

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

Created by HPS Menu Planner

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MS: Brown Rice- 1/2 cup

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Assorted Variety of Cereal

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57750
School:	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

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57751
School:	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

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57752
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	490.00		
Fat	26.50g		
Saturated Fat	8.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Total Sugar	15.00g		
Added Sugar	12.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	263.00mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available

HS: Tater Tots- 16 Each

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	16 Each	<p>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.</p>	141510

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 Each

Amount Per Serving			
Calories	220.00		
Fat	12.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	620.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Total Sugar	1.38g		
Added Sugar	0.12g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Nutrition - Per 100g

Calories	153.95		
Fat	8.40g		
Saturated Fat	1.40g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	433.87mg		
Carbohydrates	19.59g		
Fiber	1.40g		
Total Sugar	0.97g		
Added Sugar	0.08g		
Protein	1.40g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.00mg	Iron	0.28mg

Homemade Ranch Dressing

Servings:	50.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57758
School:	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

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: 50.00

Serving Size: 2.00 Tablespoon

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

Nutrition - Per 100g

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

Homemade French Dressing

Servings:	128.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57757
School:	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
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 Per Serving	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories	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

Nutrition - Per 100g			
Calories	3317.99		
Fat	309.39g		
Saturated Fat	43.48g		
Trans Fat	0.00g		
Cholesterol	36.14mg		
Sodium	343.95mg		
Carbohydrates	118.93g		
Fiber	0.41g		
Total Sugar	101.54g		
Added Sugar	97.92g		
Protein	1.02g		
Vitamin A	1.26mcg	Vitamin C	0.29mg
Calcium	18.11mg	Iron	0.44mg

Homemade Blueberry Muffin

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-57761
School:	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

Meat/Meat Alternate	0.000
Grain	1.500
Fruit	0.074
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57755
School:	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

Component	Amount
Meat/Meat Alternate	1.000
Grain	1.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	257.97
Fat	2.67g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	143.32mg
Carbohydrates	52.01g
Fiber	5.05g
Total Sugar	27.77g
Added Sugar	9.81g
Protein	7.36g
Vitamin A	119.40mcg
Vitamin C	0.00mg
Calcium	164.18mg
Iron	0.00mg

Nutrition - Per 100g

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

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57767
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad w/ Cheez-it® & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57768
School:	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

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Nutrition - Per 100g

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

Turkey Chef Salad w/ Cheez-it® & Croutons

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57769
School:	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

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Nutrition - Per 100g

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

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57819
School:	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

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	77.16		
Fat	2.18g		
Saturated Fat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.30mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Total Sugar	3.02g		
Added Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	91.47		
Fat	2.58g		
Saturated Fat	0.58g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.02mg		
Carbohydrates	19.08g		
Fiber	2.39g		
Total Sugar	3.58g		
Added Sugar	0.00g		
Protein	2.39g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Spaghetti and Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57770
School:	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

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

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

Seasoned Green Beans

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57817
School:	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

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

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.76		
Fat	1.41g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.96mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	2201.06		
Fat	84.54g		
Saturated Fat	35.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8979.69mg		
Carbohydrates	239.45g		
Fiber	119.73g		
Total Sugar	119.73g		
Added Sugar	0.00g		
Protein	59.86g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57771
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57772
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

Nutrition - Per 100g

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

Crispy Breaded Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57773
School:	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

Meat/Meat Alternate	2.500
Grain	3.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

Nutrition - Per 100g

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

HS: Fries- 1 Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57774
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	<p>BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.</p> <p>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.</p>	200697

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

Calories	117.58		
Fat	3.53g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.52mg		
Carbohydrates	21.16g		
Fiber	1.18g		
Total Sugar	1.18g		
Added Sugar	0.00g		
Protein	1.18g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.35mg

Homemade Chocolate Chip Cookie

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57775
School:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Seasoned Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57818
School:	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

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

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.26		
Fat	2.33g		
Saturated Fat	0.55g		
Trans Fat	0.00g		
Cholesterol	24.26mg		
Sodium	52.79mg		
Carbohydrates	6.07g		
Fiber	2.02g		
Total Sugar	3.03g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	40.37		
Fat	2.45g		
Saturated Fat	0.58g		
Trans Fat	0.00g		
Cholesterol	25.61mg		
Sodium	55.71mg		
Carbohydrates	6.40g		
Fiber	2.13g		
Total Sugar	3.20g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken & Noodles

