

Cookbook for Hobart High School

Created by HPS Menu Planner

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I Do So Like Green Eggs & Ham

I Do So Like Green Eggs & Ham

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Yogurt & Whole Grain Muffin (Sec)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3710
School:	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

Meat/Meat Alternate	0.000
Grain	0.667
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: 24.00

Serving Size: 1.00 Each

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	515.29
Fat	23.69g
Saturated Fat	10.81g
Trans Fat	0.00g
Cholesterol	280.58mg
Sodium	932.46mg
Carbohydrates	41.67g
Fiber	7.84g
Total Sugar	17.29g
Added Sugar	3.56g
Protein	35.76g
Vitamin A 756.80mcg RAE	Vitamin C 32.52mg
Calcium 340.03mg	Iron 3.00mg

Nutrition - Per 100g

Calories	162.08
Fat	7.45g
Saturated Fat	3.40g
Trans Fat	0.00g
Cholesterol	88.25mg
Sodium	293.29mg
Carbohydrates	13.11g
Fiber	2.47g
Total Sugar	5.44g
Added Sugar	1.12g
Protein	11.25g
Vitamin A 238.04mcg RAE	Vitamin C 10.23mg
Calcium 106.95mg	Iron 0.94mg

Classic Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8137
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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Amount Per Serving	
Calories	420.00
Fat	16.00g**
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	790.00mg
Carbohydrates	29.00g
Fiber	3.00g
Total Sugar	6.00g
Added Sugar	3.00g
Protein	28.00g
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Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 190.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoke House Burger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Burger

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 set

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

Nutrition - Per 100g

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

4 Alarm Chicken Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9216
School:	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.

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Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9567
School:	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

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: 24.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15197
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

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

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

Chix Stix & WG Dinner Roll

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Pie

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

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

Nutrition Facts

Servings Per Recipe: 378.00

Serving Size: 1.00 Piece

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

Nutrition - Per 100g

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

Corn & Black Bean salsa w/ corn chips

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22244
School:	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

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Vegetarian Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22853
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

Nutrition - Per 100g

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

Wings & Rings

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	250 Each	BAKE 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. CONVECTION 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	BAKE 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. CONVECTION 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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	BAKE 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	
Calories	310.00
Fat	8.50g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	450.00mg
Carbohydrates	41.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich - MS

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	BAKE 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

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

Nutrition - Per 100g

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

Deli Shaved Turkey & Cheese Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28448
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

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

Buffalo Chicken Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28593
School:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

Nutrition - Per 100g

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

Hawaiian Pizza

Servings:	112.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28594
School:	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.

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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

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

Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 1.00 Slice

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

Nutrition - Per 100g

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

Baja Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28626
School:	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	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking 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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Hot Pretzel w/Chili and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28738
School:	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

Meat/Meat Alternate	3.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
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	1712.00
Fat	90.00g
Saturated Fat	55.70g
Trans Fat	0.00g
Cholesterol	271.00mg
Sodium	5270.00mg
Carbohydrates	125.00g
Fiber	6.00g
Total Sugar	7.00g
Added Sugar	1.00g
Protein	84.00g
Vitamin A 1252.00mcg RAE	Vitamin C 19.00mg
Calcium 2579.00mg	Iron 8.00mg

Nutrition - Per 100g

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

Whole Grain Breakfast Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Bar

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29651
School:	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	
Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

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

Crispy Ranch Chicken Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	BAKE 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. CONVECTION 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	READY_TO_EAT 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	HEAT_AND_SERVE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

Nutrition - Per 100g

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

Strawberry Field Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31268
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Nutrition - Per 100g

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

Chicken Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 enchilada	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31284
School:	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

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 enchilada

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

Nutrition - Per 100g

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

Chicken Alfredo Flatbread Pizza

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

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Flatbread

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

Nutrition - Per 100g

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

Fresh Baked Sub Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32414
School:	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

Meat/Meat Alternate	2.673
Grain	3.125
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: 2.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

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

Easy Tomato Bisque

Servings:	21.00	Category:	Vegetable
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32472
School:	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

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

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

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32577
School:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

Nutrition - Per 100g

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

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33068
School:	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

