

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Assorted 2oz Cereal Bowls



Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35666
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S CUP	1 Each		383189
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	Ready to eat	105931
CEREAL RICE CHEX CINN CUP	1 Each	Ready To Eat	105357
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	Ready to eat	105850
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	Ready to eat	261799
Lucky Charms Reduced Sugar Cup	1 Package		549484

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	213.33
Fat	3.33g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	315.00mg
Carbohydrates	43.33g
Fiber	4.00g
Total Sugar	11.67g
Added Sugar	11.83g
Protein	3.67g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 170.00mg	Iron 6.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chilled Fruit Assortment

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	0.50 0.5 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Fruit, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100212
Pears, Diced, Extra Light Syrup, Canned	1/2 Cup	READY_TO_EAT shelf stable; ready to eat	100225
PEACH SLCD 6-10 COMM	1/2 Cup		110710

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 0.5 cup

Amount Per Serving			
Calories	61.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	15.33g		
Fiber	1.00g		
Total Sugar	12.00g		
Added Sugar	1.33g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups (variety)



Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE MANG PCH CUP	1 Each		849531
APPLESAUCE PCH UNSWT CUP	1 Each		450564
APPLESAUCE CINN UNSWT CUP	1 Each		809402
APPLESAUCE STRAWB NSA CUP	1 Each		174331

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	16.256
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1630.61
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	455.42g
Fiber	32.51g
Total Sugar	390.15g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 25000.00mg**
Calcium 162.56mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	652243.93
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	182168.30g
Fiber	13004.88g
Total Sugar	156058.54g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 10000000.00mg**
Calcium 65024.39mg	Iron 0.00mg

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

Refried Beans with Cheese

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Quickly pour 1 gallon water over beans and cover.

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

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

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

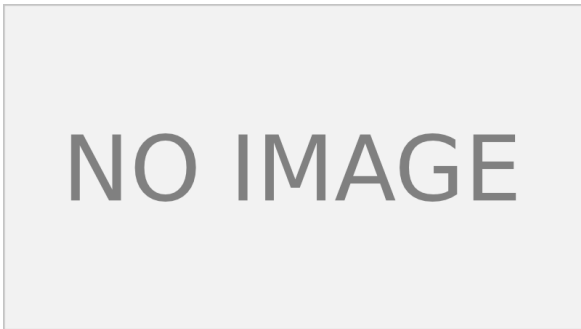
Serving Size: 0.50

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

Nutrition - Per 100g

Calories	17584.78
Fat	82.82g
Saturated Fat	12.34g
Trans Fat	0.00g
Cholesterol	52.87mg
Sodium	17901.98mg
Carbohydrates	2963.68g
Fiber	1110.06g
Total Sugar	3.52g
Added Sugar	0.00g
Protein	1134.73g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 6889.50mg	Iron 259.01mg

Cucumber Slices w/ dip



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups or bags.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.90
Fat	11.05g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	250.50mg
Carbohydrates	3.00g
Fiber	0.15g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	0.15g
Vitamin A 27.30mcg	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety (elem)

NO IMAGE

Servings:	7.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28512
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
APPLE GALA	1 Each		569392
BANANA TURNING SNGL 150CT	1 Each		197769
GRAPES RED	1 Cup		280895
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEACH WHL	1 Each		829851
PEAR	1 Each		198056

Preparation Instructions

Rinse all fruit with skins well, drain.

Check fruit ripening guide for pears/peaches/plums to be sure fruit it ripe. (Should not be rock hard, fruit should be a little soft when ripe.)

Arrange in rows on tray with tongs to serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.571
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	85.16
Fat	0.16g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	21.14g
Fiber	2.89g
Total Sugar	13.00g
Added Sugar	0.00g**
Protein	0.83g
Vitamin A 79.81mcg**	Vitamin C 14.78mg**
Calcium 17.97mg	Iron 0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla



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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 135F or higher.

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

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.333
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

Calories	478.00
Fat	21.93g
Saturated Fat	12.62g
Trans Fat	0.00g
Cholesterol	80.50mg
Sodium	645.77mg
Carbohydrates	42.24g
Fiber	4.27g
Total Sugar	2.92g
Added Sugar	0.20g
Protein	26.79g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 324.24mg	Iron 2.53mg

Beef & Cheese Nachos (scratch)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57811
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce	2 oz = about 20 chips	163020
SAUCE CHS ULTIM JALAP POU6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT	1 Each		745903
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330
85/15 Ground Beef, Frozen	3 Ounce		100158

Preparation Instructions

Cook and season ground beef according to the Ground Beef (from scratch) Recipe.

Assemble 2 oz chips (about 20 chips) in a boat.

Just before serving, scoop 3 oz taco meat on top and then add 3 oz cheese sauce.

Offer sour cream and commodity salsa on the side as optional.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.235
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

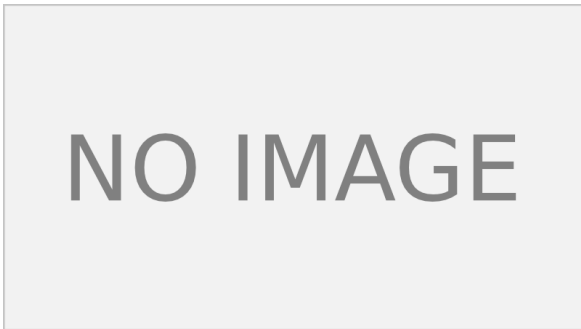
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	722.78
Fat	41.38g
Saturated Fat	16.95g
Trans Fat	2.24g
Cholesterol	118.05mg
Sodium	933.65mg
Carbohydrates	54.98g
Fiber	9.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	30.63g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 412.73mg	Iron 2.00mg

Nutrition - Per 100g

Calories	318.70
Fat	18.24g
Saturated Fat	7.47g
Trans Fat	0.99g
Cholesterol	52.05mg
Sodium	411.68mg
Carbohydrates	24.24g
Fiber	3.97g
Total Sugar	2.20g
Added Sugar	0.00g
Protein	13.51g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 181.99mg	Iron 0.88mg

Cheeseburger on Bun



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	400.00
Fat	20.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	565.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	0.00g
Protein	26.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 146.00mg	Iron 2.05mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



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

Ingredients

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

Preparation Instructions

3. Steam for approx. 5 min.

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

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

Calories	20.04
Fat	0.16g
Saturated Fat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	24.05mg
Carbohydrates	3.21g
Fiber	1.60g
Total Sugar	1.60g
Added Sugar	0.00g
Protein	1.60g
Vitamin A 0.00mcg	Vitamin C 38.64mg
Calcium 17.64mg	Iron 0.34mg

Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	30 Pound	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC WGRAIN	60 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

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

Serve 8 oz (by weight) using a heaping #6 disher. 8oz pasta yields 2 oz meat and 1 oz grain.

