

# **Cookbook for Hobart High School**

**Created by HPS Menu Planner**

# Table of Contents

**Yogurt & Whole Grain Muffin (Sec)**

**Chef Salad**

**Classic Cheeseburger**

**Smoke House Burger**

**Cheese Omelet & Whole Grain Toast**

**4 Alarm Chicken Sandwich**

**Chicken Patty Sandwich**

**Assorted Fresh Fruit**

**Chix Stix & WG Dinner Roll**

**Pumpkin Pie**

**Corn & Black Bean salsa w/ corn chips**

**Vegetarian Wrap**

**Wings & Rings**

**Fish Sandwich**

**Fish Sandwich - MS**

**Deli Shaved Turkey & Cheese Sub Sandwich**

**Buffalo Chicken Pizza**

**Hawaiian Pizza**

**Baja Fish Sandwich**

**Hot Pretzel w/Chili and Cheese**

**Whole Grain Breakfast Bar**

**Pulled Pork Sandwich**

**Crispy Ranch Chicken Wrap**

**Strawberry Field Salad**

**Chicken Enchiladas**

**Chicken Alfredo Flatbread Pizza**

**Fresh Baked Sub Sandwich**

**Easy Tomato Bisque**

**Homemade Cheese Pizza**

**Blueberry Yogurt Parfait**

**Breakfast Casserole**

**Spicy Crispy Chicken Wrap**

**Romaine Salad**

**Fruit Smoothie**

**Sausage & Gravy Breakfast pizza**

**Honey Nut Cheerios Bowl**

**Blueberry Chex Bowl**

**Cinnamon Chex Bowl**

**Banana Breakfast Bar**

**Chocolate Chip Breakfast Bar**

**Texas Pete Hot Sauce**

**Three Cheese Garlic French Bread Pizza**

**Dinner Roll**

**Sliced Bread**

**Ketchup**

**Mustard**

**Mayo**

**Ranch Dressing Packet**

**Banana Pepper Rings**

**Sweet Relish**

**Chicken Dippin Sauce**

**Jalapeno Peppers**

**Salad Bar Ranch**

**Caesar Dressing Packet**

**Sour Cream Packet**

**Salsa Cup**

**Grape Tomato**

**Red, Orange, Yellow Bell Pepper Mix**

**Shredded Carrot**

**Green Bell Pepper**

**Broccoli Florets**

**Corn**

**Cucumber**

**Romaine lettuce**

**Cauliflower**

**Celery**

**Mini Pepperoni Calzones**

**Garlic Breadstick**

**Warm Marinara**

**Bosco Sticks**

**Warm Marinara**

**Homemade Croutons**

**Maple Syrup**

**Sausage & Cheese Muffin**

**Deep Dish Pepperoni Pizza**

**Cilantro**

**Lime Wedges**

**Wow Butter Cup**

**Wow Uncrustable**

**Goldfish Gram**

**Crispy Chicken Strip Basket(Secondary)**

**Steamed Broccoli**

**EZ- Sloppy Joes**

**Broccoli Slaw**

**BLT Pasta Salad**

**Brickie Street Corn**

**EZ - Mac & Cheese**

**Roasted Parmesan Zucchini Sticks**

**Low- Fat Ranch Veggie Dip**

**Yogurt & Fruit Parfaits**

**Ham Egg & Cheese Bagel**

**BBQ Chix Pizza**

**Dill Pickle Pizza**

**Chicago Style Hot Dog**

**Caesar Side Salad**

**Hawaiian Teriyaki Pizza**

**Homemade Cheese Pizza Elem**

**BBQ Pulled Pork**

**Pancake Wrap**

**BBQ Pulled Pork**

**Pulled Pork Sandwich**

**Chicken Nugget Basket**

**Strawberry Field Side Salad**

**Totcho / Chicken meet**

**Carrot Raisin salad**

**Chickpea Tomato Salad**

**Italian Spinach Salad**

**Harvest Veggie blend**

**Sweet Potato Apple Salad**

**Cauliflower Confetti Salad**

**Cold Corn Salad**

**Apple Poppysseed Salad**

**Chicken Fajita**

**BBQ Chicken Memphis Bowl**

**Cranberry Fluff**

**EZ-Jammer Lunchable**

**EZ- Jammer Lunchable**

**Candy Cane Choc Pudding Cup**

**Spicy Chicken Basket**

**Roasted Veggie Blend**

**Sweetheart Strawberry Cup**

**Baseball Berry Parfait**

**Egg & Cheese Omelet**

**Grand Slam Fries**

**Brickie Fresh-Sliced Turkey Sandwich**

**I Do So Like Green Eggs & Ham**

**I Do So Like Green Eggs & Ham**

**Brickie Beef Rib Sandwich**

**Chickpea, Corn & Bean Salad**

**Light Lime Vinaigrette**

**Chicken Taco Salad**

**Taco Salad Wrap**

# Yogurt & Whole Grain Muffin (Sec)

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3710
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	8 Each		558011
MUFFIN BAN WGRAIN IW	8 Each		557981
MUFFIN BLUEB WGRAIN IW	8 Each		557970
YOGURT VAR PK N/F	24 Each		719211

## Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.667
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	203.33**
<b>Fat</b>	4.00g**
<b>Saturated Fat</b>	1.33g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	35.00mg**
<b>Sodium</b>	135.00mg**
<b>Carbohydrates</b>	29.67g**
<b>Fiber</b>	1.33g**
<b>Total Sugar</b>	17.00g**
<b>Added Sugar</b>	18.00g**
<b>Protein</b>	14.00g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 166.67mg**	<b>Iron</b> 0.54mg**

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6827
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/16 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO GRAPE SWT	3 Each		129631
CUCUMBER SLCD 1/4IN	1/8 Cup	1/8 cup = 2 slices of cucumber	329517
TURKEY BRST SLCD WHT 1/2Z	3 Slice	75 ounces or 4 5/8 pounds	244190
TURKEY HAM UNCURED	3 Slice	114 ounces or 7 1/8 pounds	690041
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each	Cut In Half	433153
Homemade Croutons	1/4 Cup	1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice 2. Melt 1/4 cup of butter and pour into a large mixing bowl. 3. Toss all of your bread cubes from all of your cubed bread into your melted butter 4. Add 2 tsp of garlic seasoning and mix together well 5. Place bread cubes on a single layer on a baking sheet ( not to close to each other) and bake at 375 for 7-12 mins oven times may vary 6. Bake until golden brown and slightly crisp. 7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.	R-51562
CARROT BABY WHL PETITE	3/13 Pound		768146
APPLE FRSH SLCD	1 Package	N/A	473171

## Preparation Instructions

1. add 2 cups chopped romaine lettuce to your grab & go container

2. add 1/4 c of cheese on top of romaine
3. take 3 slices of turkey & 3 slices of ham for each salad and roll up each slice individually , then slice each roll of lunch meat into 3 pieces
4. place each sliced lunch meat roll on top of one each other on top of shredded cheese
5. add 3 grape tomatoes & 2 cucumber slices
6. cut 1 egg in half and place on top
7. garnish with 1/4 cup homemade croutons and provide rolls on line to go with grab and go salad for dressing options have , French ranch and Italian available.
8. add 3/4 c bag carrots to grab and go box along with 1 bag of sliced apples

Updated JSH 7.28.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	5.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	437.71
<b>Fat</b>	22.72g
<b>Saturated Fat</b>	10.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	280.58mg
<b>Sodium</b>	801.55mg
<b>Carbohydrates</b>	26.16g
<b>Fiber</b>	5.90g
<b>Total Sugar</b>	15.35g
<b>Added Sugar</b>	1.62g
<b>Protein</b>	32.85g
<b>Vitamin A</b> 756.80mcg RAE	<b>Vitamin C</b> 32.52mg
<b>Calcium</b> 310.94mg	<b>Iron</b> 2.03mg

## Nutrition - Per 100g

<b>Calories</b>	137.67
<b>Fat</b>	7.15g
<b>Saturated Fat</b>	3.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.25mg
<b>Sodium</b>	252.11mg
<b>Carbohydrates</b>	8.23g
<b>Fiber</b>	1.86g
<b>Total Sugar</b>	4.83g
<b>Added Sugar</b>	0.51g
<b>Protein</b>	10.33g
<b>Vitamin A</b> 238.04mcg RAE	<b>Vitamin C</b> 10.23mg
<b>Calcium</b> 97.80mg	<b>Iron</b> 0.64mg

# Classic Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8137
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each	N/A	203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789

## Preparation Instructions

Prepare Beef Patty as directed on packaging.

Line a sheet tray with parchment paper and then place the bottom halves of the bun on top of the parchment.

Set all of the bun tops aside, covered.

Place 1 slice of American cheese on top of each buns' bottom.

Place prepared beef patty on top of the cheese.

Top each patty with the buns' tops.

Wrap each tray with a cover and place in warmer until serving time.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	385.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	7.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.05mg

## Nutrition - Per 100g

No 100g Conversion Available

# Smoke House Burger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Burger	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8164
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	50 Each	<b>BAKE</b> 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
SAUCE BBQ	50 Tablespoon		655937
ONION FREN FRIED	50 Tablespoon		403592
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	50 Each		517810

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Burger

Amount Per Serving	
<b>Calories</b>	401.67
<b>Fat</b>	17.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	36.67g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	12.50g
<b>Added Sugar</b>	8.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.33mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Omelet & Whole Grain Toast

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8576
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA	50 Tablespoon		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	26.00g
<b>Saturated Fat</b>	13.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	290.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

<b>Calories</b>	2540.58
<b>Fat</b>	183.49g
<b>Saturated Fat</b>	91.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2046.58mg
<b>Sodium</b>	4869.44mg
<b>Carbohydrates</b>	119.97g
<b>Fiber</b>	7.06g
<b>Total Sugar</b>	28.23g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	105.86g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1016.23mg	<b>Iron</b> 7.06mg

# 4 Alarm Chicken Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9216
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z	24 Each	N/A	525490
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	24 Each		266546

## Preparation Instructions

Prepare chicken as stated on box.

jsh 12.27.24

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9567
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	24 Each		641402
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	24 Each		517810

## Preparation Instructions

- Prepare chicken patty as directed on the box.
- Line a sheet tray with 24 hamburger bottoms.
- Place cooked chicken patty on top of bun's bottom half.
- Place the other half of the hamburger bun on top of the chicken patty.
- Wrap tray with tray cover and place in warmer until service.
- CCP: Heat to 165 degree F for at least 15 seconds.
- CCP: Hold for hot service at 135 degrees F or warmer for no more than 2 hours.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	420.00
<b>Fat</b>	17.50g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 2.60mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Assorted Fresh Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15197
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1/14 Cup		280895
1-150CT #1 PETITE BANANA - 197769	1/7		970836
APPLE GALA	1/7 Each		197718
APPLE DELICIOUS RED	1/7 Each		197696
PEAR	4/9 Ounce		198056
KIWI	1/7 Each		287008
ORANGES NAVEL/VALENCIA CHC	1/7 Each		322326

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.715
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	80.15**
<b>Fat</b>	0.13g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	0.71mg**
<b>Carbohydrates</b>	19.74g**
<b>Fiber</b>	3.30g**
<b>Total Sugar</b>	13.76g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.43g**
<b>Vitamin A</b> 50.91mcg RAE**	<b>Vitamin C</b> 17.54mg**
<b>Calcium</b> 16.91mg**	<b>Iron</b> 0.16mg**

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

## Nutrition - Per 100g

<b>Calories</b>	628.12**
<b>Fat</b>	0.99g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	5.60mg**
<b>Carbohydrates</b>	154.70g**
<b>Fiber</b>	25.85g**
<b>Total Sugar</b>	107.84g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	3.40g**
<b>Vitamin A</b> 398.99mcg RAE**	<b>Vitamin C</b> 137.43mg**
<b>Calcium</b> 132.49mg**	<b>Iron</b> 1.26mg**

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

# Chix Stix & WG Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19006
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	<b>READY_TO_EAT</b> No baking necessary.	751701

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving	
<b>Calories</b>	332.85
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	2.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.87mg
<b>Sodium</b>	483.57mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.29g
<b>Total Sugar</b>	3.14g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	17.86g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.57mg	<b>Iron</b> 3.29mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Pumpkin Pie

<b>Servings:</b>	378.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20969
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR A/P PASTRY	9 Quart		260231
SUGAR BEET GRANUL	5 1/8 Quart		108588
BUTTER PRINT UNSLTD GRD AA	9 Pound	melt butter	299405
EGG WHL LIQ W/CITRIC 6-5 GCHC	8 Cup		119865
PUMPKIN FCY	3 #10 CAN		186244
SUGAR BROWN LT	6 Cup		860311
SALT IODIZED	3 Tablespoon		108286
SPICE CINNAMON GRND	20 Teaspoon		224731
SPICE PUMPKIN PIE	15 Tablespoon		514195
MILK EVAP	8 Quart		433629

## Preparation Instructions

Preheat oven to 325°

Pie Crust:

Mix flour, 4.5 cups sugar, and melted butter. Spread 1 quart of mixture into large cake pan and lightly pat down with floured hands. Makes 7 large cake pans.

Pie Mixture:

Mix eggs, pumpkin, 4 quarts sugar, brown sugar, salt, cinnamon, pumpkin pie spice, and evaporated milk. Pour 2 quarts per pan.

Bake at 325° for 1 hr or until done.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 378.00

Serving Size: 1.00 Piece

Amount Per Serving	
<b>Calories</b>	209.06
<b>Fat</b>	10.35g
<b>Saturated Fat</b>	6.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.82mg
<b>Sodium</b>	88.47mg
<b>Carbohydrates</b>	25.74g
<b>Fiber</b>	0.91g
<b>Total Sugar</b>	16.32g
<b>Added Sugar</b>	13.47g
<b>Protein</b>	2.24g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.82mg	<b>Iron</b> 0.65mg

## Nutrition - Per 100g

<b>Calories</b>	985.67
<b>Fat</b>	48.79g
<b>Saturated Fat</b>	30.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	230.16mg
<b>Sodium</b>	417.11mg
<b>Carbohydrates</b>	121.37g
<b>Fiber</b>	4.30g
<b>Total Sugar</b>	76.94g
<b>Added Sugar</b>	63.50g
<b>Protein</b>	10.55g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.75mg	<b>Iron</b> 3.06mg

# Corn & Black Bean salsa w/ corn chips

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22244
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK	2 #10 CAN		557714
CORN SUPER SWT	1 #10 CAN		358991
SALSA 6-10 COMM	2 #10 CAN		150570
SEASONING TACO SLT FR	5 Tablespoon		605062
SPICE GARLIC POWDER	1 Teaspoon		513857
CHIP TORTL WHT TRI	13 Piece		163010

## Preparation Instructions

- 1) drain excess fluid from black beans and corn
- 2) combine black beans, corn, salsa, taco seasoning, garlic powder all together
- 3) stir together and divide into 1/2 cup portions and serve with Tortilla chips, whole grain. Serve chilled.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.108
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.208
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.163
<b>Starchy</b>	0.078

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	97.94
<b>Fat</b>	0.63g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	217.17mg
<b>Carbohydrates</b>	18.14g
<b>Fiber</b>	3.33g
<b>Total Sugar</b>	3.60g
<b>Added Sugar</b>	0.69g
<b>Protein</b>	4.38g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.08mg	<b>Iron</b> 1.42mg

## Nutrition - Per 100g

<b>Calories</b>	88.73
<b>Fat</b>	0.57g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	196.74mg
<b>Carbohydrates</b>	16.44g
<b>Fiber</b>	3.02g
<b>Total Sugar</b>	3.27g
<b>Added Sugar</b>	0.62g
<b>Protein</b>	3.97g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.35mg	<b>Iron</b> 1.29mg

# Vegetarian Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22853
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10" ULTRGR	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CARROT SHRD MED	1 3/4 Ounce		313408
PEPPERS ASST COLORS	1 3/4 Ounce		644562
BROCCOLI FLORET BITE SIZE	3/4 Cup		732451
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CUCUMBER SUPER SELECT	3/4 Cup		592323
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	2 Tablespoon		222380

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.761
<b>Red/Orange</b>	1.751
<b>OtherVeg</b>	0.379
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	610.39
<b>Fat</b>	28.62g
<b>Saturated Fat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	824.02mg
<b>Carbohydrates</b>	70.92g
<b>Fiber</b>	14.76g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	20.47g
<b>Vitamin A</b> 48037.53mcg RAE	<b>Vitamin C</b> 198.13mg
<b>Calcium</b> 507.69mg	<b>Iron</b> 4.41mg

## Nutrition - Per 100g

<b>Calories</b>	391.50
<b>Fat</b>	18.35g
<b>Saturated Fat</b>	5.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.66mg
<b>Sodium</b>	528.52mg
<b>Carbohydrates</b>	45.49g
<b>Fiber</b>	9.47g
<b>Total Sugar</b>	12.83g
<b>Added Sugar</b>	1.28g
<b>Protein</b>	13.13g
<b>Vitamin A</b> 30811.06mcg RAE	<b>Vitamin C</b> 127.08mg
<b>Calcium</b> 325.63mg	<b>Iron</b> 2.83mg

# Wings & Rings

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23521
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	250 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
ONION RING BRD WGRAIN	250 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 450°F. Place frozen breaded onion rings on a baking sheet lined with parchment paper. Heat for 12-14 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 425°F. Place frozen breaded onion rings on a parchment lined baking sheet and heat for 10-11 minutes. Hold up to 1 hour in a dry warmer at 145°F	234061

## Preparation Instructions

Prepare ingredients according to Prep Instructions.