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 Serving

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

Nutrition - Per 100g

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

Breakfast Casserole

Servings:	64.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33587
School:	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

Meat/Meat Alternate	1.913
Grain	0.563
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: 64.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Spicy Crispy Chicken Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT NSHVLL	1 Tablespoon	READY_TO_EAT 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	READY_TO_EAT 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 TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE 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. CONVECTION 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	HEAT_AND_SERVE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	511.36
Fat	25.77g
Saturated Fat	4.80g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	865.00mg
Carbohydrates	48.35g
Fiber	6.70g
Total Sugar	4.32g
Added Sugar	2.12g
Protein	26.67g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 13.33mg	Iron 52.12mg

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

Nutrition - Per 100g

Calories	1803.75
Fat	90.91g
Saturated Fat	16.92g
Trans Fat	0.00g
Cholesterol	167.55mg
Sodium	3051.15mg
Carbohydrates	170.54g
Fiber	23.62g
Total Sugar	15.23g
Added Sugar	7.48g
Protein	94.06g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 47.03mg	Iron 183.84mg

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

Romaine Salad

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49994
School:	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

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Smoothie

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Smoothie	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51090
School:	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

Meat/Meat Alternate	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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	<p>BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.</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	
Calories	210.00
Fat	7.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	330.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	10.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 168.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Honey Nut Cheerios Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51425
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Chex Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51427
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51428
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51429
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51430
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Texas Pete Hot Sauce

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Teaspoon

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

Nutrition - Per 100g

No 100g Conversion Available

Three Cheese Garlic French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51463
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51465
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	70.00
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	12.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 15.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sliced Bread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51466
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.00mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51467
School:	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	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Mustard

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51468
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Mayo

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51469
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51470
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Pepper Rings

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51471
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.750
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	0.27
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	0.05g
Fiber	0.05g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.07mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sweet Relish

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51472
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Dippin Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51473
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51474
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

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

Nutrition - Per 100g

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

Salad Bar Ranch

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT	2 Tablespoon	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Dressing Packet

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING CAESAR PKT	1 Each	READY_TO_EAT 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).	195669

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Sour Cream Packet

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51477
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Salsa Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51478
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

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

Nutrition - Per 100g

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

Grape Tomato

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51482
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Red, Orange, Yellow Bell Pepper Mix

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51483
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Shredded Carrot

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51484
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Green Bell Pepper

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51485
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 ounces	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51486
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 ounces

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

Nutrition - Per 100g

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

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51487
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Cucumber

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51488
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Romaine lettuce

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51489
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
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: 4.00 Ounce

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

Nutrition - Per 100g

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

Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51490
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51491
School:	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

jsh 12.27.24

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Mini Pepperoni Calzones

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51527
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51533
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Warm Marinara

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p>CONVECTION 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>DEEP_FRY 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>THAW 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Warm Marinara

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Croutons

Servings:	20.00	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51562
School:	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

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	100.00
Fat	3.20g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	135.00mg
Carbohydrates	16.40g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	3.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.60mg	Iron 1.00mg

Nutrition - Per 100g

Calories	3533.57
Fat	113.07g
Saturated Fat	49.47g
Trans Fat	0.00g
Cholesterol	212.01mg
Sodium	4770.32mg
Carbohydrates	579.51g
Fiber	70.67g
Total Sugar	70.67g
Added Sugar	70.67g
Protein	106.01g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1081.27mg	Iron 35.34mg

Maple Syrup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51563
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Cheese Muffin

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	5.50g**
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	780.00mg
Carbohydrates	25.00g
Fiber	1.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	17.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 250.00mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deep Dish Pepperoni Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5" WGRAIN	1 Each	<p>BAKE COOKING GUIDELINES: COOK BEFORE EATING. 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. CONVECTION OVEN: Cook at 350°F for 16 to 18 minutes. CONVENTIONAL OVEN: Cook at 400°F for 27 to 29 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Cilantro

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51655
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

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

Nutrition - Per 100g

No 100g Conversion Available

Lime Wedges

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51656
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Wow Butter Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51850
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Wow Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51875
School:	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