Scoop portion directly onto tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.151
Grain	2.075
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.269
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	461.29
Fat	20.70g
Saturated Fat	7.06g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	611.02mg
Carbohydrates	43.03g
Fiber	4.23g
Total Sugar	7.45g
Added Sugar	1.08g
Protein	23.43g
Vitamin A 659.14mcg	Vitamin C 24.73mg
Calcium 62.69mg	Iron 4.33mg

Nutrition - Per 100g

Calories	203.39
Fat	9.13g
Saturated Fat	3.11g
Trans Fat	0.47g
Cholesterol	25.60mg
Sodium	269.41mg
Carbohydrates	18.97g
Fiber	1.86g
Total Sugar	3.29g
Added Sugar	0.47g
Protein	10.33g
Vitamin A 290.63mcg	Vitamin C 10.90mg
Calcium 27.64mg	Iron 1.91mg

Biscuits & Gravy w/ Sausage Links



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43810

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY	1 Package	Prepare gravy according to package directions.	455555
DOUGH BISC WGRAIN EZ SPLIT	25 Each	<p>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.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS)</p> <p>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</p>	269210

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD	50 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740

Preparation Instructions

CCP: Hold gravy for hot service at 140° or higher.

CCP: Hold sausage links for hot service at 140° or higher.

Portion: 1 biscuit with 6 oz gravy and 2 sausage links. Place right onto the tray to serve.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. *FOR BEST RESULTS, DO

NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	331.35
Fat	17.05g
Saturated Fat	6.53g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	516.92mg
Carbohydrates	28.21g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 120.12mg	Iron 2.32mg

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
wg 4 inch Hamburger Bun x	1 1 bun	READY_TO_EAT	3474

Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper

CCP: Hold for hot service at 140 degrees

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	11.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	500.00mg
Carbohydrates	36.00g
Fiber	5.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	25.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 71.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	154.44
Fat	11.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Total Sugar	6.33g
Added Sugar	0.00g
Protein	0.89g
Vitamin A 19022.22mcg	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

Nutrition - Per 100g

Calories	136.18
Fat	9.70g
Saturated Fat	1.76g
Trans Fat	0.00g
Cholesterol	8.82mg
Sodium	290.98mg
Carbohydrates	11.17g
Fiber	3.14g
Total Sugar	5.58g
Added Sugar	0.00g
Protein	0.78g
Vitamin A 16772.97mcg	Vitamin C 6.11mg
Calcium 32.92mg	Iron 0.28mg

Broccoli with Cheese



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	15 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	120 Ounce	1 bag = 80 oz BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.549
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	85.34
Fat	4.40g
Saturated Fat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg
Sodium	248.37mg
Carbohydrates	6.10g
Fiber	3.00g
Total Sugar	1.55g
Added Sugar	0.00g
Protein	6.85g
Vitamin A 213.19mcg	Vitamin C 0.00mg
Calcium 134.32mg	Iron 1.00mg

Nutrition - Per 100g

Calories	100.34
Fat	5.17g
Saturated Fat	2.97g
Trans Fat	0.00g
Cholesterol	18.09mg
Sodium	292.03mg
Carbohydrates	7.17g
Fiber	3.53g
Total Sugar	1.82g
Added Sugar	0.00g
Protein	8.05g
Vitamin A 250.66mcg	Vitamin C 0.00mg
Calcium 157.93mg	Iron 1.18mg

General Tso Chicken w/ Fried Rice updated



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

Ingredients

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

Preparation Instructions

There are approximately (170) 4 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service.
 4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
 5. To assemble, place a 6 oz scoop of rice directly onto tray and top with #10 scoop (4oz) of chicken.
- CCP: Hold for hot service at 140° or higher.

RICE: 5.9 oz serving = 2 oz grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.051
Grain	2.557
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.539
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.519

Nutrition Facts

Servings Per Recipe: 1.00

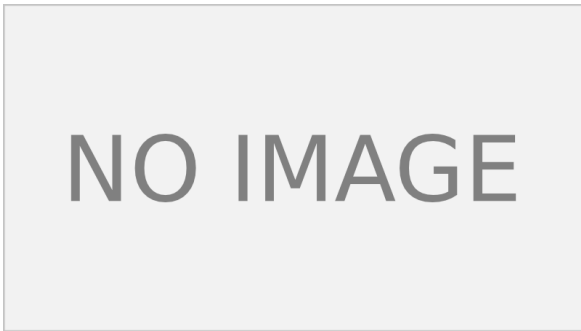
Serving Size: 1.00

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

Nutrition - Per 100g

Calories	172.83
Fat	3.43g
Saturated Fat	0.36g
Trans Fat	0.00g
Cholesterol	18.09mg
Sodium	320.63mg
Carbohydrates	28.05g
Fiber	1.80g
Total Sugar	6.14g
Added Sugar	0.00g
Protein	6.49g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.82mg	Iron 0.51mg

Crunchy Nacho Fish Sticks w/ Cornbread Poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49313

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each		963499
POLLOCK BRD STIX NACH MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

Gather fish sticks and cornbread popper boxes.

Wash hands thoroughly and apply fresh gloves.

On sheet pans, assemble fish sticks and cornbread poppers in a single layer.

Bake fish sticks and cornbread poppers according to directions.

For the fish:

COOK FROM FROZEN CONVENTIONAL OVEN: BAKE AT 475°F ABOUT 11 TO 13 MINUTES. CONVECTION OVEN: BAKE AT 400°F ABOUT 9 TO 11 MINUTES. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

CCP: Fish must reach internal temperature of 140F or higher.

Cornbread Poppers: Bake according to package directions.

CCP: Hold at 140F or higher for service.