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	12 Gallon	HEAT_AND_SERVE 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.	261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Tablespoon		263036
BUTTER BLND SLD EURO ZT	3 Cup	READY_TO_EAT Ready to use.	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

Meat/Meat Alternate	2.000
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

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

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

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57784
School:	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

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.74		
Fat	0.40g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	87.64mg		
Carbohydrates	13.54g		
Fiber	1.59g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.97mg	Iron	0.24mg

Nutrition - Per 100g

Calories	347.90		
Fat	2.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	478.37mg		
Carbohydrates	73.93g		
Fiber	8.70g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.49mg	Iron	1.30mg

Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57841
School:	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

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: 1.00 Fluid Ounce

Amount Per Serving			
Calories	14.65		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	54.43mg		
Carbohydrates	2.93g		
Fiber	0.00g		
Total Sugar	0.42g		
Added Sugar	0.00g		
Protein	0.42g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.19mg	Iron	0.00mg

Nutrition - Per 100g

Calories	292.49		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1086.39mg		
Carbohydrates	58.50g		
Fiber	0.00g		
Total Sugar	8.36g		
Added Sugar	0.00g		
Protein	8.36g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	83.57mg	Iron	0.00mg

HS: Dinner Rolls- 2 Each

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57847
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	216.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Total Sugar	4.00g		
Added Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57785
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	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.	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

Meat/Meat Alternate	1.000
Grain	2.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	13.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	545.00mg
Carbohydrates	34.00g
Fiber	3.50g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 141.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	200.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57842
School:	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

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	79.97		
Fat	2.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	239.35mg		
Carbohydrates	1.59g		
Fiber	0.80g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.29mg

Nutrition - Per 100g

Calories	141.04		
Fat	3.53g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	74.07mg		
Sodium	422.14mg		
Carbohydrates	2.81g		
Fiber	1.41g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	21.16g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.51mg

HS Only: Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57846
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving	
Calories	120.00
Fat	4.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	100.00mg
Carbohydrates	18.00g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 23.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Meat

Servings:	119.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57865
School:	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

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

Nutrition Facts

Servings Per Recipe: 119.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Seasoned Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57820
School:	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

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

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	33.62		
Fat	0.91g		
Saturated Fat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.48mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

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

Sweet & Sour Chicken

Servings:	76.00	Category:	Entree
Serving Size:	12.00 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57843
School:	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

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 12.00 pieces

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

Nutrition - Per 100g

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

Mixed Vegetables

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57821
School:	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

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	70.92		
Fat	1.26g		
Saturated Fat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.20mg		
Carbohydrates	12.08g		
Fiber	3.02g		
Total Sugar	3.02g		
Added Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	77.92		
Fat	1.39g		
Saturated Fat	0.58g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	52.96mg		
Carbohydrates	13.27g		
Fiber	3.32g		
Total Sugar	3.32g		
Added Sugar	0.00g		
Protein	2.21g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

HS: Brown Rice- 1 cup

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57845
School:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

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

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

MS: Brown Rice- 1/2 cup

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57844
School:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

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

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

Smoothie

Servings:	28.00	Category:	Entree
Serving Size:	9.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57848
School:	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

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 9.00 Fluid Ounce

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

Nutrition - Per 100g

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

HS: Hashbrowns- 22 Each

Servings:	1.00	Category:	Vegetable
Serving Size:	22.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57849
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 22.00 Each

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

Nutrition - Per 100g

Calories	199.89		
Fat	10.58g		
Saturated Fat	2.94g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	388.03mg		
Carbohydrates	23.52g		
Fiber	2.35g		
Total Sugar	1.18g		
Added Sugar	0.00g		
Protein	2.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	12.93mg	Iron	0.85mg

Creamy Cheeseburger Penne

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57850
School:	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
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

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

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

Baked Beans

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57796
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL 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

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.21		
Fat	0.50g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	317.65mg		
Carbohydrates	28.72g		
Fiber	5.00g		
Total Sugar	8.55g		
Added Sugar	7.55g		
Protein	7.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

Nutrition - Per 100g

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