated Fat</b>	4.01g		
<b>Trans Fat</b>	2.01g		
<b>Cholesterol</b>	52.18mg		
<b>Sodium</b>	358.66mg		
<b>Carbohydrates</b>	2.93g		
<b>Fiber</b>	1.37g		
<b>Total Sugar</b>	0.02g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	14.07g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.49mg

## Nutrition - Per 100g

<b>Calories</b>	233.82		
<b>Fat</b>	15.74g		
<b>Saturated Fat</b>	5.24g		
<b>Trans Fat</b>	2.62g		
<b>Cholesterol</b>	68.18mg		
<b>Sodium</b>	468.66mg		
<b>Carbohydrates</b>	3.83g		
<b>Fiber</b>	1.79g		
<b>Total Sugar</b>	0.03g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	18.39g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.52mg	<b>Iron</b>	0.64mg

# Seasoned Broccoli

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-57820
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## 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>	33.62
<b>Fat</b>	0.91g
<b>Saturated Fat</b>	0.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	28.48mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	3.00g
<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> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	51.02
<b>Fat</b>	1.39g
<b>Saturated Fat</b>	0.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	43.22mg
<b>Carbohydrates</b>	7.59g
<b>Fiber</b>	4.55g
<b>Total Sugar</b>	1.52g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.55g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Sweet & Sour Chicken

NO IMAGE

<b>Servings:</b>	76.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 pieces	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57843
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE SWT & SOUR	2 Quart		242292

## Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 2 sheet pans and place 1-8lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place both sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 12 pieces of popcorn chicken.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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: 76.00

Serving Size: 12.00 pieces

Amount Per Serving	
<b>Calories</b>	301.14
<b>Fat</b>	15.04g
<b>Saturated Fat</b>	2.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.06mg
<b>Sodium</b>	473.55mg
<b>Carbohydrates</b>	27.83g
<b>Fiber</b>	3.01g
<b>Total Sugar</b>	10.26g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	15.04g
<b>Vitamin A</b> 109.27mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.10mg	<b>Iron</b> 2.11mg

## Nutrition - Per 100g

<b>Calories</b>	315.36
<b>Fat</b>	15.75g
<b>Saturated Fat</b>	2.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.25mg
<b>Sodium</b>	495.92mg
<b>Carbohydrates</b>	29.14g
<b>Fiber</b>	3.15g
<b>Total Sugar</b>	10.75g
<b>Added Sugar</b>	1.05g
<b>Protein</b>	15.75g
<b>Vitamin A</b> 114.43mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.99mg	<b>Iron</b> 2.20mg

# Mixed Vegetables

NO IMAGE

<b>Servings:</b>	76.00	<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-57821
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Vegetables	15 Pound		110871
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## 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>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	70.92		
<b>Fat</b>	1.26g		
<b>Saturated Fat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	48.20mg		
<b>Carbohydrates</b>	12.08g		
<b>Fiber</b>	3.02g		
<b>Total Sugar</b>	3.02g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.01g		
<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>	77.92		
<b>Fat</b>	1.39g		
<b>Saturated Fat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	52.96mg		
<b>Carbohydrates</b>	13.27g		
<b>Fiber</b>	3.32g		
<b>Total Sugar</b>	3.32g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.21g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# HS: Brown Rice- 1 cup



<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57845
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 1/2 Quart		231059
Water	2 1/2 Quart	READY_TO_DRINK	Water
SALT IODIZED	1 Tablespoon		125557
BUTTER BLND SLD EURO ZT	1/3 Cup	READY_TO_EAT Ready to use.	648560

## Preparation Instructions

### STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

### OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

### STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

## 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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	174.72
<b>Fat</b>	3.97g
<b>Saturated Fat</b>	1.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	301.15mg
<b>Carbohydrates</b>	32.64g
<b>Fiber</b>	0.96g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.84g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.29mg

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

## Nutrition - Per 100g

<b>Calories</b>	5843.48
<b>Fat</b>	132.92g
<b>Saturated Fat</b>	35.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10072.07mg
<b>Carbohydrates</b>	1091.64g
<b>Fiber</b>	32.11g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	128.43g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg	<b>Iron</b> 9.63mg

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

# MS: Brown Rice- 1/2 cup



<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57844
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 1/2 Quart		231059
Water	2 1/2 Quart	READY_TO_DRINK	Water
SALT IODIZED	1 Tablespoon		125557
BUTTER BLND SLD EURO ZT	1/3 Cup	READY_TO_EAT Ready to use.	648560

## Preparation Instructions

### STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

### OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

### STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork 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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	87.36
<b>Fat</b>	1.99g
<b>Saturated Fat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.58mg
<b>Carbohydrates</b>	16.32g
<b>Fiber</b>	0.48g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.92g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.14mg

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

## Nutrition - Per 100g

<b>Calories</b>	5824.00
<b>Fat</b>	132.48g
<b>Saturated Fat</b>	35.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10038.49mg
<b>Carbohydrates</b>	1088.00g
<b>Fiber</b>	32.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	128.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg	<b>Iron</b> 9.60mg

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

# Smoothie

NO IMAGE

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-57848
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	4 Pound	May use other frozen, unsweetened fruits.	110860
JUICE ORNG CRTN 70-4FLZ COMM	8 Each	May use other 100% juice varieties.	251390
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	14 Cup		499989

## Preparation Instructions

1. Add orange juice and fruit to blender.
2. Puree until smooth. Add yogurt. Puree until well-mixed.
3. Portion into 9 fl. oz. cups.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<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: 28.00