To Serve:

Place 4 fish sticks (2 oz meat + 1 oz grain) and 3 cornbread poppers directly onto tray.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	374.25
Fat	16.55g
Saturated Fat	4.90g
Trans Fat	0.07g
Cholesterol	43.00mg
Sodium	603.80mg
Carbohydrates	41.50g
Fiber	3.40g
Total Sugar	5.50g
Added Sugar	2.00g
Protein	14.35g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 6.83mg	Iron 2.24mg

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT	3 5/8 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
wg 4 inch Hamburger Bun x	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Use a #10 scoop for portioning the sloppy joe.

CCP: Hold for hot service at 140° or higher.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

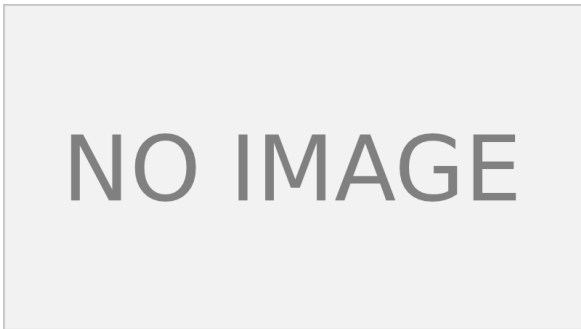
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	298.00
Fat	8.00g
Saturated Fat	2.20g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	639.00mg
Carbohydrates	37.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	5.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 110.00mg	Iron 4.00mg

Nutrition - Per 100g

Calories	289.57
Fat	7.77g
Saturated Fat	2.14g
Trans Fat	0.00g
Cholesterol	42.76mg
Sodium	620.93mg
Carbohydrates	35.95g
Fiber	2.92g
Total Sugar	10.69g
Added Sugar	4.86g
Protein	18.46g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 106.89mg	Iron 3.89mg

Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	6 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

- Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- Place 6 chicken strips directly onto tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	520.00
Fat	30.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	780.00mg
Carbohydrates	32.00g
Fiber	6.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	30.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 72.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Cubano Sandwich



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57806

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Round To Bread	50 Slice		
PORK PULLED BBQ DRY PKG BROOKWD	3 Pound	USE COMMODITY PULLED PORK	795230
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate. One case of ham provides about 525 1.22-ounce portions	100187
CHEESE SWS SLCD .75Z	25 Slice	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	327409
MUSTARD PKT	1 Each		109908
PICKLE DILL SLCD HAMB 1/8"	100 Slice		149195

Preparation Instructions

Spray parchment lined sheet pan generously with non-stick spray.

Arrange slices of bread on the sprayed parchment lined tray.

On each slice, place 2 ounces of ham.

Top ham with 4 pickle slices.

Place 2 ounces of pulled pork on top of pickles.

Place 1 slice Swiss cheese on top of pulled pork.

Place a second slice of bread on top and spray the top surface of the bread generously with non-stick spray.

Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches

Bake until lightly browned and filling reaches safe internal temperature (approximately 10-12 minutes).

Cut sandwich in half diagonally and serve with mustard on the side.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.703
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 Sandwich

Amount Per Serving	
Calories	403.45
Fat	18.16g
Saturated Fat	6.99g
Trans Fat	0.00g
Cholesterol	85.87mg
Sodium	487.62mg
Carbohydrates	28.07g
Fiber	2.22g
Total Sugar	2.58g
Added Sugar	0.00g
Protein	24.04g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 228.33mg	Iron 12.60mg

Nutrition - Per 100g

Calories	726.16		
Fat	32.68g		
Saturated Fat	12.58g		
Trans Fat	0.00g		
Cholesterol	154.55mg		
Sodium	877.64mg		
Carbohydrates	50.51g		
Fiber	4.00g		
Total Sugar	4.64g		
Added Sugar	0.00g		
Protein	43.27g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	410.96mg	Iron	22.69mg

Mac & Cheese Bowl w/ garlic breadstick

NO IMAGE

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

Ingredients

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

Preparation Instructions

Prepare mac and cheese according to package direction.

CCP: Hold at 135F or higher.

To serve:

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.743
Grain	2.372
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

Calories	283.84
Fat	9.99g
Saturated Fat	4.85g
Trans Fat	0.00g
Cholesterol	24.25mg
Sodium	653.29mg
Carbohydrates	33.12g
Fiber	1.80g
Total Sugar	5.46g
Added Sugar	0.00g
Protein	16.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 372.66mg	Iron 1.05mg

Celery Sticks w/ dip



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	12 Pound		781592
SAUCE RNCH DIPN CUP	96 Each		182265

Preparation Instructions

serve chilled

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	125.00		
Fat	11.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	330.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Total Sugar	3.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	881.52		
Fat	77.57g		
Saturated Fat	14.10g		
Trans Fat	0.00g		
Cholesterol	70.52mg		
Sodium	2327.22mg		
Carbohydrates	35.26g		
Fiber	14.10g		
Total Sugar	21.16g		
Added Sugar	0.00g		
Protein	7.05g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	282.09mg	Iron	0.00mg

Mixed Veggies w/ dip



Servings:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED	9 1/3 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	7 1/3 Pound	Rinse	732486
CUCUMBER SELECT	13 1/3 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	200 Each		52976
BROCCOLI FLORET BITE SIZE	8 Pound		732451
CELERY STIX	8 Pound		781592
CARROT BABY WHL CLEANED	8 Pound		510637

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.117
Red/Orange	0.312
OtherVeg	0.471
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	171.27
Fat	16.10g
Saturated Fat	2.53g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	221.24mg
Carbohydrates	7.98g
Fiber	2.28g
Total Sugar	3.60g
Added Sugar	0.00g
Protein	1.62g
Vitamin A 3323.37mcg	Vitamin C 69.88mg
Calcium 36.47mg	Iron 0.63mg

Nutrition - Per 100g

Calories	157.16
Fat	14.77g
Saturated Fat	2.32g
Trans Fat	0.00g
Cholesterol	9.18mg
Sodium	203.01mg
Carbohydrates	7.32g
Fiber	2.09g
Total Sugar	3.30g
Added Sugar	0.00g
Protein	1.48g
Vitamin A 3049.52mcg	Vitamin C 64.12mg
Calcium 33.46mg	Iron 0.58mg

Salisbury Steak w/ biscuit



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

Ingredients

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

Preparation Instructions

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

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

Serve directly onto tray with biscuit.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

Calories	776.01		
Fat	43.21g		
Saturated Fat	14.99g		
Trans Fat	0.00g		
Cholesterol	61.73mg		
Sodium	1904.76mg		
Carbohydrates	67.02g		
Fiber	5.29g		
Total Sugar	7.05g		
Added Sugar	3.53g		
Protein	31.75g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	220.46mg	Iron	2.82mg

Homemade PBJ



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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	550.00
Fat	32.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	425.00mg
Carbohydrates	55.00g
Fiber	6.00g
Total Sugar	19.00g
Added Sugar	13.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 108.00mg	Iron 3.00mg

Nutrition - Per 100g

No 100g Conversion Available

Very Berry Fruit Smoothie (side)



Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2" IQF	7 Cup	READY_TO_EAT Ready to Eat	621420
BLUEBERRY IQF	7 Cup		166720
JUICE APPLE 100%	16 Fluid Ounce		100374

Preparation Instructions

Place berries in blender. Pour apple juice to just cover the fruit. Work in batches as needed. Cover and blend on high speed about 1 minute or until smooth.