In a boat serve 5 wings and 5 onion rings

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	440.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.25mg	<b>Iron</b> 2.68mg

## Nutrition - Per 100g

No 100g Conversion Available

# Fish Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23832
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for20-22 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142
BUN HAMB SLCD WHEAT WHL 4IN 10- 12 GCHC	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

Component	Amount
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 Serving

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	8.50g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fish Sandwich - MS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23833
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
BUN HAMB SLCD WHEAT WHL 4IN 10- 12 GCHC	1 Each		517810
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	5.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.30mg

## Nutrition - Per 100g

<b>Calories</b>	2540.58
<b>Fat</b>	84.69g
<b>Saturated Fat</b>	17.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	229.36mg
<b>Sodium</b>	5716.30mg
<b>Carbohydrates</b>	296.40g
<b>Fiber</b>	35.29g
<b>Total Sugar</b>	38.81g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	141.14g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 211.71mg	<b>Iron</b> 16.23mg

# Deli Shaved Turkey & Cheese Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28448
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
Turkey Breast Deli	3 Ounce		100121
Sliced American Cheese	1/2 Ounce		100018

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	320.66
<b>Fat</b>	10.77g
<b>Saturated Fat</b>	4.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.33mg
<b>Sodium</b>	697.55mg
<b>Carbohydrates</b>	31.89g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	24.48g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	323.18
<b>Fat</b>	10.86g
<b>Saturated Fat</b>	4.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.84mg
<b>Sodium</b>	703.03mg
<b>Carbohydrates</b>	32.14g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	4.54g
<b>Added Sugar</b>	4.03g
<b>Protein</b>	24.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.44mg	<b>Iron</b> 2.02mg

# Buffalo Chicken Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28593
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16"	1 Each		682943
SAUCE PIZZA W/BASL	2 Cup		256013
CHEESE MOZZ SHRD	2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
SAUCE HOT REDHOT	1/2 Cup		557609
BUTTER PRINT UNSLTD GRD AA	1 1/3 Tablespoon		299405
Chicken, diced, cooked, frozen	1 Cup		100101

## Preparation Instructions

Pull the diced chicken out of the freezer 2 days before you are serving Buffalo Chicken Pizza. Remove from wrapping and place the frozen, diced chicken in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

Melt butter.

Add Hot Sauce and Garlic to Butter.

Put thawed and drained chicken into a 4" full size pan and pour all of the marinade on chicken.

Preheat oven to 350°F

Spread 8 oz of the Buffalo Chicken on Pizza

Add a "swirl" of Hot sauce

Bake for 10 mins rotate pan and bake an additional 10 mins.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.923
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	363.84
<b>Fat</b>	16.42g
<b>Saturated Fat</b>	8.24g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	48.11mg
<b>Sodium</b>	1207.59mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	4.31g
<b>Total Sugar</b>	5.92g
<b>Added Sugar</b>	0.96g
<b>Protein</b>	19.17g
<b>Vitamin A</b> 600.10mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 314.71mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	473.93
<b>Fat</b>	21.38g
<b>Saturated Fat</b>	10.73g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	62.67mg
<b>Sodium</b>	1573.00mg
<b>Carbohydrates</b>	42.33g
<b>Fiber</b>	5.61g
<b>Total Sugar</b>	7.72g
<b>Added Sugar</b>	1.25g
<b>Protein</b>	24.97g
<b>Vitamin A</b> 781.68mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 409.94mg	<b>Iron</b> 3.16mg

# Hawaiian Pizza

<b>Servings:</b>	112.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28594
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16" WGRAIN SLCD	112 slice (5.13 oz)		444115
Ham, Cubed Frozen	10 Pound		100188-H
PINEAPPLE TIDBITS IN WTR	1 #10 CAN	READY_TO_EAT	612464
SAUCE SWT HABANERO	2 Cup		114701

## Preparation Instructions

Day 1

Pull the diced ham out of the freezer 2 days before you are serving Hawaiian Pizza. Place the frozen, diced ham in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

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Day 2

Combine 10lbs Diced Ham, 1-#10 Can of Pineapple Tidbits (drained) and 2 cups of Sweet Habenero Sauce. Mix Well.

Spray 2 sheet pans and spread the mixture out on the pans.

Roast in a 400°F oven for 10 minutes. Stir and Toss ham. Roast for another 10 minutes (optional)

Cool and Store in Cooler overnight to marinate.

–

Day 3 (serving day)

Preheat oven to 350°F

Top each 16" Pizza with 8 oz of mixture.

Add a "swirl" of the Sweet Chili Sauce to finish.

Bake for 10 minutes turn pan and Bake for another 10 minutes.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.171
<b>Grain</b>	2.000
<b>Fruit</b>	0.115
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	427.95
<b>Fat</b>	18.34g
<b>Saturated Fat</b>	9.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.08mg
<b>Sodium</b>	753.81mg
<b>Carbohydrates</b>	43.50g
<b>Fiber</b>	4.17g
<b>Total Sugar</b>	13.01g
<b>Added Sugar</b>	4.43g
<b>Protein</b>	23.85g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 381.21mg	<b>Iron</b> 2.07mg

## Nutrition - Per 100g

<b>Calories</b>	1056.67
<b>Fat</b>	45.29g
<b>Saturated Fat</b>	22.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	150.81mg
<b>Sodium</b>	1861.25mg
<b>Carbohydrates</b>	107.40g
<b>Fiber</b>	10.30g
<b>Total Sugar</b>	32.13g
<b>Added Sugar</b>	10.93g
<b>Protein</b>	58.90g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 941.25mg	<b>Iron</b> 5.11mg

# Baja Fish Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28626
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLAW HEART-Y	3/4 Ounce		680752
DRESSING ASIAN SESM GINGR	1 Tablespoon		166722
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
FISH BRD 3Z O/R WGRAIN	1 Each	<b>BAKE</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> <b>TO BAKE:</b> Place frozen portions on a lightly oiled baking pan. <b>CONVECTION OVEN:</b> Preheat oven to 400°F and bake for 12-15 minutes. <b>CONVENTIONAL OVEN:</b> Preheat oven to 425°F and bake for 15-18 minutes. <b>NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.</b>	576255

## Preparation Instructions

bake fish according to package  
place fish fillets on bun  
add 3/4 oz of prepared slaw on top  
Top with Bun  
Serve with a 2 oz cup of Chipotle ranch on side  
updated: 02/23/26 AP

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	401.25
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	837.50mg
<b>Carbohydrates</b>	45.25g
<b>Fiber</b>	5.50g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	4.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.25mg	<b>Iron</b> 3.39mg

## Nutrition - Per 100g

<b>Calories</b>	1886.46
<b>Fat</b>	75.22g
<b>Saturated Fat</b>	11.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.54mg
<b>Sodium</b>	3937.47mg
<b>Carbohydrates</b>	212.74g
<b>Fiber</b>	25.86g
<b>Total Sugar</b>	32.91g
<b>Added Sugar</b>	21.16g
<b>Protein</b>	77.57g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.53mg	<b>Iron</b> 15.94mg

# Hot Pretzel w/Chili and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28738
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
PRETZEL SFT KING SIZE 5Z	1 Each		424714
CHILI BEEF W/BEAN	5 5/6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.380
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1712.00
<b>Fat</b>	90.00g
<b>Saturated Fat</b>	55.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	271.00mg
<b>Sodium</b>	5270.00mg
<b>Carbohydrates</b>	125.00g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	84.00g
<b>Vitamin A</b> 1252.00mcg RAE	<b>Vitamin C</b> 19.00mg
<b>Calcium</b> 2579.00mg	<b>Iron</b> 8.00mg

## Nutrition - Per 100g

<b>Calories</b>	683.92
<b>Fat</b>	35.95g
<b>Saturated Fat</b>	22.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.26mg
<b>Sodium</b>	2105.31mg
<b>Carbohydrates</b>	49.94g
<b>Fiber</b>	2.40g
<b>Total Sugar</b>	2.80g
<b>Added Sugar</b>	0.40g
<b>Protein</b>	33.56g
<b>Vitamin A</b> 500.16mcg RAE	<b>Vitamin C</b> 7.59mg
<b>Calcium</b> 1030.28mg	<b>Iron</b> 3.20mg

# Whole Grain Breakfast Bar

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bar	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28740
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Bar

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	8.67g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	216.67mg
<b>Carbohydrates</b>	46.33g
<b>Fiber</b>	3.33g
<b>Total Sugar</b>	21.67g
<b>Added Sugar</b>	13.33g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.33mg	<b>Iron</b> 1.87mg

### Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29651
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BBQ Pulled Pork	4 Ounce	Mix BBQ sauce and pork together Cook pulled pork according to directions on package. Heat to 165* Use #8 scoop	R-54847

## Preparation Instructions

4.0 ounces of meat on a hamburger bun.

#8 scoop

Updated 8/5/25 AP

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	404.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.00mg
<b>Sodium</b>	934.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	19.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.36mg

## Nutrition - Per 100g

<b>Calories</b>	89.07
<b>Fat</b>	2.65g
<b>Saturated Fat</b>	0.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.87mg
<b>Sodium</b>	205.91mg
<b>Carbohydrates</b>	9.26g
<b>Fiber</b>	0.66g
<b>Total Sugar</b>	4.41g
<b>Added Sugar</b>	4.19g
<b>Protein</b>	5.95g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 6.61mg	<b>Iron</b> 0.52mg

# Crispy Ranch Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30927
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
DRESSING RNCH	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA WHLWHE 10"	1 Each	<b>HEAT_AND_SERVE</b> HEAT AND SERVE	456330
SLAW HEART-Y	1 Cup		680752

## Preparation Instructions

mix 5 cups of ranch to 4 1/2 lbs of slaw mix place two tenders per wrap add 1 cup of prepare slaw foil and wrap in foil 1 wrap per serving.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	508.33
<b>Fat</b>	25.50g
<b>Saturated Fat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	855.00mg
<b>Carbohydrates</b>	48.17g
<b>Fiber</b>	6.67g
<b>Total Sugar</b>	4.17g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	26.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.33mg	<b>Iron</b> 52.12mg

## Nutrition - Per 100g

<b>Calories</b>	1793.06
<b>Fat</b>	89.95g
<b>Saturated Fat</b>	16.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	167.55mg
<b>Sodium</b>	3015.87mg
<b>Carbohydrates</b>	169.90g
<b>Fiber</b>	23.52g
<b>Total Sugar</b>	14.70g
<b>Added Sugar</b>	7.05g
<b>Protein</b>	94.06g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.03mg	<b>Iron</b> 183.84mg

# Strawberry Field Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31268
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	0 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SPRING MIX SWT	2 Cup		701570
STRAWBERRY	1 Ounce		212768
ONION RD SLIVERED 1/8IN	1 Ounce		313157
DRESSING POPPYSEED	2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	850942

## Preparation Instructions

Updated:7/7/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.167
<b>DarkGreen</b>	2.667
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.130
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	219.07
<b>Fat</b>	9.09g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	380.29mg
<b>Carbohydrates</b>	32.22g
<b>Fiber</b>	11.24g
<b>Total Sugar</b>	17.67g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	10.87g
<b>Vitamin A</b> 3.40mcg RAE	<b>Vitamin C</b> 16.67mg
<b>Calcium</b> 285.20mg	<b>Iron</b> 5.45mg

## Nutrition - Per 100g

<b>Calories</b>	42.94
<b>Fat</b>	1.78g
<b>Saturated Fat</b>	0.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	74.53mg
<b>Carbohydrates</b>	6.32g
<b>Fiber</b>	2.20g
<b>Total Sugar</b>	3.46g
<b>Added Sugar</b>	2.16g
<b>Protein</b>	2.13g
<b>Vitamin A</b> 0.67mcg RAE	<b>Vitamin C</b> 3.27mg
<b>Calcium</b> 55.90mg	<b>Iron</b> 1.07mg

# Chicken Enchiladas

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 enchilada	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31284
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Fajita Strips, Cooked, Frozen	6 3/16 Pound		100117
SAUCE ENCHILADA MILD	4 Cup		598461
TOMATO DCD PETITE	4 1/2 Cup	N/A	498871
SAUCE CHS QUESO BLANCO FZ	32 Ounce	Weight	722110
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	20 Ounce	Weight	100012
TORTILLA WHLWHE 10"	44 Each	N/A	456330

## Preparation Instructions

1. Preheat Oven to 400°F or Convection Oven and 350°F for a Deck Oven.

Place frozen chicken fajita strips in a single layer on sheet pans. Cook for about 20 mins. Heat to an internal temperature of 165°F for 15 seconds.

2. Mix enchilada sauce and diced tomatoes together. Portion 4.25 cups of enchilada sauce with diced tomatoes mixture in each hotel pan to coat bottom.

3. Portion 2.25 ounce weight of chicken in the center of each 8" tortillas.

4. Roll tortillas leaving ends open and portion 22 enchiladas in each hotel pan.

5. Ladle 16 ounce weight of Queso Blanco over each pan of enchiladas evenly.

6. Sprinkle 10 ounce weight (2 1/2 cups) of shredded cheddar cheese over each pan.

7. Bake at 350° oven until cheese is melted.

Recipe yields 44 servings.

jsh 1.6.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 enchilada

Amount Per Serving	
<b>Calories</b>	388.28
<b>Fat</b>	14.87g
<b>Saturated Fat</b>	6.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.63mg
<b>Sodium</b>	1161.28mg
<b>Carbohydrates</b>	38.62g
<b>Fiber</b>	4.24g
<b>Total Sugar</b>	3.66g
<b>Added Sugar</b>	0.73g
<b>Protein</b>	23.74g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 77.36mg	<b>Iron</b> 50.00mg

## Nutrition - Per 100g

<b>Calories</b>	85.61
<b>Fat</b>	3.28g
<b>Saturated Fat</b>	1.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.13mg
<b>Sodium</b>	256.05mg
<b>Carbohydrates</b>	8.52g
<b>Fiber</b>	0.94g
<b>Total Sugar</b>	0.81g
<b>Added Sugar</b>	0.16g
<b>Protein</b>	5.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.06mg	<b>Iron</b> 11.02mg

# Chicken Alfredo Flatbread Pizza

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Flatbread	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32413
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	8 Ounce		100101
SAUCE ALFREDO FZ	16 Ounce		155661
Cheese, Mozzarella, Part Skim, Shredded	8 Ounce		100021
PEPPERS RED RSTD 117CT	4 Ounce		793469
FLATBREAD WGRAIN 6" 2.2Z	12 Each	<b>READY_TO_EAT</b> 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

## Preparation Instructions

- Heat Alfredo Sauce until it is 145°
- Portion the alfredo sauce over flatbread.
- Sprinkle cheese over alfredo sauce.
- Portion chicken and roasted peppers around flatbread.
- Bake at 450° for 4-5 mins, serve immediately.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Flatbread

Amount Per Serving	
<b>Calories</b>	339.46
<b>Fat</b>	14.41g
<b>Saturated Fat</b>	6.56g
<b>Trans Fat</b>	0.08g
<b>Cholesterol</b>	43.78mg
<b>Sodium</b>	835.85mg
<b>Carbohydrates</b>	33.91g
<b>Fiber</b>	3.37g
<b>Total Sugar</b>	6.52g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	18.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.08mg	<b>Iron</b> 1.78mg

## Nutrition - Per 100g

<b>Calories</b>	399.13
<b>Fat</b>	16.95g
<b>Saturated Fat</b>	7.72g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	51.48mg
<b>Sodium</b>	982.77mg
<b>Carbohydrates</b>	39.88g
<b>Fiber</b>	3.96g
<b>Total Sugar</b>	7.67g
<b>Added Sugar</b>	1.18g
<b>Protein</b>	21.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 208.20mg	<b>Iron</b> 2.09mg

# Fresh Baked Sub Sandwich

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32414
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036
DOUGH ROLL SUB WGRAIN 12"	1 Each	cut in half serve each half as 1 serving	666501

## Preparation Instructions

1. pull sub rolls out to thaw the day before
2. first thing in the morning the day of serve to start proofing them
3. bake according to manufactures directions
4. layer sub rolls with 1 oz cheese 3 oz of each type of meat
5. serve have line set up with boats of lettuce, tomato, onion, pickle and have mayo and mustard on every line.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.673
<b>Grain</b>	3.125
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	383.32
<b>Fat</b>	11.35g
<b>Saturated Fat</b>	4.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.05mg
<b>Sodium</b>	1049.02mg
<b>Carbohydrates</b>	47.40g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	6.73g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	27.14g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 2.40mg

## Nutrition - Per 100g

<b>Calories</b>	386.34
<b>Fat</b>	11.44g
<b>Saturated Fat</b>	4.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.49mg
<b>Sodium</b>	1057.27mg
<b>Carbohydrates</b>	47.78g
<b>Fiber</b>	5.04g
<b>Total Sugar</b>	6.78g
<b>Added Sugar</b>	2.02g
<b>Protein</b>	27.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.16mg	<b>Iron</b> 2.42mg

# Easy Tomato Bisque

<b>Servings:</b>	21.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32472
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P	1 #10 CAN	READY_TO_EAT None	592714
CREAM WHIP 36% HVY ESL	1 Quart	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	457341

## Preparation Instructions

Add ingredients to kettle

Slowly bring to a boil.