Meat/Meat Alternate	2.000
Grain	3.500
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.625
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	767.50
Fat	33.50g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	687.50mg
Carbohydrates	97.00g
Fiber	14.50g
Total Sugar	36.00g
Added Sugar	16.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 308.00mg	Iron 6.20mg

Nutrition - Per 100g

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

Goldfish Gram

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51881
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Strip Basket(Secondary)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52063
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Steamed Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53377
School:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

EZ- Sloppy Joes

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

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

Broccoli Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

BLT Pasta Salad

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Brickie Street Corn

Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53977
School:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

EZ - Mac & Cheese

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	503.77
Fat	11.89g
Saturated Fat	6.37g
Trans Fat	0.00g
Cholesterol	28.68mg
Sodium	481.70mg
Carbohydrates	82.08g
Fiber	7.55g
Total Sugar	6.13g
Added Sugar	0.00g
Protein	20.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 248.11mg	Iron 3.77mg

Nutrition - Per 100g

Calories	470.90
Fat	11.11g
Saturated Fat	5.95g
Trans Fat	0.00g
Cholesterol	26.81mg
Sodium	450.27mg
Carbohydrates	76.72g
Fiber	7.05g
Total Sugar	5.73g
Added Sugar	0.00g
Protein	19.24g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 231.92mg	Iron 3.53mg

Roasted Parmesan Zucchini Sticks

Servings:	6.00	Category:	Vegetable
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Piece

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

Nutrition - Per 100g

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

Low- Fat Ranch Veggie Dip

Servings:	40.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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

Yogurt & Fruit Parfaits

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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

Ham Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-54052
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	322.68
Fat	8.13g**
Saturated Fat	4.49g
Trans Fat	0.00g
Cholesterol	149.61mg
Sodium	866.86mg
Carbohydrates	33.00g
Fiber	4.00g
Total Sugar	8.00g
Added Sugar	5.00g
Protein	19.58g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 212.00mg	Iron 2.54mg

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

Nutrition - Per 100g

Calories	1138.20
Fat	28.69g**
Saturated Fat	15.84g
Trans Fat	0.00g
Cholesterol	527.72mg
Sodium	3057.72mg
Carbohydrates	116.40g
Fiber	14.11g
Total Sugar	28.22g
Added Sugar	17.64g
Protein	69.05g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 747.80mg	Iron 8.94mg

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

BBQ Chix Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

Nutrition - Per 100g

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

Dill Pickle Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54451
School:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Piece

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

Nutrition - Per 100g

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

Chicago Style Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54469
School:	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

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.750
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	309.58
Fat	17.60g
Saturated Fat	6.03g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	860.85mg
Carbohydrates	29.79g
Fiber	3.09g
Total Sugar	6.25g
Added Sugar	2.00g
Protein	10.70g
Vitamin A 375.42mcg RAE	Vitamin C 8.27mg
Calcium 31.62mg	Iron 10.95mg

Nutrition - Per 100g

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

Caesar Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54669
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

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

Hawaiian Teriyaki Pizza

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16"	1 Each	<p>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</p>	682943
SAUCE PIZZA W/BASL	2 Cup	<p>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</p>	256013
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	<p>READY_TO_EAT Preshredded. Use cold or melted</p>	150250
CHEESE MOZZ SHRD	3 Cup	<p>READY_TO_EAT Preshredded. Use cold or melted.</p>	645170
DICED HAM	1/2 Cup	THAW	
PINEAPPLE TIDBITS IN JCE	1 Cup	<p>READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	258.46**
Fat	7.96g
Saturated Fat	3.39g
Trans Fat	0.04g
Cholesterol	13.13mg
Sodium	605.00mg
Carbohydrates	38.63g
Fiber	4.56g
Total Sugar	11.55g
Added Sugar	3.46g
Protein	9.80g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 136.34mg	Iron 2.52mg

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

Nutrition - Per 100g

Calories	1041.76**
Fat	32.09g
Saturated Fat	13.66g
Trans Fat	0.16g
Cholesterol	52.90mg
Sodium	2438.53mg
Carbohydrates	155.68g
Fiber	18.37g
Total Sugar	46.55g
Added Sugar	13.95g
Protein	39.49g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 549.52mg	Iron 10.17mg