Pour into cups, serve immediately as a fruit option.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.640
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: 0.50 Cup

Amount Per Serving			
Calories	46.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	11.64g		
Fiber	1.68g		
Total Sugar	7.68g		
Added Sugar	0.00g		
Protein	0.56g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.50mg

Nutrition - Per 100g

No 100g Conversion Available

French Toast & Sausage Links (PK-4)

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

To Serve:

Place 3 sticks and 2 links directly on tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.283
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich (Lunch)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39219

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.</p>	525480
DOUGH BISC WGRAIN EZ SPLIT	1 Each	<p>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.</p> <p>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</p>	269210

Preparation Instructions

Gather chicken and biscuits from the freezer.

Lay chicken and biscuits out on their own sheet pans and bake according to package instruction.

Once biscuits are ready, place into a well and hold for service.

Once chicken reaches 160F or higher internal temperature, place in a well and hold for service.

CCP: Hold for hot service at 140° or higher.

Just before service:

Split biscuits and place one chicken patty onto each biscuit.

Serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	410.00
Fat	18.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	620.00mg
Carbohydrates	37.00g
Fiber	5.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	24.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.630
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	51.96		
Fat	2.24g		
Saturated Fat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	72.52mg		
Carbohydrates	6.54g		
Fiber	3.78g		
Total Sugar	1.26g		
Added Sugar	0.00g		
Protein	3.78g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.40mg	Iron	1.26mg

Nutrition - Per 100g

Calories	163.65		
Fat	7.06g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	228.41mg		
Carbohydrates	20.60g		
Fiber	11.91g		
Total Sugar	3.97g		
Added Sugar	0.00g		
Protein	11.91g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	92.60mg	Iron	3.97mg

Mini Sweet Peppers



Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	20 Pound		667582
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

- Thoroughly wash and dry peppers.
- Slice mini peppers into rings.
- Serve in 4 oz portions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.508
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	32.31		
Fat	0.18g		
Saturated Fat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	4.17mg		
Carbohydrates	7.14g		
Fiber	3.05g		
Total Sugar	4.08g		
Added Sugar	0.00g		
Protein	1.02g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.32mg	Iron	0.37mg

Nutrition - Per 100g

Calories	21.37		
Fat	0.12g		
Saturated Fat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.11mg		
Sodium	2.76mg		
Carbohydrates	4.73g		
Fiber	2.02g		
Total Sugar	2.70g		
Added Sugar	0.00g		
Protein	0.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.44mg	Iron	0.24mg

Buttery Corn



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	24 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE SLD	8 Ounce	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Add margarine to hot corn.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.687

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	98.76		
Fat	2.86g		
Saturated Fat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.33mg		
Carbohydrates	16.42g		
Fiber	2.05g		
Total Sugar	6.16g		
Added Sugar	0.00g		
Protein	2.05g		
Vitamin A	125.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	85.31		
Fat	2.47g		
Saturated Fat	0.65g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.84mg		
Carbohydrates	14.18g		
Fiber	1.77g		
Total Sugar	5.32g		
Added Sugar	0.00g		
Protein	1.77g		
Vitamin A	107.98mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Beef Soft Tacos (from scratch)



Servings:	40.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57816
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6"	80 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	Use Commodity Cheese!! Preshredded. Use cold or melted	150250
85/15 Ground Beef, Frozen	10 Pound		100158

Preparation Instructions

1. Cook and season ground beef according to Ground Beef (from scratch) recipe.

CCP: Hold at or above 135F until service time.

To assemble: Use a #12 scoop of taco meat into one taco shell, and 1 T (0.5 oz) cheese.

Serve two tacos for 1 serving.

May hold assembled tacos in a well, do not wrap or boat to serve.

Serve with sour cream packets and commodity salsa on the side as options.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	5.018
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: 40.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	648.44
Fat	42.21g
Saturated Fat	22.17g
Trans Fat	2.99g
Cholesterol	138.61mg
Sodium	610.96mg
Carbohydrates	32.03g
Fiber	4.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	37.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 452.64mg	Iron 2.00mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	381.24
Fat	24.82g
Saturated Fat	13.03g
Trans Fat	1.75g
Cholesterol	81.49mg
Sodium	359.20mg
Carbohydrates	18.83g
Fiber	2.35g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	21.81g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 266.12mg	Iron 1.18mg

Turkey Manhattan



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	37 1/2 Ounce	1 Bag = 26 oz.	166872
CCS 24 oz. Whole Grain Rich Sandwich Bread X	100 Slice		1292
TURKEY CHNK & SHRDD IN GRVY	15 Pound	4.5 oz = 2 oz meat serving	653171

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.

2. Open bag into a steam table pan.

CCP: Hold for hot service at 140° minimum

3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork.