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

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	220.57
<b>Fat</b>	17.28g
<b>Saturated Fat</b>	10.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.93mg
<b>Sodium</b>	547.52mg
<b>Carbohydrates</b>	13.97g
<b>Fiber</b>	2.73g
<b>Total Sugar</b>	6.82g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.73g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.66mg	<b>Iron</b> 1.36mg

## Nutrition - Per 100g

<b>Calories</b>	129.67
<b>Fat</b>	10.16g
<b>Saturated Fat</b>	6.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.82mg
<b>Sodium</b>	321.88mg
<b>Carbohydrates</b>	8.21g
<b>Fiber</b>	1.60g
<b>Total Sugar</b>	4.01g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.60g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.85mg	<b>Iron</b> 0.80mg

# Homemade Cheese Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32577
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL	2 Cup	N/A	256013
CHEESE MOZZ SHRD	3 Cup	N/A	645170
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
CRUST PIZZA PARBK WGRAIN 16"	1 Each	N/A	682943

## Preparation Instructions

Preheat oven to 375°

- 1.) Place Crusts on Sheet Pan with parchment paper
- 2.) Top with 2 cups of Pizza Sauce
- 3.) Top with 4 cups of Cheese
- 4.) Bake in oven 375° until cheese is melted about 10-15 mins. Pizza crust should be a golden brown and cheese should be melted.

Let pizza rest for a few mins before cutting it. Cut it into 8 pieces.

CCP: Hold at 145° or higher

Updated 7.29.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.923
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	268.46
<b>Fat</b>	10.21g
<b>Saturated Fat</b>	4.89g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	20.63mg
<b>Sodium</b>	507.50mg
<b>Carbohydrates</b>	31.88g
<b>Fiber</b>	4.31g
<b>Total Sugar</b>	5.30g
<b>Added Sugar</b>	0.96g
<b>Protein</b>	11.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 186.09mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	688.72
<b>Fat</b>	26.20g
<b>Saturated Fat</b>	12.54g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	52.91mg
<b>Sodium</b>	1301.95mg
<b>Carbohydrates</b>	81.77g
<b>Fiber</b>	11.05g
<b>Total Sugar</b>	13.59g
<b>Added Sugar</b>	2.47g
<b>Protein</b>	28.34g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 477.39mg	<b>Iron</b> 6.22mg

# Blueberry Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33068
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Fluid Ounce		811500
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740

## Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with 2 ounces of granola on the side. or whole grain toast.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	151.94
<b>Fat</b>	0.75g
<b>Saturated Fat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	61.70mg
<b>Carbohydrates</b>	33.13g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	21.42g
<b>Added Sugar</b>	12.69g
<b>Protein</b>	3.73g
<b>Vitamin A</b> 126.87mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.33mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	133.99
<b>Fat</b>	0.66g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.29mg
<b>Sodium</b>	54.41mg
<b>Carbohydrates</b>	29.22g
<b>Fiber</b>	2.65g
<b>Total Sugar</b>	18.89g
<b>Added Sugar</b>	11.19g
<b>Protein</b>	3.29g
<b>Vitamin A</b> 111.87mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 118.46mg	<b>Iron</b> 0.00mg

# Breakfast Casserole

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33587
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	36 Each		206547
Prairie Farms 1% Low Fat White Milk	8 Cup		
SPICE MUSTARD GRND	4 Teaspoon		224928
Ham, Cubed Frozen	4 Pound		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	4 Cup	UNPREPARED	100012
380 - Aunt Millie's WG Honey White Bread	36 Each		380

## Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.913
<b>Grain</b>	0.563
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	138.77
<b>Fat</b>	5.99g
<b>Saturated Fat</b>	2.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	112.80mg
<b>Sodium</b>	368.29mg
<b>Carbohydrates</b>	11.62g
<b>Fiber</b>	1.13g
<b>Total Sugar</b>	2.68g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.04g
<b>Vitamin A</b> 0.16mcg RAE	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 15.66mg	<b>Iron</b> 3.94mg

## Nutrition - Per 100g

<b>Calories</b>	391.55
<b>Fat</b>	16.90g
<b>Saturated Fat</b>	7.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	318.29mg
<b>Sodium</b>	1039.19mg
<b>Carbohydrates</b>	32.80g
<b>Fiber</b>	3.17g
<b>Total Sugar</b>	7.56g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	31.14g
<b>Vitamin A</b> 0.44mcg RAE	<b>Vitamin C</b> 0.09mg
<b>Calcium</b> 44.18mg	<b>Iron</b> 11.11mg

# Spicy Crispy Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44390
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT NSHVLL	1 Tablespoon	<b>READY_TO_EAT</b> All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	748722
DRESSING RNCH	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
TORTILLA WHLWHE 10"	1 Each	<b>HEAT_AND_SERVE</b> HEAT AND SERVE	456330
SLAW HEART-Y	1 Cup		680752

## Preparation Instructions

1. place package of tortilla in warmer thawed to make more pliable for working
2. cook chicken tenders according to manufacture's directions.
3. mix 1 cup of hot sauce into 4 cups of ranch
4. combines 4 1/2 lbs. of slaw with all 5 cup of sauce mixture
5. place tortilla onto counter squeeze about 1 TBS of ranch on tortilla first then add 2 tenders vertically slightly layering one on top of another adding slaw mixture
6. wrap firmly place into warmer no longer than approx. 10 mins to maintain integrity of ingredients in wrap. Serve warm 1 wrap per serving

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	511.36
<b>Fat</b>	25.77g
<b>Saturated Fat</b>	4.78g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	864.39mg
<b>Carbohydrates</b>	48.35g
<b>Fiber</b>	6.70g
<b>Total Sugar</b>	4.32g
<b>Added Sugar</b>	2.12g
<b>Protein</b>	26.67g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 13.33mg	<b>Iron</b> 52.12mg

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

## Nutrition - Per 100g

<b>Calories</b>	1803.75
<b>Fat</b>	90.91g
<b>Saturated Fat</b>	16.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	167.55mg
<b>Sodium</b>	3049.01mg
<b>Carbohydrates</b>	170.54g
<b>Fiber</b>	23.62g
<b>Total Sugar</b>	15.23g
<b>Added Sugar</b>	7.48g
<b>Protein</b>	94.06g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 47.03mg	<b>Iron</b> 183.84mg

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

# Romaine Salad

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49994
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	20 Cup		735787
TOMATO CHERRY	40 Each		169275
CARROT SHRD MED	40 Teaspoon		313408

## Preparation Instructions

Put 4 lbs of romaine In large black Cambro.

Add shed carrots and cherry tomatoes

Dressing on the side

jsh 12.10.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.200
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	16.58
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	4.92mg
<b>Carbohydrates</b>	3.50g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	1.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.25g
<b>Vitamin A</b> 1107.15mcg RAE	<b>Vitamin C</b> 0.23mg
<b>Calcium</b> 19.62mg	<b>Iron</b> 0.44mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fruit Smoothie

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Smoothie	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51090
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	25 Cup		541966
STRAWBERRY DCD 1/2" IQF	25 Cup		621420
1 % White Milk	25 Carton	N/A	3601

## Preparation Instructions

Updated 12.13.24

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Smoothie

Amount Per Serving	
Calories	155.00
Fat	2.50g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	117.50mg
Carbohydrates	25.50g
Fiber	1.50g
Total Sugar	21.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 375.00mcg RAE	Vitamin C 0.00mg
Calcium 270.00mg	Iron 0.90mg

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage & Gravy Breakfast pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51254
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	<p><b>BAKE</b>  <b>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.</b>Place frozen pizzas in 18"x26"x1 2" prepared pans. <b>CONVECTION OVEN: 350°F</b> for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.  <b>NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.</b></p>	503640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Honey Nut Cheerios Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51425
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP	1 Each	READY_TO_EAT Ready to eat	105307

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	2.50g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	19.00g
<b>Added Sugar</b>	19.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 5.40mg

### Nutrition - Per 100g

No 100g Conversion Available

# Blueberry Chex Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51427
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB CUP	1 Each	READY_TO_EAT Ready to eat	806114

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	11.00g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 130.00mg	<b>Iron</b> 16.20mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Chex Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51428
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	4.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	8.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 10.80mg

### Nutrition - Per 100g

No 100g Conversion Available

# Banana Breakfast Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51429
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	8.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	220.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	23.00g
<b>Added Sugar</b>	21.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg

### Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Chip Breakfast Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51430
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	19.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.90mg

### Nutrition - Per 100g

No 100g Conversion Available

# Texas Pete Hot Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Teaspoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51431
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT	2 Teaspoon		263030

## Preparation Instructions

use as a condiment for breakfast items with egg

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Teaspoon

Amount Per Serving	
<b>Calories</b>	1.80
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	137.40mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.20g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 39.24mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.46mg	<b>Iron</b> 0.04mg

### Nutrition - Per 100g

No 100g Conversion Available

# Three Cheese Garlic French Bread Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51463
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tony's Multi-Cheese Garlic French Bread Pizza, Whole Grain, Frozen, 4.55 Oz Each, 60/Case	1 Each		154371

## Preparation Instructions

PREHEAT THE CONVECTION OVEN TO 375°F. PRODUCT MUST BE COOKED FROM A FROZEN STATE FOR BEST RESULTS. PLACE FROZEN PIZZAS IN 18" X 26" X 1/2" BUN PAN. CONVECTION OVEN: 375°F FOR 10 TO 13 MINUTES. NOTE: OVEN TEMPERATURE AND TIMES MAY VARY DUE TO OVEN LOAD AND/OR PRODUCT TEMPERATURE. REFRIGERATE OR DISCARD ANY UNUSED PORTION. PREHEAT THE CONVENTIONAL OVEN TO 400°F. PRODUCT MUST BE COOKED FROM A FROZEN STATE FOR BEST RESULTS. PLACE FROZEN PIZZAS IN 18" X 26" X 1/2" BUN PAN. CONVENTIONAL OVEN: 400°F FOR 18 TO 20 MINUTES. NOTE: OVEN TEMPERATURE AND TIMES MAY VARY DUE TO OVEN LOAD AND/OR PRODUCT TEMPERATURE. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	262.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	4.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.00mg
<b>Sodium</b>	434.40mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.60g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	14.80g
<b>Vitamin A</b> 41.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 270.50mg	<b>Iron</b> 1.70mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51465
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll	1 Each		266548

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	2.50
<b>Fat</b>	0.04g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.86mg
<b>Carbohydrates</b>	0.43g
<b>Fiber</b>	0.04g
<b>Total Sugar</b>	0.07g
<b>Added Sugar</b>	0.07g
<b>Protein</b>	0.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.54mg	<b>Iron</b> 0.04mg

### Nutrition - Per 100g

No 100g Conversion Available

# Sliced Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51466
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ketchup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51467
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	634610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Mustard

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51468
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT	1 Teaspoon		302112

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mayo

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51469
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1 Each	BAKE	188741

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ranch Dressing Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51470
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH FF PKT	1 Each		582816

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Banana Pepper Rings

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51471
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	15 Each		466220

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	0.27
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	0.05g
<b>Fiber</b>	0.05g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.07mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet Relish

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51472
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RELISH SWT PKT	1 Each		187216

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	10.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	60.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Dippin Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51473
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHIX DIPPIN 100-1FLZ FLVRFRRSH	1 Each	READY_TO_DRINK open cup, apply to food	640212

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	130.00
<b>Fat</b>	0.00g**
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.10mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Jalapeno Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51474
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 128CT	1 Ounce	Weight	466240

## Preparation Instructions

jsh 12.19.24

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
<b>Calories</b>	5.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	17.64
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	988.00mg
<b>Carbohydrates</b>	3.53g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Salad Bar Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51475
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT	2 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving	
<b>Calories</b>	70.00
<b>Fat</b>	2.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Caesar Dressing Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51476
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR PKT	1 Each	<p><b>READY_TO_EAT</b>                      All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	195669

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	23.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Sour Cream Packet

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51477
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT	1 Each		745903

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Salsa Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51478
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570

## Preparation Instructions

4 oz of salsa served on salad bar or in a 5.5 oz portion cup.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	35.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	27.44
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	109.76mg
<b>Carbohydrates</b>	6.27g
<b>Fiber</b>	0.78g
<b>Total Sugar</b>	4.70g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.78g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Grape Tomato

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51482
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	1/4 Cup		129631

## Preparation Instructions

Wash and serve on salad bar with a 2 Oz spoodle with posted signage "Take 2 scoops is a full serving"

jsh 12.10.24

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	6.25
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.25mg
<b>Carbohydrates</b>	1.50g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.25g
<b>Vitamin A</b> 749.70mcg RAE	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 9.00mg	<b>Iron</b> 0.25mg

## Nutrition - Per 100g

<b>Calories</b>	12.40
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.48mg
<b>Carbohydrates</b>	2.98g
<b>Fiber</b>	0.99g
<b>Total Sugar</b>	1.98g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 1487.50mcg RAE	<b>Vitamin C</b> 24.46mg
<b>Calcium</b> 17.86mg	<b>Iron</b> 0.49mg

# Red, Orange, Yellow Bell Pepper Mix

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51483
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	1/4 Cup		266985

## Preparation Instructions

Serve with a 2 oz spoodle with posted signage Take 2 Scoops For Full servings.

jsh 12.10.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	0.125
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

## Nutrition - Per 100g

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

# Shredded Carrot

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51484
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK	1/4 Fluid Ounce		198161

## Preparation Instructions

Serve with 2 oz spoodle with signage Take 2 Scoops for Full serving.

jsh 12.10.24

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	3.45
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.22mg
<b>Carbohydrates</b>	0.83g
<b>Fiber</b>	0.28g
<b>Total Sugar</b>	0.41g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.07g
<b>Vitamin A</b> 1478.74mcg RAE	<b>Vitamin C</b> 0.54mg
<b>Calcium</b> 2.90mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	39.17
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	70.51mg
<b>Carbohydrates</b>	9.40g
<b>Fiber</b>	3.13g
<b>Total Sugar</b>	4.70g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.78g
<b>Vitamin A</b> 16765.71mcg RAE	<b>Vitamin C</b> 6.11mg
<b>Calcium</b> 32.90mg	<b>Iron</b> 0.28mg

