

Recipe Code & Carb List

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ALA CARTE - DESSERTS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Pudding Parfaits - Chocolate Chip Cookie	9 oz parfait		364	370	58	7		105024	No Cook
Pudding Parfaits - Blueberry Pie	9 oz parfait		327	291	54	2		105028	No Cook
Pudding Parfaits - Strawberry Pie	9 oz parfait		371	292	67	2		105029	No Cook
Springtime Sandwich Cookie	1 sandwich	1WG	621	171	107	13.4		105032	Same Day
Springtime Cookie Bar	1 cookie	1 WG	311	86	54	7		106158	Same Day
Apple Dumpling Lg	1 each	2 WG, 1/2 F	356	406	67	3		105017	Same Day
Banana Split Cup	2/3 C	1/2 F	201	65	42	1		105047	No Cook
Cinnamon Bites	4 mini squares	1 WG	106	161	23	0.19		105074	Same Day
Nut-Free Trail Mix	1/2 C		198	30	41	2.5		107000	No Cook
Festive Rice Krispies Treat or Pop	1 each	1/2 WG	147	70	27	2.4		106108	No Cook
Mini Donut Pop (Chocolate)	1 each		120	52	19	3		108185	No Cook
Mini Donut Pop (Powdered)	1 each		112	49	19	2.6		108778	No Cook

BISTRO BOXES

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Apple & Peanutbutter Bistro Box (Sm)	1 Box	2 M, 2 1/4 WG, 1/2 F	442	679	46	6		106667	No Cook
Cheese & Grapes Bistro Box (Sm)	1 Box	3M, 2 1/4 WG, 1/2 F	366	617	47	5		106658	No Cook
Egg & Cheese Bistro Box (Sm)	1 Box	3M, 2 1/4 WG, 3/8 RO, 1/4 O	360	660	43	5		106665	No Cook
Ham & Cheese Bistro Box (Sm)	1 Box	2M, 2WG, 1/2 F, 1/2 O	326	641	49	4		106654	No Cook
Hummus Bistro Box w/Pita & Vegetables	1 Box	2M, 2 1/4 WG, 1 RO	346	362	37	3		106092	No Cook
Italian Bistro Box (Sm)	1 Box	2.5M, 2WG, 1/2 F, 1/2 DG	438	1157	55	7		106668	No Cook