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

To Serve: Layer 2 slices of bread on bottom, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey & gravy over top.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.308
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.231

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	352.31		
Fat	8.23g		
Saturated Fat	1.73g		
Trans Fat	0.00g		
Cholesterol	51.92mg		
Sodium	1083.85mg		
Carbohydrates	44.00g		
Fiber	2.92g		
Total Sugar	2.00g		
Added Sugar	2.00g		
Protein	28.62g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	86.46mg	Iron	2.69mg

Nutrition - Per 100g

Calories	223.91		
Fat	5.23g		
Saturated Fat	1.10g		
Trans Fat	0.00g		
Cholesterol	33.00mg		
Sodium	688.86mg		
Carbohydrates	27.96g		
Fiber	1.86g		
Total Sugar	1.27g		
Added Sugar	1.27g		
Protein	18.19g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	54.95mg	Iron	1.71mg

Chicken Alfredo

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	*Use commodity diced chicken whenever possible!* Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA PENNE RIGATE	8 3/4 Pound		635501

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.076
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: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	314.44		
Fat	5.76g		
Saturated Fat	1.69g		
Trans Fat	0.01g		
Cholesterol	44.98mg		
Sodium	156.37mg		
Carbohydrates	43.38g		
Fiber	2.00g		
Total Sugar	2.51g		
Added Sugar	0.00g		
Protein	21.68g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.46mg	Iron	2.25mg

Nutrition - Per 100g

Calories	241.21		
Fat	4.42g		
Saturated Fat	1.30g		
Trans Fat	0.00g		
Cholesterol	34.50mg		
Sodium	119.96mg		
Carbohydrates	33.27g		
Fiber	1.53g		
Total Sugar	1.92g		
Added Sugar	0.00g		
Protein	16.63g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.90mg	Iron	1.73mg

Fritos Walking Taco (scratch)



Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN TOP N GO 60-1.5Z FRITOS	40 Each	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy!	317677
85/15 Ground Beef, Frozen	10 Pound		100158
PEPPERS JALAP SLCD 128CT	1 Ounce		466240
SAUCE CHS ULTIM JALAP POUCC 6-106Z LOL	120 Ounce		310744

Preparation Instructions

Cook and season ground beef according to Ground Beef (from scratch) recipe.

CCP: Hold for hot service at or above 135F.

Steam bags of cheese according to package direction.

CCP: Hold for hot service at or above 135F.

To Assemble :

Set up 40 bags of Fritos Walking Taco bags and tear tops off.

Just before serving, scoop 3oz ground beef and 3 oz cheese sauce into bag on top of chips.

Offer sour cream packets, commodity salsa, and pickled jalapenos on the side as an option to add.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.981
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: 40.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	684.10
Fat	46.85g
Saturated Fat	15.94g
Trans Fat	2.99g
Cholesterol	117.45mg
Sodium	909.31mg
Carbohydrates	30.00g
Fiber	2.03g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	30.86g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 356.73mg	Iron 0.40mg

Nutrition - Per 100g

Calories	343.51
Fat	23.53g
Saturated Fat	8.00g
Trans Fat	1.50g
Cholesterol	58.98mg
Sodium	456.59mg
Carbohydrates	15.06g
Fiber	1.02g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	15.49g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 179.13mg	Iron 0.20mg

Cheese Omelet w/ Cinnamon Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.	240080
Pillsbury Cinnamon Roll Dough, Whole Grain, 2.87 oz	1 Each	Place frozen roll dough smooth side facing downward, on parchment lined baking sheet. Bake times will vary by oven type and quantity of product in oven. Rolls are fully baked when center curl springs back when lightly touched. Allow to cool if icing or finishing	119090

Preparation Instructions

Cook both egg omelet and cinnamon rolls according to above package instructions.

CCP: Hold at 135F or higher.

Serve one omelet with a cinnamon roll right onto the tray.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	390.00
Fat	22.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	660.00mg
Carbohydrates	37.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	10.00g
Protein	13.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 102.70mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots



Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	24 Pound	Steam carrots until just tender. Don't over cook.	175706
SALT KOSHER COARSE	1 Tablespoon		153550

Preparation Instructions

Use commodity carrots whenever possible!

1. Steam carrots until just tender, taking care not to overcook.

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	22.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	93.58mg
Carbohydrates	5.22g
Fiber	1.49g
Total Sugar	2.99g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 405.22mcg	Vitamin C 1.49mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	19.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	82.52mg
Carbohydrates	4.61g
Fiber	1.32g
Total Sugar	2.63g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 357.34mcg	Vitamin C 1.32mg
Calcium 0.00mg	Iron 0.00mg

Sausage Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34407
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

1. Place sausage on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

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

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble sandwiches and place in warmer well and cover with lid until time to serve.

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	293.70
Fat	17.40g
Saturated Fat	8.20g
Trans Fat	0.07g
Cholesterol	28.00mg
Sodium	553.20mg
Carbohydrates	24.00g
Fiber	2.60g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	9.90g
Vitamin A 56.00mcg	Vitamin C 0.00mg
Calcium 43.58mg	Iron 1.18mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick w/ cornbread (elem)



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

Ingredients

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

Preparation Instructions

- 1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.
- Biscuit = 1.5 oz grain
- Cook chicken according to package direction.
- CCP: Hold at 135F or higher.
- Serve right onto tray with a mini cornbread loaf.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	390.00
Fat	17.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	620.00mg
Carbohydrates	38.00g
Fiber	2.00g
Total Sugar	16.00g
Added Sugar	16.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cheese Enchiladas (scratch)



Servings:	80.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Azteca 6 Inch Ultragrain Flour Tortillas, Refrigerated, 12 Ct Bag, 30/Box	160 Piece	READY_TO_EAT THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882690
Cheese, Cheddar Reduced fat, Shredded	6 Pound	COMMODITY CHEESE	100012
Shredded Mozzarella Cheese, Part Skim	6 Pound	COMMODITY CHEESE	100021
PAN COAT SPRAY	1 Ounce		112828
OIL BLND CNOLA/XVRGN 90/10	4 Cup		732900
FLOUR H&R GOLD MEDAL 14317	2 1/4 Pound	BAKE Refer to your desired recipe or formula for preparation instructions. UNPREPARED Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling.	426253
SPICE CHILI POWDER MILD	4 Ounce		331473

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	1/4 Cup	Taste sauce and adjust salt accordingly.	125557
SEASONING ITAL HRB	2 Teaspoon		428574
SPICE CUMIN GRND	2 Tablespoon		273945
Water	3 Gallon	READY_TO_DRINK	Water

Preparation Instructions

Instructions

For the Sauce

1. Heat oil over low heat.
2. Add flour and seasonings to the oil and blend well.
3. Gradually stir in water, using a wire whisk.
4. Cook on medium heat, stirring constantly until the mixture thickens (about 1 hr.). Remove from heat.

CCP: If not used immediately, transfer to 2" pans and chill to an internal temp of 41° within 4 hrs.