# Green Bell Pepper

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51485
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN LRG	1/4 Cup		198757

## Preparation Instructions

serve with 2 oz spoodle With posted signage Take 2 scoops for full servings

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	7.45
<b>Fat</b>	0.08g
<b>Saturated Fat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.13mg
<b>Carbohydrates</b>	1.75g
<b>Fiber</b>	0.63g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.33g
<b>Vitamin A</b> 137.83mcg RAE	<b>Vitamin C</b> 29.95mg
<b>Calcium</b> 3.73mg	<b>Iron</b> 0.13mg

## Nutrition - Per 100g

<b>Calories</b>	13.14
<b>Fat</b>	0.13g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.98mg
<b>Carbohydrates</b>	3.09g
<b>Fiber</b>	1.10g
<b>Total Sugar</b>	1.76g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.57g
<b>Vitamin A</b> 243.08mcg RAE	<b>Vitamin C</b> 52.82mg
<b>Calcium</b> 6.57mg	<b>Iron</b> 0.22mg

# Broccoli Florets

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 ounces	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51486
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/4 Cup		732478

## Preparation Instructions

serve with 2 oz spoodle with posted signage Take 2 for full serving.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 ounces

Amount Per Serving	
<b>Calories</b>	12.50
<b>Fat</b>	0.13g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	16.25mg
<b>Carbohydrates</b>	2.75g
<b>Fiber</b>	1.25g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.60mg	<b>Iron</b> 0.27mg

## Nutrition - Per 100g

<b>Calories</b>	79.37
<b>Fat</b>	0.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	103.17mg
<b>Carbohydrates</b>	17.46g
<b>Fiber</b>	7.94g
<b>Total Sugar</b>	3.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 99.05mg	<b>Iron</b> 1.71mg

# Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51487
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	1/4 Cup		358991

## Preparation Instructions

serve with 2 oz spoodle with posted signage Take 2 scoops for full serving.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	33.25
<b>Fat</b>	0.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	0.33g
<b>Total Sugar</b>	1.65g
<b>Added Sugar</b>	1.65g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	58.64
<b>Fat</b>	0.59g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	12.35g
<b>Fiber</b>	0.59g
<b>Total Sugar</b>	2.91g
<b>Added Sugar</b>	2.91g
<b>Protein</b>	1.76g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Cucumber

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51488
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/4 Cup		418439

## Preparation Instructions

serve with 2 oz spoodle post signage Take two scoops for full serving.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	3.90
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.50mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.15g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.15g
<b>Vitamin A</b> 27.30mcg RAE	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 4.16mg	<b>Iron</b> 0.08mg

## Nutrition - Per 100g

<b>Calories</b>	9.53
<b>Fat</b>	0.12g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.22mg
<b>Carbohydrates</b>	2.44g
<b>Fiber</b>	0.37g
<b>Total Sugar</b>	1.22g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.37g
<b>Vitamin A</b> 66.72mcg RAE	<b>Vitamin C</b> 1.78mg
<b>Calcium</b> 10.17mg	<b>Iron</b> 0.18mg

# Romaine lettuce

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51489
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787

## Preparation Instructions

Serve lettuce with 4 oz spoodle post signage Take two scoops for full serving

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	5.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.00mg	<b>Iron</b> 0.18mg

## Nutrition - Per 100g

<b>Calories</b>	4.41
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	0.88g
<b>Fiber</b>	0.44g
<b>Total Sugar</b>	0.44g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.44g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 7.05mg	<b>Iron</b> 0.16mg

# Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51490
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	1/4 Cup		732486

## Preparation Instructions

serve with 2 oz spoodle post signage Take 2 scoops for full serving.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	6.25
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.50mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 12.05mg
<b>Calcium</b> 5.50mg	<b>Iron</b> 0.11mg

## Nutrition - Per 100g

<b>Calories</b>	11.02
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13.23mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.88g
<b>Total Sugar</b>	0.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 21.25mg
<b>Calcium</b> 9.70mg	<b>Iron</b> 0.19mg

# Celery

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51491
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/4 Cup		478318

## Preparation Instructions

Serve with 1 2 oz spoodle with signage Take Two Scoops For Full Servings

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### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	4.35
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	24.80mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.23g
<b>Vitamin A</b> 139.19mcg RAE	<b>Vitamin C</b> 0.96mg
<b>Calcium</b> 12.40mg	<b>Iron</b> 0.06mg

## Nutrition - Per 100g

<b>Calories</b>	7.67
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	43.74mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.88g
<b>Total Sugar</b>	0.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 245.49mcg RAE	<b>Vitamin C</b> 1.69mg
<b>Calcium</b> 21.87mg	<b>Iron</b> 0.11mg

# Mini Pepperoni Calzones

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51527
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PIZZA MINI PEPP WHE	3 Piece		527950

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 2.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Garlic Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51533
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARLIC	1 Each	***Non-Whole Grain***	616500

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	4.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	2.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.90mg

### Nutrition - Per 100g

No 100g Conversion Available

# Warm Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51534
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181

## Preparation Instructions

warm marinara to 165 and serve on line alongside French bread pizza in a 4 oz spoodle.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	1.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 1.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Bosco Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51541
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p><b>CONVECTION</b> Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	235411

## Preparation Instructions

Serve two sticks per serving serve with 1/2 c warm marinara

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Warm Marinara

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51542
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181

## Preparation Instructions

Serve in a 4 oz spoodle warm on the serving line.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	1.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	135.00mg
<b>Carbohydrates</b>	10.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 1.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Homemade Croutons

<b>Servings:</b>	20.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51562
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	20 Each		266547
BUTTER PRINT UNSLTD GRD AA	1/4 Cup		299405
SEASONING GARLIC HRB NO SALT	2 Teaspoon		565164

## Preparation Instructions

1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice
2. Melt 1/4 cup of butter and pour into a large mixing bowl.
3. Toss all of your bread cubes from all of your cubed bread into your melted butter
4. Add 2 tsp of garlic seasoning and mix together well
5. Place bread cubes on a single layer on a baking sheet ( not to close to each other) and bake at 375 for 7-12 mins oven times may vary
6. Bake until golden brown and slightly crisp.
7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.25 Cup

Amount Per Serving	
<b>Calories</b>	22.42
<b>Fat</b>	2.23g
<b>Saturated Fat</b>	1.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	4.09mg
<b>Carbohydrates</b>	0.88g
<b>Fiber</b>	0.06g
<b>Total Sugar</b>	0.06g
<b>Added Sugar</b>	0.06g
<b>Protein</b>	0.09g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.51mg	<b>Iron</b> 0.03mg

## Nutrition - Per 100g

<b>Calories</b>	792.38
<b>Fat</b>	78.81g
<b>Saturated Fat</b>	49.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	212.01mg
<b>Sodium</b>	144.56mg
<b>Carbohydrates</b>	31.27g
<b>Fiber</b>	2.14g
<b>Total Sugar</b>	2.14g
<b>Added Sugar</b>	2.14g
<b>Protein</b>	3.21g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.32mg	<b>Iron</b> 1.07mg

# Maple Syrup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51563
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP	1 Each	BAKE	160090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage & Cheese Muffin

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51565
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	<b>READY_TO_EAT</b> Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
SAUSAGE PTY TKY CKD	1 Each		184970

## Preparation Instructions

1. Cook sausage at 350 degrees for 10-12 mins and reaches an internal temp of 165 or higher
2. Split English muffins in half and spray each half with butter flavored spray place on a sheet pan and toast at 350 for 7-8 mins until muffins are warmed through and toasted golden brown.
3. Place 1 American cheese slice on bottom half of English muffin then top with 1 sausage patty and place top of English muffin on top and wrap sandwich in foil, serve 1 sandwich per serving.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	215.00
<b>Fat</b>	7.50g
<b>Saturated Fat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	14.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.01mg

## Nutrition - Per 100g

No 100g Conversion Available

# Deep Dish Pepperoni Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51567
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5" WGRAIN	1 Each	<p><b>BAKE</b>  <b>COOKING GUIDELINES: COOK BEFORE EATING.</b> Place 15 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. <b>CONVECTION OVEN:</b> Cook at 350°F for 16 to 18 minutes. <b>CONVENTIONAL OVEN:</b> Cook at 400°F for 27 to 29 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.</p>	605911

## Preparation Instructions

Serve 1 whole pizza per serving.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	13.00g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	8.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 2.20mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Cilantro

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51655
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED	1 Tablespoon		219550

## Preparation Instructions

Served chopped along side Carnitas

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving	
<b>Calories</b>	0.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 3.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Lime Wedges

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51656
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LIME	1 Slice		197963

## Preparation Instructions

Serve cut into wedges alongside Carnitas

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	5.03
<b>Fat</b>	0.03g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.33mg
<b>Carbohydrates</b>	1.75g
<b>Fiber</b>	0.48g
<b>Total Sugar</b>	0.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.13g
<b>Vitamin A</b> 8.38mcg RAE	<b>Vitamin C</b> 4.88mg
<b>Calcium</b> 5.53mg	<b>Iron</b> 0.10mg

### Nutrition - Per 100g

No 100g Conversion Available

# Wow Butter Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51850
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUTFR	1 Each		154042

## Preparation Instructions

Serve on line to spread on toast or as a fruit or veggie dip option.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	100.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Wow Uncrustable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51875
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT CUP	1 Each		699211
CARROT BABY WHL PETITE	4 Ounce		768146
SAND SOY BTR & JAM WGRAIN IW	1 Each		661222
CRACKER CHEEZ-IT WGRAIN	1 Package		512342

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.625
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	767.50
<b>Fat</b>	33.50g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	687.50mg
<b>Carbohydrates</b>	97.00g
<b>Fiber</b>	14.50g
<b>Total Sugar</b>	36.00g
<b>Added Sugar</b>	16.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 308.00mg	<b>Iron</b> 6.20mg

## Nutrition - Per 100g

<b>Calories</b>	676.81
<b>Fat</b>	29.54g
<b>Saturated Fat</b>	6.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.41mg
<b>Sodium</b>	606.26mg
<b>Carbohydrates</b>	85.54g
<b>Fiber</b>	12.79g
<b>Total Sugar</b>	31.75g
<b>Added Sugar</b>	14.11g
<b>Protein</b>	18.52g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 271.60mg	<b>Iron</b> 5.47mg

# Goldfish Gram

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51881
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	120.00
<b>Fat</b>	4.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	95.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Strip Basket(Secondary)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52063
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 pieces	N/A	533830
FRIES SPIRAL SEAS CRSPY OVEN	4 1/2 Ounce	Weight	717490

## Preparation Instructions

1. bake tenders on a parchment lined pan at 375 for 10 mins
2. bake fries according to manufactures directions
3. in and 8 oz paper boat put 3/4 c with 6 Oz spoodle of fries place 2 tenders on top of fries offer with 1 WG roll in every boat serve and offer with 1 chicken dippin sauce. If they ask for it you may put out ketchup or ranch that day as well.
4. serve every basket assembled in a paper boat and put into the heated pass/ warmer for an easier serve. ( note dinner rolls need to be served to meet the students full grain requirement)

Updated 2.4.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	415.00
<b>Fat</b>	19.50g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	835.00mg
<b>Carbohydrates</b>	43.50g
<b>Fiber</b>	4.10g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	325.29
<b>Fat</b>	15.28g
<b>Saturated Fat</b>	1.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.35mg
<b>Sodium</b>	654.49mg
<b>Carbohydrates</b>	34.10g
<b>Fiber</b>	3.21g
<b>Total Sugar</b>	1.57g
<b>Added Sugar</b>	1.57g
<b>Protein</b>	16.85g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.76mg	<b>Iron</b> 1.90mg

# Steamed Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53377
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	9 Pound		732478
SEASONING VEGETABLE NO SALT	3 Tablespoon		647230

## Preparation Instructions

Place broccoli in steam pan with vegetable seasoning

Steam for 15 min or till al dente.

Place in separate pan.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	25.83
<b>Fat</b>	0.26g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	33.58mg
<b>Carbohydrates</b>	6.40g
<b>Fiber</b>	2.58g
<b>Total Sugar</b>	1.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.07g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.24mg	<b>Iron</b> 0.56mg

## Nutrition - Per 100g

<b>Calories</b>	79.38
<b>Fat</b>	0.79g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	103.19mg
<b>Carbohydrates</b>	19.68g
<b>Fiber</b>	7.94g
<b>Total Sugar</b>	3.18g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 99.07mg	<b>Iron</b> 1.71mg

# EZ- Sloppy Joes

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53966

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	10 Pound		100158
SAUCE SLOPPY JOE	3 Quart		860166
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

## Preparation Instructions

Brown 10 lbs of raw ground beef until fully cooked (165°F).

Drain excess fat.

Stir in 3 quarts (12 cups) Sloppy Joe Sauce to the cooked beef.

Heat for 15–20 minutes, stirring occasionally, until heated through (internal temp ? 165°F).

Assemble

Portion 1/2 cup (4 oz) of mixture onto each 2 oz eq whole grain bun.

Updated 7.28.25 JSH

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	379.42
<b>Fat</b>	16.33g
<b>Saturated Fat</b>	5.28g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	62.09mg
<b>Sodium</b>	597.30mg
<b>Carbohydrates</b>	32.68g
<b>Fiber</b>	3.96g
<b>Total Sugar</b>	9.76g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	22.68g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.38mg

## Nutrition - Per 100g

<b>Calories</b>	418.23
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	5.82g
<b>Trans Fat</b>	2.63g
<b>Cholesterol</b>	68.44mg
<b>Sodium</b>	658.40mg
<b>Carbohydrates</b>	36.02g
<b>Fiber</b>	4.37g
<b>Total Sugar</b>	10.76g
<b>Added Sugar</b>	3.31g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.07mg	<b>Iron</b> 2.63mg

# Broccoli Slaw

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	16 Cup	1 bag or 5lbs	732478
DRESSING COLE SLAW	2 1/2 Cup		281476
RAISIN SELECT	1 1/2 Cup		105686
CARROT MATCHSTICK	2 Cup		198161
RED ONION	1 Cup	Thinly sliced	15N63

## Preparation Instructions

Rise and Blanch broccoli

Cut blanched broccoli into bite-sized florets. In a large mixing bowl, add broccoli, shredded carrots, and green onions.

Gently toss to distribute ingredients evenly.

Stir in raisins (or halved red grapes if substituting).

Pour the coleslaw dressing over the salad mixture.

Toss gently but thoroughly to coat all ingredients.

Cover and chill for at least 1 hour before serving for best flavor and texture.

Portion ½ cup per serving. Ensure each portion includes vegetables and fruit.

Updated 7.31.25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.24
<b>Fat</b>	6.16g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.00mg
<b>Sodium</b>	164.52mg
<b>Carbohydrates</b>	11.13g
<b>Fiber</b>	2.17g
<b>Total Sugar</b>	6.95g
<b>Added Sugar</b>	2.40g
<b>Protein</b>	1.56g
<b>Vitamin A</b> 1521.78mcg RAE	<b>Vitamin C</b> 0.55mg
<b>Calcium</b> 26.80mg	<b>Iron</b> 0.48mg

## Nutrition - Per 100g

<b>Calories</b>	342.92
<b>Fat</b>	21.07g
<b>Saturated Fat</b>	3.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.53mg
<b>Sodium</b>	562.85mg
<b>Carbohydrates</b>	38.09g
<b>Fiber</b>	7.43g
<b>Total Sugar</b>	23.77g
<b>Added Sugar</b>	8.21g
<b>Protein</b>	5.33g
<b>Vitamin A</b> 5206.22mcg RAE	<b>Vitamin C</b> 1.90mg
<b>Calcium</b> 91.68mg	<b>Iron</b> 1.63mg

# BLT Pasta Salad

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53974

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	3 1/2 Pound		229941
BACON CKD	1 1/2 Pound	BAKE Fully cooked. Simply heat and serve.	125141
DRESSING RANCH LT	3 1/2 Cup		672802
SPINACH LEAF FLAT CLND	1 1/2 Cup		329401
TOMATO ROMA	3 Cup		184810
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup	N/A	150250

## Preparation Instructions

Boil elbow macaroni and cook according to package directions until al dente.

Drain and rinse with cold water to stop cooking. Chill in refrigerator.