BREAKFAST COLD

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Assorted Cereal w/Toast	1 C + 1 Slice Toast	2WG	204	312	37	1.9		100174	No Cook
Cereal Asst w/Morabito Toast	1 C + 1 Slice Toast	2WG	201	361	40	0.4		107407	No Cook
Assorted Cereal w/Belly Bears	1 C + 1 Pkg	2WG	217	226	40	0.4		102898	No Cook
Assorted Cereal w/Jungle Crackers	1 C + 1 Pkg	2WG	241	236	43	0.4		103618	No Cook
Assorted Mini Loaf w/Toast	1 Each	2WG	220	222	41	0.6		101310	No Cook
Assorted Mini Loaf with Morabito Toast	1 Each	2WG	250	307	44	0.6		107409	No Cook
Assorted Mini Loaf w/Jungle Crackers	1 Each	2WG	290	182	47	0.6		104997	No Cook
Carrot Mini Loaf w/Toast	1 Each	2WG	219	234	41	0.5		101217	No Cook
Carrot Mini Loaf w/Morabito Toast	1 Each	2WG	249	319	44	0.5		107410	No Cook
Carrot Mini Loaf w/Jungle Crackers	1 Each	2WG	289	194	47	0.5		103620	No Cook
Raspberry Mini Loaf w/Toast	1 Each	2WG	220	235	41	0.5		101032	No Cook
Raspberry Mini Loaf w/Morabito Toast	1 Each	2WG	250	320	44	0.5		107411	No Cook
Raspberry Mini Loaf w/Jungle Crackers	1 Each	2WG	290	195	47	0.5		103201	No Cook
Cinnamon Apple Mini Loaf w/Toast	1 Each	2WG	220	235	41	0.5		103324	No Cook
Cinnamon Apple Mini Loaf w/Morabito Toast	1 Each	2WG	250	320	44	0.5		107412	No Cook
Cinnamon Apple Mini Loaf w/Jungle Crackers	1 Each	2WG	290	195	47	0.5		103621	No Cook
Chocolate Mini Loaf w/Toast	1 Each	2 WG	219	185	41	0		108336	No Cook
Chocolate Mini Loaf w/Morabito Toast	1 Each	2 WG	249	270	44	0		108335	No Cook
Chocolate Mini Loaf w/Jungle Crackers	1 Each	2 WG	289	145	47	0		108334	No Cook
Blueberry Muffin Top w/Toast	1 Each	2WG	220	230	40	0.5	NB610	101890	No Cook
Blueberry Muffin Top w/Morabito Toast	1 Each	2WG	250	315	43	0.5	NB610	107413	No Cook
Chocolate Chip Muffin Top w/Toast	1 Each	2 WG	230	235	43	0.5	NB612	108764	No Cook
Chocolate Chip Muffin Top w/Morabito Toast	1 Each	2 WG	260	320	46	0.5	NB612	108765	No Cook
Muffin Banana w/Toast	1 Each	2WG	220	275	41	0.5	F9306	101892	No Cook
Banana Muffin (F9306) w/Morabito Toast	1 Each	2WG	250	360	44	0.5	F9306	107414	No Cook
Assorted Muffin Tops w/Crackers	1 Each	2WG	295	205	48	0.5		107072	No Cook
Donut Iced w/Sprinkles	1 Each	2WG	376	300	50	8		105981	No Cook
Goody Ring Donut	1 Each	2WG	220	250	30	4	F9294	101968	No Cook
6 pack Powdered Sugar Donuts	1 Each	2WG	270	290	41	4.5	AK942	104270	No Cook
Ring Donut Plain	1 Donut	2WG	280	300	30	7	W6624	104175	No Cook
Benefit Bar French Toast	1 Bar	2WG	290	200	47	2.5	H7728	105235	No Cook

BREAKFAST COLD

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Benefit Bar Banana Chocolate Chunk	1 Each	2WG	280	220	48	3	L0606	100011	No Cook
Benefit Bar Oatmeal Chocolate Chunk	1 Each	2WG	290	240	47	3	L0778	100880	No Cook
Benefit Bar Cocoa Chip	1 Bar	2WG	270	230	48	2.5	J8652	105276	No Cook
Benefit Bar Celebration	1 Bar	2WG	280	190	47	3		108755	No Cook
Assorted Benefit Bar	1 Each	2WG	282	216	47	2.8		105612	No Cook
Assorted Cereal Bar with Crackers	1 Each	2WG	267	198	47	0	BD894, BD896, BD882	107074	No Cook
Assorted Cereal Bar with Toast	1 Each	2WG	220	248	44	0	BD894, BD896, BD882	106625	No Cook
Assorted Cereal Bars w/Morabito Toast	1 Each	2WG	250	333	47	0	BD894, BD896, BD882	107415	No Cook
Cinnamon Bun Plus	1 Each	2WG	240	280	40	3	L9784	101682	No Cook
Hadley's Iced Cinnamon Roll	1 Each	2WG	240	240	38	1.5	W8686	101216	No Cook
Apple Roll	1 Roll	2WG	210	210	35	1	AN624	104174	No Cook
Strawberry Guava Flip	1 Each	2WG	260	260	45	1.5	AD382	103969	No Cook
Assorted Pop-Tarts	2 each	2 WG	340	373	72	2		107066	No Cook
Assorted Pop-Tarts w/Crackers	1 serving	2WG	277	278	53	1		106247	No Cook
9 oz Yogurt Parfait with Granola	1 Each	1M + 1WG + 1/2c Fruit	292	67	67	0.01		107062	No Cook
Assorted Yogurt Cup w/Toast	1 Each	1WG + 1M	130	196	28	0.5		104012	No Cook
Assorted Yogurt Cup w/Morabito Toast	1 Each	1WG + 1M	160	281	31	0		107416	No Cook
Assorted Yogurt Cup w/Assorted Crackers	1 Each	1WG + 1M	177	147	31	0		101407	No Cook
String Cheese and Crackers	1 Serving	1M + 1WG	193	288	18	3.5		106248	No Cook