Serving Size: 9.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	148.77
<b>Fat</b>	0.75g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	77.34mg
<b>Carbohydrates</b>	31.13g
<b>Fiber</b>	2.14g
<b>Total Sugar</b>	18.66g
<b>Added Sugar</b>	5.97g
<b>Protein</b>	4.76g
<b>Vitamin A</b> 119.40mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.18mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	229.58
<b>Fat</b>	1.15g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.76mg
<b>Sodium</b>	119.35mg
<b>Carbohydrates</b>	48.04g
<b>Fiber</b>	3.31g
<b>Total Sugar</b>	28.80g
<b>Added Sugar</b>	9.21g
<b>Protein</b>	7.35g
<b>Vitamin A</b> 184.26mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.36mg	<b>Iron</b> 0.00mg

# HS: Hashbrowns- 22 Each

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	22.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57849
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	5 1/2 Ounce	DEEP_FRY Deep Fry @ 345° - 350°F for 1 3 4 - 2 1 4 minutes; Convection Oven @ 400°F for 10 - 12 minutes; Conventional Oven @ 400°F for 20 - 25 minutes; Impingement Oven @ 450°F for 9 - 12 minutes.	265632

## 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>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 22.00 Each

Amount Per Serving	
<b>Calories</b>	287.87
<b>Fat</b>	15.24g
<b>Saturated Fat</b>	4.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	558.80mg
<b>Carbohydrates</b>	33.87g
<b>Fiber</b>	3.39g
<b>Total Sugar</b>	1.69g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.39g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.63mg	<b>Iron</b> 1.22mg

## Nutrition - Per 100g

<b>Calories</b>	199.89
<b>Fat</b>	10.58g
<b>Saturated Fat</b>	2.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	388.03mg
<b>Carbohydrates</b>	23.52g
<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> 12.93mg	<b>Iron</b> 0.85mg

# Creamy Cheeseburger Penne



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57850
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE WGRAIN	3 1/4 Pound	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
OIL BLND SOY/POM OLV 90/10	6 Tablespoon		524948
ONION DEHY CHPD	3 Tablespoon		263036
Beef, Fine Ground 85/15, Frozen	6 1/4 Pound		100158
GARLIC PLD FRESH	6 Tablespoon		428353
TOMATO DCD 6-10 COMM	13 Cup		150590
TOMATO PASTE FCY	3/4 Cup	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
MUSTARD DIJON	2 Tablespoon		455715
SEASONING ITAL HRB	1/4 Cup		428574

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk*	4 5/8 Cup		13871
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	7 ounces		100036
CHEESE PARM GRTD	3 Cup		252948
SALT IODIZED	2 teaspoons		125557
SPICE PEPR BLK (30 MESH) REG GRIND	1 Teaspoon		225045

## Preparation Instructions

1. Bring a large pot of water to a boil. Cook pasta until just tender. Drain and reserve.
2. In a large saute pan or tilt skillet, heat olive oil over medium heat. Add onion and saute 5 minutes until softened.
3. Add beef and brown, breaking up into ¾" crumbles until beef has reached an internal temperature of 155° for at least 15 seconds. Drain beef and return to pan
4. Add garlic to pan over medium heat and saute until fragrant 1-2 minutes.
5. Add tomatoes, tomato paste, mustard and Italian seasoning and stir well.
6. Return pasta to pan, add milk, and stir to combine. Simmer 20 minutes until juices have thickened and been absorbed by pasta.
7. Remove from heat. Stir in cheese, salt and pepper. Transfer to 2 steam table pans.
8. Portion using an 8 oz. spoodle for a 1 cup serving.

### Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	308.81		
Fat	14.53g		
Saturated Fat	5.22g		
Trans Fat	1.49g		
Cholesterol	49.50mg		
Sodium	289.49mg		
Carbohydrates	28.02g		
Fiber	4.28g		
Total Sugar	4.56g		
Added Sugar	0.00g		
Protein	18.46g		
Vitamin A	12.96mcg**	Vitamin C	0.00mg**
Calcium	93.31mg	Iron	1.95mg

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

## Nutrition - Per 100g

<b>Calories</b>	330.28		
<b>Fat</b>	15.54g		
<b>Saturated Fat</b>	5.59g		
<b>Trans Fat</b>	1.60g		
<b>Cholesterol</b>	52.94mg		
<b>Sodium</b>	309.61mg		
<b>Carbohydrates</b>	29.96g		
<b>Fiber</b>	4.58g		
<b>Total Sugar</b>	4.87g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	19.74g		
<b>Vitamin A</b>	13.87mcg**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	99.79mg	<b>Iron</b>	2.09mg

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

# Baked Beans

NO IMAGE

<b>Servings:</b>	47.00	<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-57796
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD KTTL BRN SUGAR	2 #10 CAN		822477
KETCHUP CAN NAT LO SOD	1/2 Cup		200621
SUGAR BROWN LT	1/2 Cup		860311

## Preparation Instructions

Mix all ingredients together. Heat.

## 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: 47.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	140.21
<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>	317.65mg
<b>Carbohydrates</b>	28.72g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	8.55g
<b>Added Sugar</b>	7.55g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	5991.81
<b>Fat</b>	21.37g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13574.63mg
<b>Carbohydrates</b>	1227.46g
<b>Fiber</b>	213.67g
<b>Total Sugar</b>	365.52g
<b>Added Sugar</b>	322.79g
<b>Protein</b>	299.13g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2222.13mg	<b>Iron</b> 85.47mg