For Assembly

1. Mix American cheese and Mozzarella cheeses together.
2. Steam the corn tortillas to soften.
3. Lightly spray a 2" full size steam table pans.
4. Place 1 oz cheese in each tortilla and roll tightly.
5. Place enchiladas seam side down on the pan. Place 36 enchiladas in each pan, 3 rows of 12.

CCP: (If enchiladas are rolled the day before service, they must be covered and chilled to an internal temp of 41° within 4 hours).

6. Pour 2 ¼ quarts of hot enchilada sauce evenly over each pan of rolled enchiladas. Cover the outside edges to prevent drying out.
7. Top enchiladas with a light sprinkle of cheese.
8. Bake approx. 15 minutes in a convection oven set at 350 °, or until cheese inside enchiladas is melted. The minimum internal temp must be 135°.

CCP- Hold at 135° – 160°

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.400
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: 80.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	526.79
Fat	33.01g
Saturated Fat	15.60g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	984.06mg
Carbohydrates	41.76g
Fiber	4.43g
Total Sugar	3.20g
Added Sugar	0.00g**
Protein	20.88g
Vitamin A 4.00mcg	Vitamin C 0.00mg
Calcium 48.00mg	Iron 2.67mg

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

Nutrition - Per 100g

Calories	637.99
Fat	39.98g
Saturated Fat	18.89g
Trans Fat	0.00g
Cholesterol	65.40mg
Sodium	1191.78mg
Carbohydrates	50.57g
Fiber	5.36g
Total Sugar	3.88g
Added Sugar	0.00g**
Protein	25.28g
Vitamin A 4.84mcg	Vitamin C 0.00mg
Calcium 58.13mg	Iron 3.24mg

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

Colorful Cauliflower



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Whole Grain Waffle	1 Each	BAKE Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.	138652

Preparation Instructions

Bake chicken and waffles on sheet trays according to package instruction.

CCP: Hold at 135F or higher.

Place 1 prepared chicken breast on top of 1 waffle and serve directly onto tray.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	261.54
Fat	11.31g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	48.85mg
Sodium	378.46mg
Carbohydrates	18.23g
Fiber	3.77g
Total Sugar	1.54g
Added Sugar	0.77g
Protein	20.54g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 48.85mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ croutons & roll (Elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
Ham, Cubed Frozen	1 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1/2 Each		711160
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8"	1 Ounce	*Order diced tomatoes from Piazza*	786543
CUCUMBER SELECT	3 Slice		361510
CROUTON CHS GARL WGRAIN	2 Package	Ready to use.	661022
Whole Grain Rich Clustered Pan Rolls x	1 Each	Ready to eat	3920
DRESSING RNCH ORIG PKT	1 Ounce		554693

Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, 1/2 sliced egg, diced tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.
4. Serve in paper tray/boat #165220 is an option

CCP: Hold for cold service at 40F.

Serve with ranch dressing.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.820
Grain	2.000
Fruit	0.000
DarkGreen	1.000
Red/Orange	0.333
OtherVeg	0.188
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	546.79
Fat	31.16g
Saturated Fat	9.57g
Trans Fat	0.00g
Cholesterol	142.25mg
Sodium	1070.35mg
Carbohydrates	45.51g
Fiber	4.39g
Total Sugar	9.17g
Added Sugar	4.00g
Protein	22.49g
Vitamin A 10.24mcg	Vitamin C 0.27mg
Calcium 302.06mg	Iron 3.65mg

Nutrition - Per 100g

Calories	482.22
Fat	27.48g
Saturated Fat	8.44g
Trans Fat	0.00g
Cholesterol	125.46mg
Sodium	943.96mg
Carbohydrates	40.14g
Fiber	3.87g
Total Sugar	8.09g
Added Sugar	3.53g
Protein	19.83g
Vitamin A 9.03mcg	Vitamin C 0.24mg
Calcium 266.39mg	Iron 3.22mg

Alaskan Pollock Fish Sandwich



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	10 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420
wg 4 inch Hamburger Bun x	10 1 bun	READY_TO_EAT	3474
SAUCE TARTAR PKT	10 Each	BAKE	213361
PICKLE DILL SLCD HAMB 1/8IN 2900CT	30 Slice		149209
LETTUCE ROMAINE RIBBONS	1 Cup		451730

Preparation Instructions

Bake fish according to package direction. Place one fish fillet on a bun.

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

Serve with pickles and lettuce.

CHO Breakdown:

Fish: 15g;

Klosterman Bun: 25g

Tartar Sauce: 3g

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: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	366.00
Fat	12.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	832.50mg
Carbohydrates	46.20g
Fiber	3.10g
Total Sugar	6.10g
Added Sugar	0.00g
Protein	17.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 89.60mg	Iron 3.16mg

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups



Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub Sandwich



Servings:	30.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57778

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
Shredded Mozzarella Cheese, Part Skim	1 Pound	COMMODITY CHEESE	100021
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	1 #10 CAN		592714
SPICE GARLIC GRANULATED	1 Teaspoon		513881
PAN COAT SPRAY BUTTERY	1 Gram		555752
5" WG Split Top Hoagie Bun x	30 bun	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737

Preparation Instructions

Gather all ingredients needed.

Wash hands thoroughly, and put on fresh pair of gloves.

Place meatballs into a steam pan, pour sauce over to cover, and steam according to package directions/ listed above.

While steaming, open hoagie buns and lay them out on a sheet pan.

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 4 meatballs in sauce onto the bun.

Sprinkle 1 oz shredded mozzarella on top of the meatballs.

Serve immediately.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.585
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.650
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	407.63
Fat	15.72g
Saturated Fat	6.26g
Trans Fat	0.62g
Cholesterol	50.26mg
Sodium	917.75mg
Carbohydrates	41.49g
Fiber	1.03g
Total Sugar	10.75g
Added Sugar	1.03g
Protein	23.18g
Vitamin A 37.98mcg	Vitamin C 6.75mg
Calcium 78.02mg	Iron 1.86mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	449.18
Fat	17.32g
Saturated Fat	6.89g
Trans Fat	0.68g
Cholesterol	55.38mg
Sodium	1011.29mg
Carbohydrates	45.72g
Fiber	1.13g
Total Sugar	11.85g
Added Sugar	1.13g
Protein	25.54g
Vitamin A 41.85mcg	Vitamin C 7.44mg
Calcium 85.97mg	Iron 2.05mg

3-Cheese Cavatappi

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	30 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	149193
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	80 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

Bake pasta and breadsticks according to package direction.