BREAKFAST HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Breakfast Burrito	1 Burrito	2.5M, 2 Non WG	309	696	30	6		105339	Same Day
Egg & Cheese on a WG Bagel	1 Sandwich	1 ½ M, 2 WG	220	515	27	2.75		101845	Same Day
Egg & Cheese on a Biscuit	1 Sandwich	1 ½ M, 2 Non WG	280	695	26	6.75		101759	Same Day
Egg & Cheese on a White English Muffin	1 Sandwich	1 ½ M, 2 NonWG	200	485	22	2.75		101758	Same Day
Egg & Cheese on Toast	1 Sandwich	1 ½ M, 2 WG	210	535	29	2.75		103986	Same Day
Egg & Cheese Sandwich on Morabito Toast	1 Sandwich	1.5M, 2WG	270	705	35	2.75		107420	Same Day
Egg Cheese & Bacon on a Bagel	1 Sandwich	1 ½ M, 2 WG	270	685	27	4.5		101084	Same Day
Egg Cheese & Bacon on a Biscuit	1 Sandwich	1 ½ M, 2 Non WG	330	865	26	8.5		103990	Same Day
Egg Cheese & Bacon on a White English Muffin	1 Sandwich	1 ½ M, 2 NonWG	235	565	23	4.5		101001	Same Day
Egg Cheese & Bacon on Toast	1 Sandwich	1 ½ M, 2 WG	260	705	29	4.5		103988	Same Day
Egg, Bacon & Cheese Sandwich on Morabito Toast	1 Sandwich	1.5M, 2WG	320	875	35	4.5		107421	Same Day
Egg Cheese & Ham on a Bagel	1 Sandwich	2 1/2 M, 2 WG	270	795	29	3		101817	Same Day
Egg Cheese & Ham on a Biscuit	1 Sandwich	2 1/2 M, 2 Non WG	330	975	28	7		103583	Same Day
Egg Cheese & Ham on White English Muffin	1 Sandwich	2 ½ M, 2 NonWG	250	765	24	3		103989	Same Day
Egg Cheese & Ham on Toast	1 Sandwich	2 1/2 M, 2 WG	260	815	31	3		103987	Same Day
Egg, Ham & Cheese Sandwich on Morabito Toast	1 Sandwich	2.5M, 2WG	320	985	37	3		107422	Same Day
Egg Cheese & Sausage on a Bagel	1 Sandwich	2 1/2 M 2 WG	300	825	25	4.25		101083	Same Day
Egg Cheese & Sausage on a Biscuit	1 Sandwich	2 ½ M, 2 Non WG	360	1005	27	8.25		103991	Same Day
Egg Cheese & Sausage on a White English Muffin	1 Sandwich	2 ½ M, 2 NonWG	280	795	23	3.75		101781	Same Day
Egg Cheese & Sausage on Toast	1 Sandwich	2.5 M, 2 WG	290	845	30	4.25		101561	Same Day
Sausage, Egg & Cheese Sandwich on Morabito Toast	1 Sandwich	2.5 M, 2WG	350	1015	36	4.25		107423	Same Day
Sausage & Cheese on a Bagel	1 Sandwich	1 1/2 M, 2 WG	250	700	28	3.25		103995	Same Day
Sausage & Cheese on a Biscuit	1 Sandwich	1 1/2 M, 2 Non WG	310	880	27	7.25		102772	Same Day
Sausage & Cheese on a White English Muffin	1 Sandwich	1 1/2 M 2 NonWG	230	670	23	3.25		103992	Same Day
Sausage & Cheese on Toast	1 Sandwich	1 1/2 M, 2 WG	240	720	30	3.25		103993	Same Day
Sausage & Cheese on Morabito Toast	1 Sandwich	1.5M, 2WG	300	890	36	3.25		107425	Same Day
Sausage on a White English Muffin	1 Sandwich	1 ½ M, 2 NonWG	190	530	22	1.5		101784	Same Day
Sausage on a Biscuit	1 Sandwich	1M, 2 Non WG	270	740	26	5.5		103575	Same Day
Ham & Cheese on a White English Muffin	1 Sandwich	1 1/2M 2NonWG	200	640	24	2		105576	Same Day
Breakfast Chicken Patty on a Biscuit	1 Sandwich	1M, ½ WG, 2 Non WG	300	650	32	5		104293	Same Day
French Toast Stick	3 Sticks	2 1/4WG	260	290	42	1	AW108	103960	Same Day
French Toast Sticks w/1 Sausage Patty	3 Sticks + 1 Patty	1M, 2 1/4 WG	420	910	44	4	AW108	108637	Same Day
Funnel Cake - Dutch Waffle	1 each	2WG	300	350	43	3	T3108	103966	Same Day
Omelet w/Toast	1 each	2M, 1WG	170	365	15	3.5	A4426	106322	Same Day