Spread cooked bacon on a baking sheet. Bake at 350°F for 5–7 minutes or until crisp.

Cool slightly, then crumble into bite-size pieces.

Slice tomatoes in half.

In a large mixing bowl, combine all ingredients.

Pour in ranch dressing and toss gently until well coated.

Cover and refrigerate for at least 1 hour before serving.

Portion into ½ cup servings.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	462.71
<b>Fat</b>	20.77g
<b>Saturated Fat</b>	6.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.60mg
<b>Sodium</b>	916.92mg
<b>Carbohydrates</b>	53.95g
<b>Fiber</b>	4.79g
<b>Total Sugar</b>	5.08g
<b>Added Sugar</b>	1.12g
<b>Protein</b>	20.09g
<b>Vitamin A</b> 347.93mcg RAE	<b>Vitamin C</b> 3.46mg
<b>Calcium</b> 94.76mg	<b>Iron</b> 2.35mg

## Nutrition - Per 100g

<b>Calories</b>	408.03
<b>Fat</b>	18.32g
<b>Saturated Fat</b>	6.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.32mg
<b>Sodium</b>	808.57mg
<b>Carbohydrates</b>	47.57g
<b>Fiber</b>	4.22g
<b>Total Sugar</b>	4.48g
<b>Added Sugar</b>	0.99g
<b>Protein</b>	17.71g
<b>Vitamin A</b> 306.81mcg RAE	<b>Vitamin C</b> 3.05mg
<b>Calcium</b> 83.56mg	<b>Iron</b> 2.07mg

# Brickie Street Corn

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53977
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	16 Cup	Steam- Let cool	285620
SAUCE CHS WHT QUESO	2 Cup	Defrost in cooler Add milk to help thin	701201
SPICE PAPRIKA	1/4 Cup	Half mix in, Half as topping	518331
CILANTRO CLEANED	1 Cup		219550
LIME	1/2 Cup	Juice and Zest	197963

## Preparation Instructions

Steam corn the day before you plan to serve

Place sealed bag in steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

In large bowl stir queso, lime juice, & corn to combined.

Add cilantro & half or the paprika.

Toss gently but thoroughly to coat all ingredients.

Lastly, sprinkle top with paprika

Portion ½ cup per serving.

Created: 7/2/25 AP

Created: 9/3/25 AP

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	122.28
<b>Fat</b>	3.67g
<b>Saturated Fat</b>	1.63g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	8.64mg
<b>Sodium</b>	150.17mg
<b>Carbohydrates</b>	19.02g
<b>Fiber</b>	0.92g
<b>Total Sugar</b>	4.93g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.36g
<b>Vitamin A</b> 0.67mcg RAE	<b>Vitamin C</b> 0.39mg
<b>Calcium</b> 59.96mg	<b>Iron</b> 0.01mg

## Nutrition - Per 100g

<b>Calories</b>	168.50
<b>Fat</b>	5.06g
<b>Saturated Fat</b>	2.25g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	11.91mg
<b>Sodium</b>	206.93mg
<b>Carbohydrates</b>	26.21g
<b>Fiber</b>	1.27g
<b>Total Sugar</b>	6.79g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.01g
<b>Vitamin A</b> 0.92mcg RAE	<b>Vitamin C</b> 0.54mg
<b>Calcium</b> 82.63mg	<b>Iron</b> 0.01mg

# EZ - Mac & Cheese

<b>Servings:</b>	53.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53979

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	12 1/2 Cup	Cook for 8-9 mins	229941
SAUCE CHS ULTIM YEL POU 6-106Z LOL	18 3/4 Cup		310668
Water	1/2 Quart		Water
1 % White Milk	2 Pint		1% White
SALT KOSHER PRM	1 1/2 Teaspoon		311356
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SPICE GARLIC POWDER	1/2 Teaspoon		513857

## Preparation Instructions

### Cheese Sauce:

1. Open 2 bags of liquid cheese and pour into a steamtable pan.
2. Add ½ quart of water and 2 pints of milk to the cheese.
3. Whisk thoroughly to fully combine all three ingredients.
4. Heat cheese mixture to 145°F, stirring occasionally.

### Pasta:

1. 8 minutes before the cheese sauce is finished, begin cooking the pasta.
2. Cook elbow macaroni for 8 minutes, or until al dente.
3. Ensure the cheese sauce and pasta are at similar temperatures before combining.

### Combine & Season:

1. Pour the hot cheese sauce over the cooked pasta. Stir well to coat all pasta evenly.
2. Add prepared spice mixture and mix until evenly distributed.

### Serving:

Portion 1 cup per serving using a #6 disher/scoop.

AP 12/5/25

PR 8/20/2025

jsh 1.21.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	503.77
<b>Fat</b>	11.89g
<b>Saturated Fat</b>	6.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.68mg
<b>Sodium</b>	431.60mg
<b>Carbohydrates</b>	82.08g
<b>Fiber</b>	7.55g
<b>Total Sugar</b>	6.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.58g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 248.11mg	<b>Iron</b> 3.77mg

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

## Nutrition - Per 100g

<b>Calories</b>	470.90
<b>Fat</b>	11.11g
<b>Saturated Fat</b>	5.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.81mg
<b>Sodium</b>	403.44mg
<b>Carbohydrates</b>	76.72g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	5.73g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.24g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 231.92mg	<b>Iron</b> 3.53mg

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

# Roasted Parmesan Zucchini Sticks

<b>Servings:</b>	6.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53980

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI	1 1/2 Pound		100019
CHEESE PARM GRTD	1/4 Cup		445401
SEASONING PIZZA ITAL MIX	1 Tablespoon		413461
OIL BLND SOY/POM OLV 90/10	2 Tablespoon		524948

## Preparation Instructions

Pre Heat oven to 425F

Wash and cut both ends off zucchini, cut into 4 wedges then cut those in half

One zucchini should give you 8 pc.

Toss in oil, parmesan and Italian seasoning.

spray sheet pan with non stick spray

Spread in single layer

Roast for 20-25 minutes

6 sticks a serving.

Updated 7.28.25 JSH

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Piece

Amount Per Serving	
<b>Calories</b>	81.30
<b>Fat</b>	6.61g
<b>Saturated Fat</b>	1.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	159.02mg
<b>Carbohydrates</b>	3.22g
<b>Fiber</b>	1.34g
<b>Total Sugar</b>	2.97g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.49g
<b>Vitamin A</b> 1492.87mcg RAE	<b>Vitamin C</b> 17.24mg
<b>Calcium</b> 72.06mg	<b>Iron</b> 0.64mg

## Nutrition - Per 100g

<b>Calories</b>	68.67
<b>Fat</b>	5.58g
<b>Saturated Fat</b>	1.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	134.31mg
<b>Carbohydrates</b>	2.72g
<b>Fiber</b>	1.13g
<b>Total Sugar</b>	2.51g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.94g
<b>Vitamin A</b> 1260.87mcg RAE	<b>Vitamin C</b> 14.56mg
<b>Calcium</b> 60.87mg	<b>Iron</b> 0.54mg

# Low- Fat Ranch Veggie Dip

<b>Servings:</b>	40.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	1 Package		192716
SOUR CREAM L/F	5 Pound		534331

## Preparation Instructions

In a large bowl empty 1 tub of sour cream and packet of ranch mix.  
Mix thoroughly.

Updated 7.28.25 JSH

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	56.26
<b>Fat</b>	3.75g
<b>Saturated Fat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.38mg
<b>Sodium</b>	515.65mg
<b>Carbohydrates</b>	5.63g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	3.75g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 375.04mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.01mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	99.22
<b>Fat</b>	6.61g
<b>Saturated Fat</b>	3.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.54mg
<b>Sodium</b>	909.43mg
<b>Carbohydrates</b>	9.92g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	6.61g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.31g
<b>Vitamin A</b> 661.44mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.29mg	<b>Iron</b> 0.00mg

# Yogurt & Fruit Parfaits

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-53984

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Variety of Fresh Fruits	1/2 Cup	READY_TO_EAT	

## Preparation Instructions

layer 4 oz of yogurt & 4 oz of fruit in a 9 oz cup, serve with Fresh baked muffin.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.51
Fat	0.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.89mg
Carbohydrates	41.13g
Fiber	2.80g
Total Sugar	31.42g
Added Sugar	12.69g
Protein	3.73g
Vitamin A 126.87mcg RAE	Vitamin C 0.00mg
Calcium 151.45mg	Iron 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	159.18
<b>Fat</b>	0.66g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.29mg
<b>Sodium</b>	52.81mg
<b>Carbohydrates</b>	36.27g
<b>Fiber</b>	2.47g
<b>Total Sugar</b>	27.71g
<b>Added Sugar</b>	11.19g
<b>Protein</b>	3.29g
<b>Vitamin A</b> 111.87mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 133.56mg	<b>Iron</b> 0.00mg

# Ham Egg & Cheese Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-54052
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	1 Piece		556121
EGG SCRMBD PTY RND 3.5" 1.5Z 1-120CT	1 Each		119493
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Place Ham egg & cheese on Bagel can serve hot. Cook to temp 165.

Created: 7/8/25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.154
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	287.68
<b>Fat</b>	10.13g
<b>Saturated Fat</b>	3.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	142.11mg
<b>Sodium</b>	656.86mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	17.08g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 2.49mg

## Nutrition - Per 100g

<b>Calories</b>	1014.74
<b>Fat</b>	35.75g
<b>Saturated Fat</b>	11.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	501.26mg
<b>Sodium</b>	2316.98mg
<b>Carbohydrates</b>	109.35g
<b>Fiber</b>	14.11g
<b>Total Sugar</b>	24.69g
<b>Added Sugar</b>	17.64g
<b>Protein</b>	60.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 465.61mg	<b>Iron</b> 8.77mg

# BBQ Chix Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54327

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16"	1 Each		682943
SAUCE PIZZA W/BASL	2 Cup		256013
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup		150250
CHEESE MOZZ SHRD	1 Cup		645170
SAUCE BBQ	1/2 Cup		212071
Chicken, Diced, Cooked, Frozen	1 Cup		100101

## Preparation Instructions

Preheat oven to 375°F

Mix chicken with BBQ sauce until lightly coated. Warm gently if chilled.

Build each pizza

Lay 1 pizza crust on a parchment-lined full sheet pan.

Spread 2 cups pizza sauce evenly.

Mix cheddar and mozzarella in large Cambro

Spread 3 cups of the mixed cheese on top.

Top with 1 cup of BBQ chix meat

Bake for 10-12 minutes or until cheese is melted and bubbly. Ensure internal temperature reaches 165°F.

Drizzle BBQ sauce in a circle on top.

Cut each pizza into 8 slices.

Serve 1 slice per student.

Updated 7.29.25 JSH

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	405.71
<b>Fat</b>	16.46g
<b>Saturated Fat</b>	8.33g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	58.50mg
<b>Sodium</b>	798.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.31g
<b>Total Sugar</b>	13.42g
<b>Added Sugar</b>	8.96g
<b>Protein</b>	20.92g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 311.21mg	<b>Iron</b> 2.60mg

## Nutrition - Per 100g

<b>Calories</b>	408.90
<b>Fat</b>	16.59g
<b>Saturated Fat</b>	8.39g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	58.96mg
<b>Sodium</b>	804.27mg
<b>Carbohydrates</b>	41.32g
<b>Fiber</b>	4.34g
<b>Total Sugar</b>	13.53g
<b>Added Sugar</b>	9.03g
<b>Protein</b>	21.09g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 313.66mg	<b>Iron</b> 2.62mg

# Dill Pickle Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54451
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16"	1 Each	N/A	682943
SAUCE PIZZA W/BASL	2 Cup	N/A	256013
CHEESE MOZZ SHRD	3 Cup	N/A	645170
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	N/A	150250
SPICE DILL WEED	1/8 Cup		513938
PICKLE DILL SLCD HAMB 1/8"	25 Slice		149195

## Preparation Instructions

Same base as the homemade cheese pizza, and cook time.

Each pizza get 25 slices of pickles.

Take out of oven and sprinkled 3 tablespoons of dill on top.

Updated 7.29.25 JSH

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.923
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

Amount Per Serving	
<b>Calories</b>	268.46
<b>Fat</b>	10.21g
<b>Saturated Fat</b>	4.89g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	20.63mg
<b>Sodium</b>	812.19mg
<b>Carbohydrates</b>	31.88g
<b>Fiber</b>	4.31g
<b>Total Sugar</b>	5.30g
<b>Added Sugar</b>	0.96g
<b>Protein</b>	11.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 201.71mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	688.72
<b>Fat</b>	26.20g
<b>Saturated Fat</b>	12.54g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	52.91mg
<b>Sodium</b>	2083.60mg
<b>Carbohydrates</b>	81.77g
<b>Fiber</b>	11.05g
<b>Total Sugar</b>	13.59g
<b>Added Sugar</b>	2.47g
<b>Protein</b>	28.34g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 517.47mg	<b>Iron</b> 6.22mg

# Chicago Style Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54469
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/#	1 Each	BAKE	265039
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918
RELISH SWT PKT	1 Each		187216
PICKLE DILL SLCD HAMB 1/8"	1 Slice		149195
TOMATO 6X6 LRG	2 Slice		199001
ONION RED JUMBO	1 Ounce		596973
PEPPERS BAN RING MILD	1 Ounce		466220

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.750
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	309.58
<b>Fat</b>	17.60g
<b>Saturated Fat</b>	6.03g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	860.85mg
<b>Carbohydrates</b>	29.79g
<b>Fiber</b>	3.09g
<b>Total Sugar</b>	6.25g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	10.70g
<b>Vitamin A</b> 375.42mcg RAE	<b>Vitamin C</b> 8.27mg
<b>Calcium</b> 31.62mg	<b>Iron</b> 10.95mg

## Nutrition - Per 100g

<b>Calories</b>	545.99
<b>Fat</b>	31.04g
<b>Saturated Fat</b>	10.63g
<b>Trans Fat</b>	0.88g
<b>Cholesterol</b>	61.73mg
<b>Sodium</b>	1518.25mg
<b>Carbohydrates</b>	52.53g
<b>Fiber</b>	5.44g
<b>Total Sugar</b>	11.02g
<b>Added Sugar</b>	3.53g
<b>Protein</b>	18.87g
<b>Vitamin A</b> 662.12mcg RAE	<b>Vitamin C</b> 14.58mg
<b>Calcium</b> 55.77mg	<b>Iron</b> 19.32mg

# Caesar Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54669
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHEESE PARM SHVD	1 Ounce		140560
DRESSING CAESAR PKT	1 Each		776858

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	33.00g
<b>Saturated Fat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 282.00mg	<b>Iron</b> 0.36mg

## Nutrition - Per 100g

<b>Calories</b>	1234.57
<b>Fat</b>	116.40g
<b>Saturated Fat</b>	31.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	229.28mg
<b>Sodium</b>	2222.22mg
<b>Carbohydrates</b>	10.58g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	38.80g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 994.71mg	<b>Iron</b> 1.27mg

# Hawaiian Teriyaki Pizza

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54688
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16"	1 Each	<p><b>READY_TO_EAT</b>                      1. Keep product frozen at 0°F (-18°C) or below until ready to use Notes: · To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature · Thawed pizza crust may be held in the refrigerator for up to five (5) days 2. Remove pizza crust from the freezer and place on pizza screens or pans Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust 3. Top and bake as follows. Ovens vary so use the suggested guidelines and optimize time and temperature for your operation: o Impinger                      Conveyor Oven: 500 °F for 3 - 5 minutes o Convection Oven: 375 °F for 6 - 9 minutes o Deck Oven: 500 °F for 7 - 10 minutes 4. After baking, allow pizza to set for 3-4 minutes before cutting</p>	682943
SAUCE PIZZA W/BASL	2 Cup	<p><b>HEAT_AND_SERVE</b>                      Ready to Eat  <b>MIX</b>                      Ready to Eat  <b>READY_TO_DRINK</b>                      Ready to Eat  <b>READY_TO_EAT</b>                      Ready to Eat  <b>UNPREPARED</b>                      Ready to Eat  <b>UNSPECIFIED</b>                      Ready to Eat</p>	256013
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	<p><b>READY_TO_EAT</b>                      Preshredded. Use cold or melted</p>	150250
CHEESE MOZZ SHRD	3 Cup	<p><b>READY_TO_EAT</b>                      Preshredded. Use cold or melted.</p>	645170
DICED HAM	1/2 Cup	<b>THAW</b>	
PINEAPPLE TIDBITS IN JCE	1 Cup	<p><b>READY_TO_EAT</b>                      Ready to Eat</p>	509221
SAUCE TERIYAKI GLAZE LO SOD	1/4 Cup		319032

# Preparation Instructions

Preheat oven to 375°

- 1.) Place Crusts on Sheet Pan with parchment paper
- 2.) Top with 2 cups of Pizza Sauce
- 3.) Top with 3 1/2 cups of Cheese

Place ham & teriyaki in a bowl to marinate for an hour

Place Pineapple & ham on top

- 4.) Bake in oven 375° until cheese is melted about 10-15 mins. Pizza crust should be a golden brown and cheese should be melted.