CCP: Hold at 135F or higher.

To Serve: Scoop 6 oz cavatappi onto tray with a twisty breadstick.

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: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	384.00
Fat	17.50g
Saturated Fat	9.20g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	891.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	0.50g
Protein	19.00g
Vitamin A 616.00mcg**	Vitamin C 0.00mg**
Calcium 392.00mg	Iron 1.50mg

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

Nutrition - Per 100g

Calories	225.75
Fat	10.29g
Saturated Fat	5.41g
Trans Fat	0.00g
Cholesterol	29.39mg
Sodium	523.81mg
Carbohydrates	24.10g
Fiber	1.18g
Total Sugar	2.35g
Added Sugar	0.29g
Protein	11.17g
Vitamin A 362.14mcg**	Vitamin C 0.00mg**
Calcium 230.45mg	Iron 0.88mg

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

Chicken Nuggets w/ Roll



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

Ingredients

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

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.
Serve 5 nuggets and 1 roll together as an entree.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Poppers w/ mini biscuit



Servings:	160.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	32 Pound	12 poppers = serving 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.	327120

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	160 Each	<p>BAKE FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>HEATING INSTRUCTIONS OVEN TEMP. TIME CONVECTION 325°F 4-5 M STANDARD 375°F 5-6 M FOOD WARMER 150°F 45-55 M MICROWAVE FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE. MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p>	521782

Preparation Instructions

Bake chicken according to package direction.

CCP: Hold at 135F or higher.

To serve: Portion 12 pieces of chicken along with a mini biscuit right onto the tray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.364
Grain	2.182
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 12.00 Each

Amount Per Serving	
Calories	338.46
Fat	18.91g
Saturated Fat	4.98g
Trans Fat	0.00g
Cholesterol	24.85mg
Sodium	547.66mg
Carbohydrates	26.90g
Fiber	3.98g
Total Sugar	1.99g
Added Sugar	1.99g
Protein	16.91g
Vitamin A 108.33mcg	Vitamin C 0.00mg
Calcium 109.75mg	Iron 2.69mg

Nutrition - Per 100g

Calories	373.08
Fat	20.84g
Saturated Fat	5.49g
Trans Fat	0.00g
Cholesterol	27.39mg
Sodium	603.68mg
Carbohydrates	29.65g
Fiber	4.39g
Total Sugar	2.20g
Added Sugar	2.20g
Protein	18.64g
Vitamin A 119.41mcg	Vitamin C 0.00mg
Calcium 120.98mg	Iron 2.96mg

Pizza Buildable (elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it!	959048
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
Sliced Pepperoni	10 Slice		394085

Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.

Use large boat to place all items in.

(Thaw flatbreads the night before)

2. Tear flatbreads at the seams to break apart.

3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.

4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.714
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	1465.00
Fat	126.00g
Saturated Fat	41.75g
Trans Fat	0.00g
Cholesterol	257.50mg
Sodium	410.00mg**
Carbohydrates	30.50g
Fiber	1.00g
Total Sugar	5.50g
Added Sugar	2.00g
Protein	67.50g
Vitamin A 0.10mcg**	Vitamin C 0.03mg**
Calcium 232.59mg	Iron 4.68mg

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

Nutrition - Per 100g

Calories	10338.74
Fat	889.20g
Saturated Fat	294.64g
Trans Fat	0.00g
Cholesterol	1817.22mg
Sodium	2893.44mg**
Carbohydrates	215.24g
Fiber	7.06g
Total Sugar	38.81g
Added Sugar	14.11g
Protein	476.36g
Vitamin A 0.71mcg**	Vitamin C 0.21mg**
Calcium 1641.43mg	Iron 33.03mg

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

BBQ Rib Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22696
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z	1 Each	BAKE 1. Do not thaw. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat in a conventional oven preheated @ 350 degrees F for 12-14 minutes OR heat in a convection oven preheated @350 degrees F for 10-12 minutes.	661921
5" WG Split Top Hoagie Bun x	1 Each	READY_TO_DRINK	3737

Preparation Instructions

Bake pork patties according to package direction.

CCP: Hold at 135F or higher.

Assemble onto buns just before serving. Hold short period of time unwrapped in a hotel pan with lid.

Serve onto tray unwrapped.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.190
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	11.50g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	660.00mg
Carbohydrates	34.00g
Fiber	1.00g
Total Sugar	9.00g
Added Sugar	0.00g
Protein	20.00g
Vitamin A 100.00mcg	Vitamin C 1.20mg
Calcium 0.00mg	Iron 1.08mg

Nutrition - Per 100g

No 100g Conversion Available

Sugar Snap Peas & Cherry Tomatoes

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.225
OtherVeg	0.300
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.79
Fat	0.09g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.03mg
Carbohydrates	3.08g
Fiber	1.10g
Total Sugar	2.03g
Added Sugar	0.00g
Protein	0.96g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 12.15mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	14.49
Fat	0.09g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.98mg
Carbohydrates	3.01g
Fiber	1.07g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	0.94g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 11.90mg	Iron 0.49mg

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

Taco Salad w/ tortilla chips (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	USE COMMODITY SHREDDED CHEESE WHENEVER POSSIBLE	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND YEL	2 Ounce	Weigh out 1 ounce to get number of chips per ounce. Serve 2 oz chips on side directly on tray.	163020
SOUR CREAM PKT	1 Each		745903
SAUCE TACO MILD PKT	1 Each		192007

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/4 Cup	Commodity Salsa only	100330

Preparation Instructions

1. Portion romaine lettuce into the bottom of a bowl. Use Earthchoice bowl #688490.
2. Add 2 oz shredded cheddar cheese.

CCP: Hold for cold service at 40F until ready to serve.

4. Prepare taco meat according to package direction.

CCP: Hold for hot service at 140F or above.