BREAKFAST HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Omelet w/Morabito Toast	1 each	2M, 1WG	200	450	18	3.5	A4426	107426	Same Day
Omelet w/Crackers	1 each	2M, 1WG	240	325	21	3.5	A4426	107119	same Day
Scrambled Eggs w/Toast	1/2c + 1 Slice Toast	2M, 1WG	161	231	15	2.3	E6242	101546	Same Day
Scrambled Eggs, Sausage w/Toast	1/4c eggs, 1 patty + 1 Slice Toast	2M, 1WG	241	541	16	4	E6242	104666	Same Day
Pancakes Bites	4 pieces	1 1/4 M, 1 WG	160	360	17	2	HF022	108226	Same Day
WG Pancakes	2 Each	2 1/2 WG	180	220	30	0	W5254	101756	Same Day
WG Pancakes w/1 Sausage Patty	2 Pancakes + 1 Patty	1M, 2 1/2 WG	260	530	31	1.5	W5254/ C7380	108635	Same Day
Eggo NonWG Waffle with 1 Sausage Patty	2 Waffles + 1 Patty	1M 2WG	260	610	30	3	NP892	108636	Same Day
Emoji Waffles	2 Waffles	2 WG	180	300	29	1.5	NP892	108537	Same Day
Waffles w/ Fruit Topping	1 Waffle	2WG, 1/2 F	391	304	69	8.5	NP892	106741	Same Day
Toast w/Margarine	2 Slices	2WG	153	307	28	1.5		105835	Same Day
WG Cinnamon Bun	1 each	2WG	170	135	36	0.5	D2554	103820	Same Day
Cinnamon Bun, Homemade	1 Roll	3 1/2 WG	340	486	75	0.6		102822	Same Day
Cinnabar	1 Bar	2WG	280	260	45	2	W5714	106937	Same Day
Soft Cocoa Puff Bar	1 Bar	2 WG	260	330	45	2	MV924	106933	Same Day
Soft Cinn. Tst Crunch Bar	1 Bar	2 WG	260	290	41	2.5	MV888	106932	Same Day
Assorted Soft Cereal Bars	1 Bar	2 WG	260	310	43	2.25		107065	Same Day
Grab & Go Apple Frudel	1 Each	2 WG	210	250	36	1	G9224	108708	Same Day
Grab & Go Cherry Frudel	1 Each	2WG	210	260	36	0	G9222	100763	Same Day
Assorted Frudel	1 Each	2WG	210	255	36	0.5		106673	Same Day
Grab & Go Strawberry Cream Cheese Bagels	1 package	2WG	230	190	42	2	K0036	102602	Same Day
Grab & Go Cinnamon Cream Cheese Bagels	1 package	2WG	230	190	42	2	K0034	102603	Same Day
Grape Crescent	1 package	2 WG	220	260	35	1	MJ012	106174	Same Day
Mini Pancake Maple	1 Each	2WG	200	320	36	1	G6006	100785	Same Day
Mini Confetti Pancake	1 Each	2WG	220	300	36	1	CW608	106175	Same Day
Mini French Toast Cinn Rush	1 Each	2WG	190	240	37	1.5	BK558	100776	Same Day
Mini French Toast Chocolate Chip	1 Each	2WG	190	260	35	1.5	BG838	100777	Same Day
Mini Waffle Maple Madness	1 Each	2WG	190	220	36	1.5	H5288	100787	Same Day
Mini Waffle Cinnamon	1 Each	2WG	190	260	35	1.5	DN008	100784	Same Day
Grab & Go Mini Cinnis	1 Each	2WG	240	270	40	1.5	T4804	100772	Same Day
French Toast Bites	6 pieces	2WG	380	540	38	10	CW882	106179	Same Day