Let pizza rest for a few mins before cutting it. Cut it into 8 pieces.

CCP: Hold at 145° or higher

Updated 8/11/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.923
<b>Fruit</b>	0.125
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	258.46**
<b>Fat</b>	7.96g**
<b>Saturated Fat</b>	3.39g**
<b>Trans Fat</b>	0.04g**
<b>Cholesterol</b>	13.13mg**
<b>Sodium</b>	460.00mg**
<b>Carbohydrates</b>	35.63g**
<b>Fiber</b>	4.56g**
<b>Total Sugar</b>	9.05g**
<b>Added Sugar</b>	0.96g**
<b>Protein</b>	9.80g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 136.34mg**	<b>Iron</b> 2.52mg**

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

## Nutrition - Per 100g

<b>Calories</b>	1041.76**
<b>Fat</b>	32.09g**
<b>Saturated Fat</b>	13.66g**
<b>Trans Fat</b>	0.16g**
<b>Cholesterol</b>	52.90mg**
<b>Sodium</b>	1854.09mg**
<b>Carbohydrates</b>	143.59g**
<b>Fiber</b>	18.37g**
<b>Total Sugar</b>	36.47g**
<b>Added Sugar</b>	3.88g**
<b>Protein</b>	39.49g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 549.52mg**	<b>Iron</b> 10.17mg**

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

# Homemade Cheese Pizza Elem

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54802

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL	2 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	256013
CHEESE MOZZ SHRD	1 1/2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
CRUST PIZZA PARBK WGRAIN 16"	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F (-18°C) or below until ready to use Notes: - To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature - Thawed pizza crust may be held in the refrigerator for up to five (5) days 2. Remove pizza crust from the freezer and place on pizza screens or pans Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust 3. Top and bake as follows. Ovens vary so use the suggested guidelines and optimize time and temperature for your operation: o Impinger Conveyor Oven: 500 °F for 3 - 5 minutes o Convection Oven: 375 °F for 6 - 9 minutes o Deck Oven: 500 °F for 7 - 10 minutes 4. After baking, allow pizza to set for 3-4 minutes before cutting	682943

## Preparation Instructions

Preheat oven to 375°

- 1.) Place Crusts on Sheet Pan with parchment paper
- 2.) Top with 2 cups of Pizza Sauce
- 3.) Top with 2 cups of Cheese
- 4.) Bake in oven 375° until cheese is melted about 10-15 mins. Pizza crust should be a golden brown and cheese should be melted.

Let pizza rest for a few mins before cutting it. Cut it into 8 pieces.

CCP: Hold at 145° or higher

Updated 7.29.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.923
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	274.71
<b>Fat</b>	10.21g
<b>Saturated Fat</b>	4.70g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	18.75mg
<b>Sodium</b>	527.50mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.31g
<b>Total Sugar</b>	5.67g
<b>Added Sugar</b>	0.96g
<b>Protein</b>	12.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 213.21mg	<b>Iron</b> 2.42mg

## Nutrition - Per 100g

<b>Calories</b>	775.15
<b>Fat</b>	28.81g
<b>Saturated Fat</b>	13.27g
<b>Trans Fat</b>	0.11g
<b>Cholesterol</b>	52.91mg
<b>Sodium</b>	1488.43mg
<b>Carbohydrates</b>	90.29g
<b>Fiber</b>	12.15g
<b>Total Sugar</b>	16.01g
<b>Added Sugar</b>	2.71g
<b>Protein</b>	34.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 601.61mg	<b>Iron</b> 6.84mg

# BBQ Pulled Pork

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54847
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	2 Tablespoon		212071
Pulled Pork	4 Ounce		110730*

## Preparation Instructions

Mix BBQ sauce and pork together

Cook pulled pork according to directions on package. Heat to 165\*

Use #8 scoop

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	254.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.00mg
<b>Sodium</b>	694.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	16.00g
<b>Added Sugar</b>	16.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.36mg

## Nutrition - Per 100g

<b>Calories</b>	223.99
<b>Fat</b>	8.82g
<b>Saturated Fat</b>	3.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.49mg
<b>Sodium</b>	611.99mg
<b>Carbohydrates</b>	14.99g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	14.11g
<b>Added Sugar</b>	14.11g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.32mg

# Pancake Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-54859

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WRAP TKY MAPL	1 Wrap		696160

## Preparation Instructions

COOK FROM THAWED OR FROZEN IN CONVENTIONAL OVEN. PRODUCT IS ALREADY COOKED, JUST NEEDS TO BE COOKED TO AN INTERNAL TEMPERATURE OF 160\* F.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	10.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.80mg

### Nutrition - Per 100g

No 100g Conversion Available

# BBQ Pulled Pork

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54861
<b>School:</b>	Joan Martin Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	1 Tablespoon		212071
Pulled Pork	3 Ounce		110730*

## Preparation Instructions

Mix BBQ sauce and pork together

Cook pulled pork according to directions on package. Heat to 165\*

Use #16 Scoop

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	173.00
<b>Fat</b>	7.50g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	448.00mg
<b>Carbohydrates</b>	8.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	8.00g
<b>Added Sugar</b>	8.00g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.18mg

## Nutrition - Per 100g

<b>Calories</b>	203.41
<b>Fat</b>	8.82g
<b>Saturated Fat</b>	3.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.49mg
<b>Sodium</b>	526.75mg
<b>Carbohydrates</b>	9.99g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	9.41g
<b>Added Sugar</b>	9.41g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.21mg

# Pulled Pork Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54862
<b>School:</b>	Joan Martin Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BBQ Pulled Pork	3 Ounce	Mix BBQ sauce and pork together Cook pulled pork according to directions on package. Heat to 165* Use #16 Scoop	R-54861

## Preparation Instructions

Mix BBQ sauce and pork together

Cook pulled pork according to directions on package. Heat to 165\*

Use #16 Scoop

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Sandwich

Amount Per Serving	
<b>Calories</b>	323.00
<b>Fat</b>	9.50g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.00mg
<b>Sodium</b>	688.00mg
<b>Carbohydrates</b>	33.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	12.00g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.18mg

## Nutrition - Per 100g

<b>Calories</b>	126.59
<b>Fat</b>	3.72g
<b>Saturated Fat</b>	1.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.16mg
<b>Sodium</b>	269.65mg
<b>Carbohydrates</b>	13.13g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	4.70g
<b>Added Sugar</b>	4.31g
<b>Protein</b>	8.43g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.76mg	<b>Iron</b> 0.85mg

# Chicken Nugget Basket

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54942

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Nuggets	5 Piece		281831
Dinner Roll	1 Each		266548

## Preparation Instructions

In a paper boat add 5 pieces and 1 dinner roll

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Piece

Amount Per Serving	
<b>Calories</b>	397.24
<b>Fat</b>	0.04g**
<b>Saturated Fat</b>	4.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.12mg
<b>Sodium</b>	727.54mg
<b>Carbohydrates</b>	26.74g
<b>Fiber</b>	4.97g
<b>Total Sugar</b>	1.72g
<b>Added Sugar</b>	0.07g
<b>Protein</b>	23.13g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 49.88mg	<b>Iron</b> 3.16mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Field Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRING MIX SWT	1 Cup		701570
ONION RD SLIVERED 1/8IN	1 Ounce		313157
DRESSING POPPYSEED	2 Tablespoon		850942
STRAWBERRIES	1 Ounce		889115

## Preparation Instructions

Assemble salad in bulk:

Place chopped lettuce into a Deep Cambro

Evenly distribute red onion, and strawberries across the top.

Right before serve add poppyseed dressing.

Cover, label, and date the container.

Hold cold at 41°F or below until service.

1-cup servings using a 8 oz spoodle or tongs

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	1.333
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.130
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	170.20
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	260.00mg
<b>Carbohydrates</b>	22.04g
<b>Fiber</b>	5.34g
<b>Total Sugar</b>	13.70g
<b>Added Sugar</b>	11.00g
<b>Protein</b>	5.33g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 147.43mg	<b>Iron</b> 2.67mg

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

## Nutrition - Per 100g

<b>Calories</b>	60.04
<b>Fat</b>	3.18g
<b>Saturated Fat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	91.72mg
<b>Carbohydrates</b>	7.78g
<b>Fiber</b>	1.89g
<b>Total Sugar</b>	4.83g
<b>Added Sugar</b>	3.88g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 52.01mg	<b>Iron</b> 0.94mg

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

# Totcho / Chicken meet

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54974

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
diced chicken	4 Ounce		110530
SEASONING TACO SLT FR	1 Teaspoon		605062

## Preparation Instructions

Combine chicken and seasoning:

Place cooked diced chicken into a large stockpot or tilt skillet.

In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio).

Pour seasoning mixture over chicken.

Stir to coat chicken evenly.

Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	8.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	130.00mg
<b>Carbohydrates</b>	82.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.50mg

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

## Nutrition - Per 100g

<b>Calories</b>	132.28
<b>Fat</b>	7.05g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.55mg
<b>Sodium</b>	114.64mg
<b>Carbohydrates</b>	72.31g
<b>Fiber</b>	0.44g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	21.16g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.44mg

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

# Carrot Raisin salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55307

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK	16 Cup		198161
RAISIN SELECT	2 Cup		105686
PINEAPPLE TIDBITS IN JCE	1 Cup		509221
YOGURT VAN L/F PARFPR	3 Cup		811500

## Preparation Instructions

In a large mixing bowl, combine carrots, raisins, and pineapple tidbits. ( save the juice from the pineapple)

In a separate bowl, whisk together the vanilla yogurt and 1 cup of pineapple juice until smooth.

Pour yogurt dressing over carrot mixture. Stir gently until evenly coated.

Cover and refrigerate at least 2 hours (or overnight) to allow flavors to blend and marinate.

Serve ½ cup portion per student.

AP: 9/18/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.130
<b>Grain</b>	0.000
<b>Fruit</b>	0.020
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	65.32
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.45mg
<b>Sodium</b>	60.12mg
<b>Carbohydrates</b>	15.68g
<b>Fiber</b>	2.62g
<b>Total Sugar</b>	10.46g
<b>Added Sugar</b>	1.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 12189.45mcg RAE	<b>Vitamin C</b> 4.44mg
<b>Calcium</b> 44.28mg	<b>Iron</b> 0.34mg

## Nutrition - Per 100g

<b>Calories</b>	75.78
<b>Fat</b>	0.10g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.52mg
<b>Sodium</b>	69.76mg
<b>Carbohydrates</b>	18.20g
<b>Fiber</b>	3.04g
<b>Total Sugar</b>	12.14g
<b>Added Sugar</b>	1.77g
<b>Protein</b>	1.49g
<b>Vitamin A</b> 14142.53mcg RAE	<b>Vitamin C</b> 5.15mg
<b>Calcium</b> 51.38mg	<b>Iron</b> 0.40mg

# Chickpea Tomato Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55308

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO	2 #10 CAN		118753
BEAN BLACK	1 #10 CAN		557714
TOMATO ROMA	2 Cup		184810
CUCUMBER SELECT	2 Cup		418439
DRESSING ITAL FF	1 1/2 Cup		549592

## Preparation Instructions

Drain and rinse chickpeas well.

Dice tomatoes and cucumbers into small bite-sized pieces.

In a large mixing bowl, combine chickpeas, tomatoes, cucumbers, and parsley.

Add Italian dressing, tossing gently to coat.

Cover and refrigerate at least 2 hours before serving to let flavors blend.

Serve ½ cup portion

AP: 9/10/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.040
<b>Beans, Peas, and Lentils</b>	0.750
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	186.59
<b>Fat</b>	2.09g
<b>Saturated Fat</b>	0.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	559.48mg
<b>Carbohydrates</b>	31.68g
<b>Fiber</b>	8.39g
<b>Total Sugar</b>	4.38g
<b>Added Sugar</b>	0.48g
<b>Protein</b>	10.43g
<b>Vitamin A</b> 64.34mcg RAE	<b>Vitamin C</b> 1.10mg
<b>Calcium</b> 95.54mg	<b>Iron</b> 2.33mg

## Nutrition - Per 100g

<b>Calories</b>	89.58
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	268.59mg
<b>Carbohydrates</b>	15.21g
<b>Fiber</b>	4.03g
<b>Total Sugar</b>	2.10g
<b>Added Sugar</b>	0.23g
<b>Protein</b>	5.01g
<b>Vitamin A</b> 30.89mcg RAE	<b>Vitamin C</b> 0.53mg
<b>Calcium</b> 45.87mg	<b>Iron</b> 1.12mg

# Italian Spinach Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55309

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	6 1/2 Pound		329401
LETTUCE ROMAINE CHOP	4 Pound		735787
TOMATO GRAPE SWT	10 Cup		129631
ONION RED JUMBO	4 Cup		596973
OLIVE RIPE SLCD BLK SPAIN	3 Cup		324531
CHEESE MOZZ SHRD	4 Cup		645170
DRESSING ITAL FF	3 Cup		549592

## Preparation Instructions

Combine spinach, diced red onion, halved cherry tomatoes, and sliced black olives.

Serve each salad with the vinaigrette and cheese on the side.

This allows students to add their own dressing and keeps the spinach crisp.

AP: 9/18/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.200
<b>OtherVeg</b>	0.222
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	74.85
<b>Fat</b>	3.20g
<b>Saturated Fat</b>	1.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	276.07mg
<b>Carbohydrates</b>	7.55g
<b>Fiber</b>	1.94g
<b>Total Sugar</b>	3.36g
<b>Added Sugar</b>	0.96g
<b>Protein</b>	4.02g
<b>Vitamin A</b> 2928.98mcg RAE	<b>Vitamin C</b> 18.19mg
<b>Calcium</b> 112.16mg	<b>Iron</b> 1.65mg

## Nutrition - Per 100g

<b>Calories</b>	45.98
<b>Fat</b>	1.97g
<b>Saturated Fat</b>	0.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.95mg
<b>Sodium</b>	169.58mg
<b>Carbohydrates</b>	4.64g
<b>Fiber</b>	1.19g
<b>Total Sugar</b>	2.06g
<b>Added Sugar</b>	0.59g
<b>Protein</b>	2.47g
<b>Vitamin A</b> 1799.24mcg RAE	<b>Vitamin C</b> 11.18mg
<b>Calcium</b> 68.90mg	<b>Iron</b> 1.01mg

# Harvest Veggie blend

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55310

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	28 Cup	Peeled and cut into bite size pieces	266985
CARROT BABY WHL PETITE	15 Cup		768146
TOMATO GRAPE SWT	15 Cup	Can be cut in half	129631
Cucumber	3 Cup	Peeled and cut into bite size pieces	16P98

## Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Gently mix until all vegetables are evenly distributed.

Serve in black Cambro's with Italian & ranch dressing on the side

AP: 9/18/25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	20.16
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.03mg
<b>Carbohydrates</b>	5.18g
<b>Fiber</b>	1.44g
<b>Total Sugar</b>	2.89g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.30g
<b>Vitamin A</b> 899.64mcg RAE	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 22.95mg	<b>Iron</b> 0.63mg

## Nutrition - Per 100g

<b>Calories</b>	20.41
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.42mg
<b>Carbohydrates</b>	5.24g
<b>Fiber</b>	1.46g
<b>Total Sugar</b>	2.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.30g
<b>Vitamin A</b> 910.94mcg RAE	<b>Vitamin C</b> 14.98mg
<b>Calcium</b> 23.24mg	<b>Iron</b> 0.64mg

# Sweet Potato Apple Salad

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55311

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT RSTD FZ	15 Pound	Thaw day before	241436
CARROT MATCHSTICK	20 Cup		198161
1x40 LB APPLE FUJI 125-138CT 40 COMM	20 Each	Core and dice in bite size pieces	355033
RAISIN SELECT	5 Cup		105686
SPICE CINN-MAPL SPRINKLE	1/2 Cup		565911

## Preparation Instructions

Add Thawed diced sweet potatoes, diced apples, shredded carrots, and raisins in a bowl.