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

Homemade Cheese Pizza Elem

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

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

Nutrition - Per 100g

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

BBQ Pulled Pork

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54847
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

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

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54861
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

Nutrition - Per 100g

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

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54862
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Sandwich

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

Nutrition - Per 100g

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

Chicken Nugget Basket

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Piece

Amount Per Serving	
Calories	464.74
Fat	1.00g**
Saturated Fat	4.11g
Trans Fat	0.00g
Cholesterol	41.12mg
Sodium	831.68mg
Carbohydrates	38.32g
Fiber	5.93g
Total Sugar	3.64g
Added Sugar	2.00g
Protein	26.03g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 64.34mg	Iron 4.13mg

**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

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

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

Nutrition - Per 100g

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

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

Totcho / Chicken meet

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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

Carrot Raisin salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Chickpea Tomato Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Italian Spinach Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

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

Harvest Veggie blend

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Sweet Potato Apple Salad

Servings:	75.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

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

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

Cauliflower Confetti Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Cold Corn Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Apple Poppyseed Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.250
DarkGreen	0.500
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 Cup

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

Nutrition - Per 100g

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

Chicken Fajita

Servings:	12.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Each

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

Nutrition - Per 100g

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

BBQ Chicken Memphis Bowl

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EZ - Mac & Cheese	1/2 Cup	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	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	561.33
Fat	18.20g
Saturated Fat	8.94g
Trans Fat	0.07g
Cholesterol	109.40mg
Sodium	1205.92mg
Carbohydrates	65.72g
Fiber	5.17g
Total Sugar	12.59g
Added Sugar	4.67g
Protein	33.82g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 130.89mg	Iron 2.89mg

Nutrition - Per 100g

Calories	1049.42
Fat	34.02g
Saturated Fat	16.71g
Trans Fat	0.13g
Cholesterol	204.52mg
Sodium	2254.48mg
Carbohydrates	122.87g
Fiber	9.67g
Total Sugar	23.53g
Added Sugar	8.72g
Protein	63.22g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 244.69mg	Iron 5.40mg

Cranberry Fluff

Servings:	65.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

EZ-Jammer Lunchable

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

EZ- Jammer Lunchable

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Candy Cane Choc Pudding Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56865
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Roasted Veggie Blend

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56866
School:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Sweetheart Strawberry Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Baseball Berry Parfait

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Egg & Cheese Omelet

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

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

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

Grand Slam Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57026
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Each

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

Nutrition - Per 100g

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

Brickie Fresh-Sliced Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.88
Fat	7.03g**
Saturated Fat	5.52g
Trans Fat	0.00g
Cholesterol	85.44mg
Sodium	1336.73mg
Carbohydrates	31.52g
Fiber	3.00g
Total Sugar	6.00g
Added Sugar	3.00g
Protein	32.64g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 190.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

I Do So Like Green Eggs & Ham

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

I Do So Like Green Eggs & Ham

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

Brickie Beef Rib Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each	BAKE 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Chickpea, Corn & Bean Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	115.37
Fat	1.32g
Saturated Fat	0.21g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.32mg
Carbohydrates	21.52g
Fiber	3.56g
Total Sugar	3.93g
Added Sugar	0.01g
Protein	5.22g
Vitamin A 0.20mcg RAE	Vitamin C 0.72mg
Calcium 42.32mg	Iron 0.66mg

Nutrition - Per 100g

Calories	117.65
Fat	1.34g
Saturated Fat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.20mg
Carbohydrates	21.95g
Fiber	3.63g
Total Sugar	4.01g
Added Sugar	0.01g
Protein	5.33g
Vitamin A 0.20mcg RAE	Vitamin C 0.74mg
Calcium 43.16mg	Iron 0.67mg

Light Lime Vinaigrette

Servings:	50.00	Category:	Condiments or Other
Serving Size:	3.00 cups	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 cups

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

Nutrition - Per 100g

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

Chicken Taco Salad

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

Nutrition - Per 100g

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

Taco Salad Wrap

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

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

Nutrition - Per 100g

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

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