BREAKFAST HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
English Muffin White	1 Each	2 Non WG	110	220	21	0	F6498	107055	Same Day
Biscuit WG 2.2 oz	1 Biscuit	2 Non WG	190	430	25	4	BE750	100470	Same Day
Bagel White	1 Each	2 WG	130	250	26	0	CB954	100875	Same Day
Blueberry Bagel WG	1 Each	2 WG	150	180	32	0	CB940	108725	Same Day

BREAKFAST FOR LUNCH

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
French Toast Sticks & Sausage	3 Sticks + 2 patties	2M, 2 1/4WG	420	910	44	4	AW108	103996	Same Day
French Toast Bites w/Scrambled Eggs	6 Bites + 2 oz eggs	2M, 2WG	481	636	39	12	CW882	108634	Same Day
Pancakes & Sausage	2 pancakes + 2 patties	2M, 2 3/4WG	340	840	32	3	W5254	104229	Same Day
Waffles & Sausage	2 Waffles + 2 patties	2M, 2Non WG	340	920	31	4.5	NP892	107103	Same Day
12oz Yogurt Parfait w/Granola	12 oz	2M + 2WG + 1/2C Fruit	502	231	103	0.01		106727	Same Day
Ham Egg & Cheese Bagel	1 sand	2 1/2 M, 2WG	270	795	29	3		101817	Same Day
Sausage Egg & Cheese Bagel	1 sand	2 1/2 M 2 WG	300	825	28	4.25		101083	Same Day
Sausage Egg & Cheese Biscuit	1 sand	2 ½ M, 2 Non WG	360	1005	27	8.25		103991	Same Day
Sausage Egg & Cheese Burrito	1 burrito	3M, 2 WG	290	615	29	4.5		107123	Same Day
Sausage Egg & Cheese English Muffin	1 sand	2 ½ M, 2 NonWG	280	795	23	4.25		101781	Same Day
Sausage Egg & Cheese on Toast	1 sand	2 ¼ M, 2 WG	290	845	30	4.25		101561	Same Day

BOWLS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BURRITO BOWLS									
Burrito Bowl Meat Marinade	4 cups	N/A	660	4740	48	8		103008	Same Day
Burrito Bowl Beef	1/3 C	2M	210	196	0.7	6.6		103017	Same Day
Burrito Bowl Pork	1/2 C	2M	269	200	0.6	6		103018	Same Day
Burrito Bowl Chicken	2/3 C	2M	97	339	0.48	0.6		103019	Same Day
Burrito Bowl Cilantro Lime Rice	1C	2 WG	676	12	141	0		103009	Same Day
Burrito Bowl Seasoned Black Beans	1/4 C	1/4 BP	103	121	19	0		103010	Same Day
Burrito Bowl Corn Salsa	1/4 C	1/4 S	46	12	11	0		103013	Same Day
Burrito Bowl Pico de Gallo	1/4 C	1/4 RO	12	4	3	0		103014	Same Day
Chili & Cheese Bowl	4 oz + 1/2 C rice + 1 slice bread	2M, 2 WG	639	385	96	6		104763	Same Day
General Tso Chicken Bowl	1 Bowl	2M, 2WG	594	669	90	2		105723	Same Day
Orange Kissed Chicken Bowl	1 Bowl	2M, 2 WG, 1/2Veg-DG	627	701	94	3		100211	Same Day
Popcorn Chicken Bowl	1 Bowl	2WG, 2 1/2 M, 1Veg-S	471	1056	55	4.5		101658	Same Day
Sweet & Spicy BBQ Chicken Bowl	1 Bowl	2M, 2 WG, 1/2Veg-S	1004	966	180	3		103535	Same Day
White Bean Chicken Chili Bowl	1 Bowl	2M, 2WG, 1/4Veg- O	612	676	109	1		100645	Same Day
Meatballs and Mashed Potato Bowl w/ sliced bread	1 Bowl	2M, 2WG, 1/2Veg- S	366	823	50	4		108653	Same Day
Taco Potato Bowl w/ sliced bread	1 Bowl	2M, 2WG, 1/2Veg- S, 1/8Veg-O	453	732	46	9		108652	Same Day
Chicken w/Gravy and Biscuit Mashed Potato Bowl	1 Bowl	2M, 2WG, 1/2Veg- S	307	954	28	5		108654	Same Day
Loaded Chicken Totchos Bowl	1 Bowl	2M, 2WG, 1/2Veg- S	435	1224	49	7		108655	Same Day
Korean BBQ Meatball Rice Bowl	1 Bowl	2M, 2WG, 1/2Veg- RO	650	769	107	44		108685	Same Day
Southwest Turkey W/ Mashed Potato Bowl	1 Bowl	2M, 2WG, 1/2Veg- S	400	1029	43	6		108766	Same Day