Gently toss all ingredients together until everything is evenly coated W/ Cinnamon Maple Seasoning.

AP: 9/18/25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	84.12**
<b>Fat</b>	0.40g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	66.60mg**
<b>Carbohydrates</b>	19.84g**
<b>Fiber</b>	2.60g**
<b>Total Sugar</b>	13.19g**
<b>Added Sugar</b>	1.48g**
<b>Protein</b>	1.05g**
<b>Vitamin A</b> 10145.19mcg RAE**	<b>Vitamin C</b> 3.70mg**
<b>Calcium</b> 33.15mg**	<b>Iron</b> 0.39mg**

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

## Nutrition - Per 100g

<b>Calories</b>	55.64**
<b>Fat</b>	0.26g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	44.05mg**
<b>Carbohydrates</b>	13.12g**
<b>Fiber</b>	1.72g**
<b>Total Sugar</b>	8.72g**
<b>Added Sugar</b>	0.98g**
<b>Protein</b>	0.69g**
<b>Vitamin A</b> 6709.78mcg RAE**	<b>Vitamin C</b> 2.45mg**
<b>Calcium</b> 21.93mg**	<b>Iron</b> 0.26mg**

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

# Cauliflower Confetti Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55312

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	30 Cup	cut into bite size pieces	732486
PEPPERS ASST RNBW CHC	24 Cup	cut into bite size pieces	266985
CUCUMBER SELECT	24 Cup	peel & cube into bite size pieces	418439
DRESSING ITAL FF	5 Cup		549592

## Preparation Instructions

Chop the cauliflower into small florets.

Cut and remove seeds from red bell peppers, dice peppers & cucumbers into uniform 1/2-inch pieces.

In a very large mixing bowl or container, gently combine the chopped cauliflower, diced red bell peppers, and diced cucumbers.

Pour the vinaigrette over the vegetables, mix and serve in black Cambro

AP: 9/18/25

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	34.49
<b>Fat</b>	0.22g
<b>Saturated Fat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.96mg
<b>Carbohydrates</b>	6.72g
<b>Fiber</b>	1.49g
<b>Total Sugar</b>	3.76g
<b>Added Sugar</b>	1.60g
<b>Protein</b>	1.49g
<b>Vitamin A</b> 52.42mcg RAE	<b>Vitamin C</b> 30.32mg
<b>Calcium</b> 21.19mg	<b>Iron</b> 0.40mg

## Nutrition - Per 100g

<b>Calories</b>	43.89
<b>Fat</b>	0.27g
<b>Saturated Fat</b>	0.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.86mg
<b>Carbohydrates</b>	8.55g
<b>Fiber</b>	1.89g
<b>Total Sugar</b>	4.79g
<b>Added Sugar</b>	2.04g
<b>Protein</b>	1.89g
<b>Vitamin A</b> 66.71mcg RAE	<b>Vitamin C</b> 38.59mg
<b>Calcium</b> 26.97mg	<b>Iron</b> 0.50mg

# Cold Corn Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn - frozen	8 Pound		100348
PEPPERS ASST RNBW CHC	6 Cup	About 6 large peppers. Diced into bite size pieces	266985
ONION RED JUMBO	2 Cup	Thinly sliced	596973
BEAN BLACK	12 1/2 Cup	Drained & rinsed	557714
CILANTRO CLEANED	1 1/2 Cup	Remove leaves from stems	219550
DRESSING ITAL FF	3 1/2 Cup		549592

## Preparation Instructions

Prep vegetables: Remove seeds from red peppers, Thinly slice onions, and chop cilantro.

Prepare beans & corn: Drain and rinse black beans. Thaw corn (if frozen), drain well.

Combine ingredients: In a large mixing bowl, combine corn, beans, red peppers, onions, and cilantro.

Pour dressing over mixture and toss until evenly coated.

Cover and refrigerate for at least 2 hours before service to blend flavors and marinate.

Serve: Portion 1/2 cup per student.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.100
<b>Beans, Peas, and Lentils</b>	0.250
<b>Starchy</b>	0.160

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	98.46
<b>Fat</b>	0.32g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	326.27mg
<b>Carbohydrates</b>	19.26g
<b>Fiber</b>	3.80g
<b>Total Sugar</b>	2.90g
<b>Added Sugar</b>	1.12g
<b>Protein</b>	4.74g
<b>Vitamin A</b> 0.18mcg RAE	<b>Vitamin C</b> 0.67mg
<b>Calcium</b> 34.53mg	<b>Iron</b> 1.52mg

## Nutrition - Per 100g

<b>Calories</b>	67.14
<b>Fat</b>	0.22g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	222.48mg
<b>Carbohydrates</b>	13.13g
<b>Fiber</b>	2.59g
<b>Total Sugar</b>	1.98g
<b>Added Sugar</b>	0.76g
<b>Protein</b>	3.23g
<b>Vitamin A</b> 0.12mcg RAE	<b>Vitamin C</b> 0.46mg
<b>Calcium</b> 23.54mg	<b>Iron</b> 1.04mg

# Apple Poppyseed Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
Granny Smith Apple	1/2 Cup	Dice apples into small cubes.	01571
DRESSING POPPYSEED	1 Ounce		850942

## Preparation Instructions

Place romaine in large mixing bowl

Dice apples into small cubes.

Combine romaine, apples, and cheese in a large bowl.

(1 cup each).

Serve with 2 Tbsp poppyseed dressing per student (either tossed in before service or portioned in dressing cups on the side).

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	105.00
<b>Fat</b>	4.50g
<b>Saturated Fat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	70.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	12.50g
<b>Added Sugar</b>	5.50g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.34mg	<b>Iron</b> 0.44mg

## Nutrition - Per 100g

<b>Calories</b>	370.37
<b>Fat</b>	15.87g
<b>Saturated Fat</b>	2.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.91mg
<b>Carbohydrates</b>	58.20g
<b>Fiber</b>	8.82g
<b>Total Sugar</b>	44.09g
<b>Added Sugar</b>	19.40g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.33mg	<b>Iron</b> 1.53mg

# Chicken Fajita

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56001

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	48 ounces	Preheat oven to 350°F (175°C). or Combi (Combi will take less time to cook fi cooking on steam) Place frozen chicken in a pan. If pieces are tightly frozen together, break apart gently if possible. Sprinkle salt & pepper evenly over the top. (Start light, you can always add more after tasting.) Add a few tablespoons of water to the pan and cover with a lid. This prevents drying. Heat in oven for 15 minutes, check and gently separate pieces so heat distributes. Check temperature in the thickest piece with a thermometer — it must read 165°F. If not there yet, return to oven and recheck every 5 minutes.	100117
TORTILLA FLOUR ULTRGR 6"	24 Each	Place frozen veggies in pan. Place in oven or Combi Stir once or twice until hot but not mushy. Set aside.	882690
VEGETABLE MIX FAJITA CUT	48 Ounce	Lightly coat veggies with oil salt & pepper	605565

## Preparation Instructions

#12 scoop

Preheat oven to 350°F (175°C). or Combi (Combi will take less time to cook fi cooking on steam)

Place frozen chicken in a pan. If pieces are tightly frozen together, break apart gently if possible.

Sprinkle salt & pepper evenly over the top. (Start light, you can always add more after tasting.)

Add a few tablespoons of water to the pan and cover with a lid. This prevents drying.

Heat in oven for 15 minutes, check and gently separate pieces so heat distributes.

Check temperature in the thickest piece with a thermometer — it must read 165°F. If not there yet, return to oven and recheck every 5 minutes.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	423.53
<b>Fat</b>	10.71g
<b>Saturated Fat</b>	6.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.06mg
<b>Sodium</b>	982.94mg
<b>Carbohydrates</b>	56.35g
<b>Fiber</b>	12.00g
<b>Total Sugar</b>	16.35g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	29.18g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 128.00mg	<b>Iron</b> 3.44mg

## Nutrition - Per 100g

<b>Calories</b>	373.48
<b>Fat</b>	9.44g
<b>Saturated Fat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.77mg
<b>Sodium</b>	866.79mg
<b>Carbohydrates</b>	49.69g
<b>Fiber</b>	10.58g
<b>Total Sugar</b>	14.42g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	25.73g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 112.87mg	<b>Iron</b> 3.03mg

# BBQ Chicken Memphis Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56002

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EZ - Mac & Cheese	1/2 Cup	<b>Cheese Sauce:</b> 1. Open 2 bags of liquid cheese and pour into a steamtable pan. 2. Add ½ quart of water and 2 pints of milk to the cheese. 3. Whisk thoroughly to fully combine all three ingredients. 4. Heat cheese mixture to 145°F, stirring occasionally. <b>Pasta:</b> 1. 8 minutes before the cheese sauce is finished, begin cooking the pasta. 2. Cook elbow macaroni for 8 minutes, or until al dente. 3. Ensure the cheese sauce and pasta are at similar temperatures before combining. <b>Combine &amp; Season:</b> 1. Pour the hot cheese sauce over the cooked pasta. Stir well to coat all pasta evenly. 2. Add prepared spice mixture and mix until evenly distributed. <b>Serving:</b> Portion 1 cup per serving using a #6 disher/scoop. AP 12/5/25 PR 8/20/2025 jsh 1.21.25	R-53979
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	4 ounces		100117
SAUCE BBQ	1 Teaspoon		212071
CORNBREAD BITE WGRAIN	3 Each		963499

## Preparation Instructions

Cook iMac & Cheese according to recipe.

Preheat oven or Combi, place frozen fajita meat in steamtable pan. Cook for 15 mins, temp must reach 165°F

In large bowl mix BBQ sauce and cooked chicken, stir to coat chicken lightly.

In a bowl layer the ingredient.

Mac and Cheese on the bottom followed by the BBQ chicken. Serve with the corn bread on the side.

AP: 10/20/25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	561.33
<b>Fat</b>	18.20g
<b>Saturated Fat</b>	8.94g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	109.40mg
<b>Sodium</b>	1180.88mg
<b>Carbohydrates</b>	65.72g
<b>Fiber</b>	5.17g
<b>Total Sugar</b>	12.59g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	33.82g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.89mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	1049.42
<b>Fat</b>	34.02g
<b>Saturated Fat</b>	16.71g
<b>Trans Fat</b>	0.13g
<b>Cholesterol</b>	204.52mg
<b>Sodium</b>	2207.66mg
<b>Carbohydrates</b>	122.87g
<b>Fiber</b>	9.67g
<b>Total Sugar</b>	23.53g
<b>Added Sugar</b>	8.72g
<b>Protein</b>	63.22g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 244.69mg	<b>Iron</b> 5.40mg

# Cranberry Fluff

<b>Servings:</b>	65.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56235

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY SAUCE JELLIED	1 #10 CAN	In a large mixing bowl, break up the jellied cranberry sauce with a whisk or paddle UNTIL SMOOTH	164740
TOPPING WHIP PRE-WHIPPED	1 Quart	Gently fold in the whipped topping until fully combined and light pink in color add an extra dollop of whipped topping on top.	313165

## Preparation Instructions

# 10 Scoop/ 3/8 cup.

1, #10 Can to 2, 16oz tubs of whipped topping.

Directions:

In a large mixing bowl, break up the jellied cranberry sauce with a whisk or paddle until smooth.

Gently fold in the whipped topping until fully combined and light pink in color add an extra dollop of whipped topping on top.

Chill for at least 2 hours before serving.

Optional:

A sprinkle of shredded coconut on top

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	100.29
<b>Fat</b>	0.94g
<b>Saturated Fat</b>	0.94g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.34mg
<b>Carbohydrates</b>	23.27g
<b>Fiber</b>	0.80g
<b>Total Sugar</b>	19.59g
<b>Added Sugar</b>	18.80g
<b>Protein</b>	0.05g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.23mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# EZ-Jammer Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56357

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580

## Preparation Instructions

AP: 11/12/25

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	20.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	13.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 319.00mg	<b>Iron</b> 2.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# EZ- Jammer Lunchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56358

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
CHEESE STRING MOZZ LT IW	1 Each		566413
CARROT BABY WHL PETITE	1/2 Cup		768146

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	377.50
<b>Fat</b>	17.00g
<b>Saturated Fat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	487.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	6.50g
<b>Total Sugar</b>	17.00g
<b>Added Sugar</b>	10.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 357.00mg	<b>Iron</b> 3.00mg

## Nutrition - Per 100g

<b>Calories</b>	332.89
<b>Fat</b>	14.99g
<b>Saturated Fat</b>	4.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.82mg
<b>Sodium</b>	429.89mg
<b>Carbohydrates</b>	33.51g
<b>Fiber</b>	5.73g
<b>Total Sugar</b>	14.99g
<b>Added Sugar</b>	8.82g
<b>Protein</b>	14.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 314.81mg	<b>Iron</b> 2.65mg

# Candy Cane Choc Pudding Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC	1/2 Cup		163554
TOPPING WHIP W/CRM	1 Teaspoon		881450
CANDY CANE MINI PEPRMNT	1 Piece		154151

## Preparation Instructions

1. Crush candy canes into small pieces and sprinkle a thin layer on the bottom of the cup.
2. Scoop chocolate pudding on top, W/ #8 Scoop
3. Add a small dollop of whipped topping in the center.
4. Place a mini candy cane hanging over the side of the cup for a festive touch.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	114.45**
<b>Fat</b>	1.83g**
<b>Saturated Fat</b>	0.32g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.17mg**
<b>Sodium</b>	200.58mg**
<b>Carbohydrates</b>	23.33g**
<b>Fiber</b>	1.00g**
<b>Total Sugar</b>	15.17g**
<b>Added Sugar</b>	0.17g**
<b>Protein</b>	1.02g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 17.00mg**
<b>Calcium</b> 0.20mg**	<b>Iron</b> 1.00mg**

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Spicy Chicken Basket

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56865
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT	10 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. Place frozen chunks on a parchment lined baking sheet and heat for 7-9 minutes.	176764
FRIES CROSSTRAX	4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

## Preparation Instructions

cook chicken according to manufactures direction once temp reaches 165 put 10 pieces of chicken in a 8 oz boat  
3. place chicken and Waffle fries in same boat entire meal should be served in boat. 1 boat per serving.

AP 12/29/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	456.19
<b>Fat</b>	24.76g
<b>Saturated Fat</b>	4.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.14mg
<b>Sodium</b>	1026.67mg
<b>Carbohydrates</b>	41.05g
<b>Fiber</b>	2.76g
<b>Total Sugar</b>	4.19g
<b>Added Sugar</b>	1.43g
<b>Protein</b>	22.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.33mg	<b>Iron</b> 1.96mg

## Nutrition - Per 100g

<b>Calories</b>	402.28
<b>Fat</b>	21.84g
<b>Saturated Fat</b>	3.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.39mg
<b>Sodium</b>	905.35mg
<b>Carbohydrates</b>	36.20g
<b>Fiber</b>	2.44g
<b>Total Sugar</b>	3.70g
<b>Added Sugar</b>	1.26g
<b>Protein</b>	19.99g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.76mg	<b>Iron</b> 1.73mg

# Roasted Veggie Blend

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56866
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	20 Cup		266985
CARROT MATCHSTICK	15 Cup		198161
TOMATO GRAPE SWT	15 Cup		129631

## Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Add a little bit of oil just to coat, sprinkle salt and pepper to taste.

Gently mix until all vegetables are evenly distributed.