To Serve:

5. Add #12 Scoop of taco meat to boat with lettuce and cheese.

6. Serve with 2 oz of chips on the side, directly onto tray.

1 commodity salsa cup, 1 sour cream packet, and taco sauce are optional, place available for self service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.050
Grain	2.500
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	671.88
Fat	37.13g
Saturated Fat	18.35g
Trans Fat	0.00g
Cholesterol	114.86mg
Sodium	983.47mg
Carbohydrates	55.13g
Fiber	10.05g
Total Sugar	6.05g
Added Sugar	0.00g
Protein	31.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 557.14mg	Iron 3.03mg

Nutrition - Per 100g

Calories	326.88		
Fat	18.06g		
Saturated Fat	8.93g		
Trans Fat	0.00g		
Cholesterol	55.88mg		
Sodium	478.48mg		
Carbohydrates	26.82g		
Fiber	4.89g		
Total Sugar	2.94g		
Added Sugar	0.00g		
Protein	15.24g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	271.06mg	Iron	1.47mg

Grilled Cheese Sandwich w/ tomato Soup



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22505
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CCS 24 oz. Whole Grain Rich Sandwich Bread X	2 Slice	READY_TO_EAT	1292
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	Commodity Cheese	100036
SOUP TOMATO	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

Preparation Instructions

1. Gather all ingredients needed. Wash hands and put on fresh pair of gloves.
2. Generously spray the sheet pan with buttery pan spray and lay out slices of bread for first layer.
3. Arrange 4 slices of cheese, layered on overlapping so the whole surface of the bread is covered.
4. Add the top slice of bread.
5. Generously spray top layer of bread with buttery spray and place a second sheet pan on the top of the sandwiches to toast.
6. Bake at 350F for 10-15 minutes until bread is golden and toasty and the cheese is melted.

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

Do not wrap. Place directly on tray to serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.260
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	480.00		
Fat	14.00g		
Saturated Fat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1510.00mg		
Carbohydrates	66.00g		
Fiber	4.00g		
Total Sugar	24.00g		
Added Sugar	2.00g		
Protein	22.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.80mg

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich (commodity)



Servings:	40.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	40 1 bun	READY_TO_EAT No baking necessary.	3474
PORK PULLED CKD PKG-8/5 LB	10 Pound		251253
SAUCE BBQ PKT	1 Each		294659

Preparation Instructions

1. Heat pork according to package direction until minimum temperature is 160°.
2. Just before serving, place 4 oz pork on each bun.

CCP: Hold pork for hot service at 145° or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
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: 40.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	150.50**
Fat	2.00g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	212.25mg**
Carbohydrates	27.13g**
Fiber	2.00g**
Total Sugar	4.10g**
Added Sugar	0.08g**
Protein	6.00g**
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 71.05mg**	Iron 2.00mg**

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

Nutrition - Per 100g

Calories	132.72**
Fat	1.76g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	187.17mg**
Carbohydrates	23.92g**
Fiber	1.76g**
Total Sugar	3.62g**
Added Sugar	0.07g**
Protein	5.29g**
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 62.65mg**	Iron 1.76mg**

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

Cheese Pizza Crunchers



Servings:	1.00	Category:	Entree
Serving Size:	4.00 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

Bake according to package direction.

CCP: Hold for hot service at 135F.

One case = approx. 285 pizza crunchers; 71 servings of 4 each.

To serve: Place 4 pizza crunchers directly onto the tray. Offer marinara cup on side as optional.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 pieces

Amount Per Serving	
Calories	460.00
Fat	20.00g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	910.00mg
Carbohydrates	48.00g
Fiber	6.00g
Total Sugar	7.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 446.00mg	Iron 2.91mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunch Box

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich (commodity)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	1 bun	BAKE Toast if desired	3474
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036

Preparation Instructions

Open buns and lay out on a sheet pan.

Lay a slice of cheese on the bottom of each bun.

Fold each slice of ham in half and layer along bottom of the bun.

Top ham with another slice of cheese and replace the top bun.

Place sheet pan in oven and warm low & slow in the oven until internal temperature reaches 140 degrees. Ham should be warmed throughout and cheese should be melty.

CCP: Hold at 140 for hot service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	341.00
Fat	13.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	69.00mg
Sodium	1186.00mg
Carbohydrates	35.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	27.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 71.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	328.64
Fat	12.53g
Saturated Fat	5.78g
Trans Fat	0.00g
Cholesterol	66.50mg
Sodium	1143.02mg
Carbohydrates	33.73g
Fiber	1.93g
Total Sugar	7.71g
Added Sugar	0.00g
Protein	26.02g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 68.43mg	Iron 1.93mg

Orange Chicken w/ Veg. Fried Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce	PREPARE FROM FROZEN STATE	791710
Vegetable Fried Rice	5 9/10 Ounce	STEAM	676463

Preparation Instructions

- There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.
1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.
CCP: Hold for hot service at 140° or higher.
 2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
 3. Cook rice according to package directions. CCP: Hold for hot service..
 4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
 5. To assemble, place 1/2 cup rice directly onto tray and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.
CCP: Hold for hot service at 140° or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.051
Grain	2.513
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	1138.87
Fat	18.85g
Saturated Fat	2.21g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	2008.11mg
Carbohydrates	214.44g
Fiber	14.44g
Total Sugar	25.13g
Added Sugar	13.33g
Protein	36.78g
Vitamin A 1858.50mcg	Vitamin C 11.80mg
Calcium 49.56mg	Iron 4.43mg

Nutrition - Per 100g

Calories	406.62
Fat	6.73g
Saturated Fat	0.79g
Trans Fat	0.00g
Cholesterol	16.48mg
Sodium	716.98mg
Carbohydrates	76.56g
Fiber	5.16g
Total Sugar	8.97g
Added Sugar	4.76g
Protein	13.13g
Vitamin A 663.56mcg	Vitamin C 4.21mg
Calcium 17.69mg	Iron 1.58mg

Garden Side Salad w/ ranch

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

1. Place 1C lettuce in boat.
 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	156.57
Fat	13.36g
Saturated Fat	3.52g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	299.87mg
Carbohydrates	6.25g
Fiber	1.59g
Total Sugar	3.37g
Added Sugar	0.00g
Protein	2.94g
Vitamin A 381.53mcg	Vitamin C 6.35mg
Calcium 71.29mg	Iron 0.14mg

Nutrition - Per 100g

Calories	2208.35
Fat	188.47g
Saturated Fat	49.72g
Trans Fat	0.00g
Cholesterol	246.83mg
Sodium	4229.54mg
Carbohydrates	88.14g
Fiber	22.39g
Total Sugar	47.60g
Added Sugar	0.00g
Protein	41.43g
Vitamin A 5381.17mcg	Vitamin C 89.49mg
Calcium 1005.48mg	Iron 1.99mg