CONDIMENTS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Balsamic Vinagrette Dressing	1 oz		60	200	5	0.5	16430	107090	No Cook
BBQ Sauce - Bags	1 oz		44	474	10	0	82990	102692	No Cook
BBQ Sauce - Red Gold	2 Tbsp		50	95	12	0	CT508	107043	No Cook
BBQ Sauce - Red Gold	2 Tbsp		50	75	12	0	BA312	106135	No Cook
Caesar Dressing	1 oz		110	300	1	2	26032	103130	No Cook
Cream Cheese - PC	1 PC		70	100	2	4	BW730	103783	No Cook
French Dressing - Gallon	1 oz		120	140	5	1.5	23628	108085	No Cook
Gravy Brown	2 oz		20	170	4	0	CB684	100473	No Cook
Gravy Chicken	2 oz		20	170	4	0	CB688	100283	No Cook
Hot Sauce	1 tsp		0	150	0	0	10474	102695	No Cook
Honey Mustard Dressing	1 oz		120	160	5	2	25808	100382	No Cook
Italian Dressing - PC	1 PC		35	200	1	0.5	DR696	108308	No Cook
Italian Dressing - Homemade	1 oz		126	198	1	2		105365	No Cook
Italian Dressing	1 oz		100	230	3	1.5	17882	108120	No Cook
Jelly Pc (Grape)	1 Tbsp		50	0	13	0	26890	107049	No Cook
Jelly - Gallon	1 Tbsp		50	0	13	0	20054	102661	No Cook
Ketchup - PC	1 PC		10	85	2	0	15354	108304	No Cook
Ketchup Pc	1 Pc		11	96	2.6	0	18072	100379	No Cook
Ketchup – Disp Pack	1 oz		40	320	10	0	J6812	107044	No Cook
Ketchup Red Gold	1 Tbsp		20	160	5	0	D9506	105249	No Cook
Margarine - PC	1 PC		20	30	0	0	11718	108300	No Cook
Mayo - PC	1 PC		77	74	1	1	D1062	102662	No Cook
Light Mayo - Gallon	1 oz		74	202	1.4	1.15	52380	100378	No Cook
Cole Slaw Dressing	1 Tbsp		50	130	2	1		102678	No Cook
Mustard - PC	1 PC		4.4	65	0	0		102674	No Cook
Mustard	1 oz		20	360	1.35	0	C6036	102062	No Cook
Syrup Pc	1 Pc		120	22	30	0	L4810	104254	No Cook
Ranch - Homemade	1 oz		47	252	2	0.8		105361	No Cook
Ranch Culinary Secrets	2 Tbsp		100	250	1	1.5	23084	100304	No Cook
Ranch Dressing Dispenser Pack	1 oz		121	253	2	2	B2632	102691	No Cook
Raspberry Vinagrette Dressing	1 oz		120	270	8	1.5	13744	106844	No Cook
Relish	1 Tbsp		10	10	2	0	CP236	108239	No Cook