Roast at 400 till veggies are Al dente

Serve in black Cambro

AP: 12/29/25

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	34.17
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	49.50mg
<b>Carbohydrates</b>	8.20g
<b>Fiber</b>	2.73g
<b>Total Sugar</b>	4.40g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.83g
<b>Vitamin A</b> 12312.97mcg RAE	<b>Vitamin C</b> 18.96mg
<b>Calcium</b> 33.20mg	<b>Iron</b> 0.49mg

## Nutrition - Per 100g

<b>Calories</b>	26.58
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	38.51mg
<b>Carbohydrates</b>	6.38g
<b>Fiber</b>	2.13g
<b>Total Sugar</b>	3.42g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.65g
<b>Vitamin A</b> 9579.84mcg RAE	<b>Vitamin C</b> 14.75mg
<b>Calcium</b> 25.83mg	<b>Iron</b> 0.38mg

# Sweetheart Strawberry Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56882

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SMALL DCD 1/2IN IQF	2 Ounce	Bottom layer	630480
YOGURT STRAWB L/F PARFPR	4 Ounce	Middle layer	811490
TOPPING WHIP W/CRM	1 Teaspoon	Top	881450
CRACKER GRHM HNY	1 Package	Garnish	175102

## Preparation Instructions

Assemble parfaits

Bottom layer: Lightly thawed frozen strawberries (adds color, flavor, and natural sweetness)

Middle layer: Creamy strawberry yogurt

Top: A small dollop of whipped cream

Garnish:

One graham cracker stick placed upright (perfect for dipping like a spoon)

One candy heart centered on the whipped cream

## Meal Components

Amount Per Serving

<hr/>	
<b>Meat/Meat Alternate</b>	1.100
<b>Grain</b>	0.500
<b>Fruit</b>	2.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	266.39
<b>Fat</b>	2.58g
<b>Saturated Fat</b>	0.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.90mg
<b>Sodium</b>	120.28mg
<b>Carbohydrates</b>	56.47g
<b>Fiber</b>	7.00g
<b>Total Sugar</b>	33.58g
<b>Added Sugar</b>	15.85g
<b>Protein</b>	6.35g
<hr/>	
<b>Vitamin A</b> 27.22mcg RAE	<b>Vitamin C</b> 133.36mg
<b>Calcium</b> 174.53mg	<b>Iron</b> 2.56mg

## Nutrition - Per 100g

<hr/>	
<b>Calories</b>	156.61
<b>Fat</b>	1.52g
<b>Saturated Fat</b>	0.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.29mg
<b>Sodium</b>	70.71mg
<b>Carbohydrates</b>	33.20g
<b>Fiber</b>	4.12g
<b>Total Sugar</b>	19.74g
<b>Added Sugar</b>	9.32g
<b>Protein</b>	3.73g
<hr/>	
<b>Vitamin A</b> 16.00mcg RAE	<b>Vitamin C</b> 78.40mg
<b>Calcium</b> 102.61mg	<b>Iron</b> 1.50mg

# Baseball Berry Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56915

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SMALL DCD 1/2IN IQF	2 Ounce	Bottom	630480
YOGURT VAN L/F PARFPR	2 Ounce	Middle	811500
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	2 Ounce	Top	119873
TOPPING WHIP W/CRM	1 Teaspoon	Garnish	881450
CRACKER GRHM HNY	1 Package	Garnish	175102

## Preparation Instructions

Bottom (Red): Frozen strawberries (or mixed berries)

Middle (White): Vanilla yogurt (or plain yogurt lightly sweetened)

Top (Blue): Fresh or frozen blueberries

Finish:

Small dollop of whipped cream

Graham cracker stick for dipping

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.560
<b>Grain</b>	0.500
<b>Fruit</b>	4.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.42
<b>Fat</b>	4.21g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.03mg
<b>Sodium</b>	90.43mg
<b>Carbohydrates</b>	78.90g
<b>Fiber</b>	15.00g
<b>Total Sugar</b>	49.38g
<b>Added Sugar</b>	9.51g
<b>Protein</b>	6.48g
<b>Vitamin A</b> 90.65mcg RAE	<b>Vitamin C</b> 140.56mg
<b>Calcium</b> 107.37mg	<b>Iron</b> 2.56mg

## Nutrition - Per 100g

<b>Calories</b>	206.01
<b>Fat</b>	2.47g
<b>Saturated Fat</b>	0.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.19mg
<b>Sodium</b>	53.17mg
<b>Carbohydrates</b>	46.38g
<b>Fiber</b>	8.82g
<b>Total Sugar</b>	29.03g
<b>Added Sugar</b>	5.59g
<b>Protein</b>	3.81g
<b>Vitamin A</b> 53.29mcg RAE	<b>Vitamin C</b> 82.63mg
<b>Calcium</b> 63.12mg	<b>Iron</b> 1.50mg

# Egg & Cheese Omelet

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-56990

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	5 Pound		192330
Cheddar Cheese shredded	1 Cup		150250
Black Pepper	1 Tablespoon	BAKE	24108
1% White Milk	1 Pint		13871

## Preparation Instructions

using liquid eggs, gently shake or stir to blend.

Cook eggs

Lightly spray pan or cooking surface with non-stick spray.

Pour measured egg and cheese portion into pan and cook until eggs begin to set.

Finish cooking

Continue cooking until eggs reach an internal temperature of 160°F for 15 seconds.

Cut evenly into 24 equal squares.

AP: 01/12/26

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	158.50
<b>Fat</b>	10.21g**
<b>Saturated Fat</b>	3.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	317.96mg
<b>Sodium</b>	443.62mg
<b>Carbohydrates</b>	4.25g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.68g
<b>Vitamin A</b> 0.83mcg RAE**	<b>Vitamin C</b> 0.17mg**
<b>Calcium</b> 62.80mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	137.52
<b>Fat</b>	8.86g**
<b>Saturated Fat</b>	3.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	275.89mg
<b>Sodium</b>	384.92mg
<b>Carbohydrates</b>	3.69g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.80g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	9.26g
<b>Vitamin A</b> 0.72mcg RAE**	<b>Vitamin C</b> 0.14mg**
<b>Calcium</b> 54.49mg	<b>Iron</b> 0.00mg

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

# Grand Slam Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57026
<b>School:</b>	Liberty Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16" X 3/8" THIN	4 Ounce		227951
SAUCE CHS ULTIM YEL POU 6-106Z LOL	2 Ounce		310668

## Preparation Instructions

Cook liquid cheese to temp. Place 4oz fries in a paper boat then add 2oz of cheese.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

Amount Per Serving	
<b>Calories</b>	278.10
<b>Fat</b>	15.73g
<b>Saturated Fat</b>	5.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.29mg
<b>Sodium</b>	785.14mg
<b>Carbohydrates</b>	29.41g
<b>Fiber</b>	1.33g
<b>Total Sugar</b>	1.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	7.24g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.45mg	<b>Iron</b> 0.53mg

## Nutrition - Per 100g

<b>Calories</b>	163.49
<b>Fat</b>	9.25g
<b>Saturated Fat</b>	3.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.75mg
<b>Sodium</b>	461.58mg
<b>Carbohydrates</b>	17.29g
<b>Fiber</b>	0.78g
<b>Total Sugar</b>	0.78g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.26g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 94.91mg	<b>Iron</b> 0.31mg

# Brickie Fresh-Sliced Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57360

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	4 ounces	4 slices deli turkey (1 oz each, total 4 oz)	100121
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place the bottom half of the hamburger bun on a clean prep surface.

Layer 4 slices of deli turkey evenly on the bottom bun.

Place 1 slice of cheese on top of the turkey.

Add the top half of the bun.

If serving cold, hold under refrigeration (41°F) until service.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	325.88
<b>Fat</b>	9.03g
<b>Saturated Fat</b>	4.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.94mg
<b>Sodium</b>	1126.73mg
<b>Carbohydrates</b>	29.52g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	30.14g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.05mg

## Nutrition - Per 100g

No 100g Conversion Available

# I Do So Like Green Eggs & Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57413

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	3 Ounce		192330
Ham, Cubed Frozen	2 Ounce		100188-H
COLORING FOOD GREEN	1/8 Teaspoon		573051

## Preparation Instructions

Place fully cooked scrambled eggs into a hotel pan.

In a small container, Whisk warm butter with green food coloring until evenly combined.

Heat eggs to an internal temperature of 165°F for service.

Slowly add the butter mixture a little at a time until the eggs reach a light green color.

Evenly sprinkle diced ham over the top of the eggs.

Hold at 140°F or higher until service.

AP: 02/17/26

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	195.93
<b>Fat</b>	12.28g
<b>Saturated Fat</b>	4.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	314.59mg
<b>Sodium</b>	773.48mg
<b>Carbohydrates</b>	6.29g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.64g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.24g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.07mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	138.23
<b>Fat</b>	8.66g
<b>Saturated Fat</b>	3.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	221.94mg
<b>Sodium</b>	545.67mg
<b>Carbohydrates</b>	4.44g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.17g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.14mg	<b>Iron</b> 0.01mg

# I Do So Like Green Eggs & Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57414

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	3 Ounce		192330
Ham, Cubed Frozen	2 Ounce		100188-H
COLORING FOOD GREEN	1/8 Teaspoon		573051

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	195.93
<b>Fat</b>	12.28g
<b>Saturated Fat</b>	4.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	314.59mg
<b>Sodium</b>	773.48mg
<b>Carbohydrates</b>	6.29g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.64g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.24g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.07mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	138.23
<b>Fat</b>	8.66g
<b>Saturated Fat</b>	3.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	221.94mg
<b>Sodium</b>	545.67mg
<b>Carbohydrates</b>	4.44g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.17g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.14mg	<b>Iron</b> 0.01mg

# Brickie Beef Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57868

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each	<b>BAKE</b> From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes.	451410
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

## Preparation Instructions

BAKE

From a frozen state.

Conventional Oven

Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes.

Place rib on bun and serve

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	12.50g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	14.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 3.80mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chickpea, Corn & Bean Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57887

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO	10 Cup	about 5lbs Drain and rinse chickpeas	118753
CORN CUT IQF	16 Cup	about 8lbs Thaw corn if frozen and drain well.	285620
BEANS BLACK LO SOD	6 Cup	about 3lbs Drain and rinse black beans.	231981
PEPPERS ASST RNBW CHC	8 Cup	about 3lbs Dice peppers	266985
ONION RED	2 1/2 Cup	about 1lb red onions	761764
CILANTRO CLEANED	1 Cup	Chop cilantro	219550
Light Lime Vinaigrette	3 cups	Combine lime juice and sugar & salt in a bowl and whisk until dissolved. Slowly whisk in oil. Refrigerate until ready to use and whisk again before pouring over salad. Use about 3 cups dressing for the full 50-serving batch of Chickpea, corn & bean salad	R-57901

## Preparation Instructions

In a large mixing bowl combine:

corn  
chickpeas  
black beans  
peppers  
onions  
cilantro

Pour lime vinaigrette over mixture.

Toss gently until evenly coated.

Chill

Cover and refrigerate at least 2 hours before service.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.320
<b>Starchy</b>	0.200

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	122.57
<b>Fat</b>	1.32g
<b>Saturated Fat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	153.72mg
<b>Carbohydrates</b>	22.72g
<b>Fiber</b>	4.04g
<b>Total Sugar</b>	3.93g
<b>Added Sugar</b>	0.01g
<b>Protein</b>	5.70g
<b>Vitamin A</b> 0.20mcg RAE	<b>Vitamin C</b> 0.72mg
<b>Calcium</b> 46.40mg	<b>Iron</b> 0.76mg

## Nutrition - Per 100g

<b>Calories</b>	124.99
<b>Fat</b>	1.34g
<b>Saturated Fat</b>	0.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	156.76mg
<b>Carbohydrates</b>	23.17g
<b>Fiber</b>	4.12g
<b>Total Sugar</b>	4.01g
<b>Added Sugar</b>	0.01g
<b>Protein</b>	5.82g
<b>Vitamin A</b> 0.20mcg RAE	<b>Vitamin C</b> 0.74mg
<b>Calcium</b> 47.32mg	<b>Iron</b> 0.78mg

# Light Lime Vinaigrette

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	3.00 cups	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LIME	1 Cup		199028
OIL BLND SOY/POM OLV 90/10	1 Cup		524948
SUGAR BEET GRANUL	3 Tablespoon		108588
SALT IODIZED	1 teaspoons		125557

## Preparation Instructions

Combine lime juice and sugar & salt in a bowl and whisk until dissolved.

Slowly whisk in oil.

Refrigerate until ready to use and whisk again before pouring over salad.

Use about 3 cups dressing for the full 50-serving batch of Chickpea, corn & bean salad

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 cups

Amount Per Serving	
<b>Calories</b>	41.10
<b>Fat</b>	4.48g
<b>Saturated Fat</b>	0.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	47.20mg
<b>Carbohydrates</b>	0.72g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.72g
<b>Added Sugar</b>	0.72g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	5708.34
<b>Fat</b>	622.22g
<b>Saturated Fat</b>	88.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6555.56mg
<b>Carbohydrates</b>	100.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	100.00g
<b>Added Sugar</b>	100.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Chicken Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57922

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Totcho / Chicken meet	4 Ounce	Combine chicken and seasoning: Place cooked diced chicken into a large stockpot or tilt skillet. In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio). Pour seasoning mixture over chicken. Stir to coat chicken evenly. Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.	R-54974
LETTUCE ROMAINE RIBBONS	2 Cup		451730
CHIP TORTL TRI-COLOR STRIP	1 Cup		403573
TOMATO ROMA DCD 3/8"	1/4 Ounce		786543
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
APPLE FRSH SLCD	1 Package		473171
2 oz salsa	2 Ounce	this salsa is to be served with breakfast burrito as a condiment in a 2 oz portion cup.	R-51424
SOUR CREAM PKT	1 Each		745903

## Preparation Instructions

- Put the lettuce on bottom
- Add the Taco chicken on top.
- Sprinkle diced tomatoes, cheese and tortilla strips.
- Sour Cream packet, salsa on the side

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.200
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	778.75
<b>Fat</b>	47.00g
<b>Saturated Fat</b>	15.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	160.00mg
<b>Sodium</b>	710.00mg
<b>Carbohydrates</b>	132.25g
<b>Fiber</b>	5.08g
<b>Total Sugar</b>	12.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	39.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 520.75mg	<b>Iron</b> 0.53mg

## Nutrition - Per 100g

<b>Calories</b>	110.99
<b>Fat</b>	6.70g
<b>Saturated Fat</b>	2.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.80mg
<b>Sodium</b>	101.19mg
<b>Carbohydrates</b>	18.85g
<b>Fiber</b>	0.72g
<b>Total Sugar</b>	1.73g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.64g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 2.85mg
<b>Calcium</b> 74.22mg	<b>Iron</b> 0.08mg

# Taco Salad Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57946

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TORTILLA WHLWHE 12IN	1 Each		118910
TOMATO ROMA DCD 3/8"	1 Ounce		786543
Cheddar Cheese shredded	2 Ounce		150250
APPLE FRSH SLCD	1 Package		473171
Totcho / Chicken meet	4 Ounce	Combine chicken and seasoning: Place cooked diced chicken into a large stockpot or tilt skillet. In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio). Pour seasoning mixture over chicken. Stir to coat chicken evenly. Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.	R-54974
Corn, Black Bean & Vegetarian Bean Salsa w/chip	1/2 Cup	1) drain excess fluid from black beans and corn 2) combine black beans, corn, salsa, taco seasoning, garlic powder all together 3) stir together and divide into 1/2 cup portions and serve with Tortilla chips, whole grain. Serve chilled.	R-22244

## Preparation Instructions

Lay the whole-grain tortilla flat.

Add romaine lettuce and diced tomatoes in the center.

Top with seasoned diced chicken.

Sprinkle shredded cheese.

Fold sides in and roll into a tight wrap.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.325
<b>Starchy</b>	0.150

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	564.90
<b>Fat</b>	16.63g**
<b>Saturated Fat</b>	3.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.54mg
<b>Sodium</b>	880.56mg
<b>Carbohydrates</b>	154.16g
<b>Fiber</b>	6.17g
<b>Total Sugar</b>	11.27g
<b>Added Sugar</b>	0.69g
<b>Protein</b>	38.82g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 20.00mg**
<b>Calcium</b> 141.64mg	<b>Iron</b> 2.04mg

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

## Nutrition - Per 100g

<b>Calories</b>	95.13
<b>Fat</b>	2.80g**
<b>Saturated Fat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.56mg
<b>Sodium</b>	148.28mg
<b>Carbohydrates</b>	25.96g
<b>Fiber</b>	1.04g
<b>Total Sugar</b>	1.90g
<b>Added Sugar</b>	0.12g
<b>Protein</b>	6.54g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 3.37mg**
<b>Calcium</b> 23.85mg	<b>Iron</b> 0.34mg

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