CONDIMENTS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Dill Pickles	1 oz / 6 slices		0	390	0	0	CP248	108307	No Cook
Salsa	2 Tbsp		15	104	3	0	F6922	100477	No Cook
Thousand Island Dressing	1 oz		110	280	6	1.5	23654	108084	No Cook
TNG Slamin' Sauce	1 oz		72	229	7	1		108720	No Cook

DUNKER - STROMBOLI - PINEWHEELS - POCKETS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Italian Dunkers	3 strips	2M, 2.5 Non WG, 1/4 RO	415	905	40	8		100212	Same Day
BBQ Chicken Dunker	3 strips	2M, 2.5 Non WG	386	919	42	7		100514	Same Day
Buffalo Chicken Stromboli	1 slice	2M, 3 ½ WG	420	1277	51	5		104990	Same Day
3 Cheese Stromboli	1 slice	2M, 2 1/2 WG	464	1385	47	10		106751	Same Day
Cheesesteak Stromboli	1 slice	2M, 3 ½ WG	415	936	47	6		104991	Same Day
Ham & Cheese Stromboli	1 slice	2M, 3 ½ WG	393	1069	55	4		104992	Same Day
Italian Stromboli	1 slice	2M, 3 1/2 WG	425	1316	57	5		104995	Same Day
Pepperoni & Cheese Stromboli	1 slice	2M, 3 ½ WG, 1/4 RO	477	1231	55	9		100563	Same Day
Pepperoni Pinwheel	1 Pinwheel	2M, 2 1/2 WG, 1/2 RO	470	1403	51	9		101056	Same Day
Buffalo Chicken Pinwheel	1 Pinwheel	2M, 2 1/2 WG	361	1323	41	5		103822	Same Day
Cheeseburger Pinwheel	1 Pinwheel	2M, 2 1/2 WG	418	1216	43	7		106073	Same Day
Chicken Parmesan Pocket	1 Pocket	3M, 2 WG	387	1082	112	12		103024	Same Day
Pizza Burger Pocket	1 Pocket	2.5M, 2 WG	357	773	37	6		103025	Same Day
Turkey, Broccoli & Cheddar Pocket	1 Pocket	2M, 2 WG	334	704	34	5		104328	Same Day

FARM TO FORK

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Tomato Cucumber Salad	1/2 C	1/2 O	50	57	4	0.5		100600	No Cook
Chickpea & Tomato Salad	1/2 C	1/2 O	97	141	10	0.8		100848	No Cook
Tomato Salad	1/2 C	1/2 Veg O	26	7	6	0.008		106080	No Cook
Pico de Gallo	1/4 C	1/4 RO	12	4	3	0		103014	No Cook
Roasted Green Squash	1/2 C	1/2 O	24	28	1.7	0.28		106084	No cook
Creamy Cucumber Salad	1/2 C	1/2 O	107	247	14	2.8		103638	No Cook
Kale Caesar Salad	1/2 C	1/2 DG	133	302	14	1.4		103643	No Cook
Fresh Red & Green Peppers	1/2 C	1/2 O	16	2	3	0.01		103707	No Cook
Home Made Mashed Potatoes	1/2 C	1/2 S	83	172	14	0.88		102823	Same Day
Oven Browned Potatoes	1/2 C	1/2 S	153	150	22	1.8		106083	Same Day
Roasted Butternut Squash	1/2 C	1/2 O	21	47	0.36	0.32		101540	Same Day
Roasted Sweet Potatoes	1/2 C	1/2 RO	135	55	25	0.5		102826	Same Day
Roasted Sweet Potato Salad	1/2 C	1/2 RO	158	208	27	0.77		103640	Same Day
Creamy Cabbage Slaw w. Bacon	1/2 C	1/2 O	73	149	7	1.1		104830	No Cook
Coleslaw	1/2 C	1/2 O	73	141	7	0.6		101702	No Cook
Green Beans Steamed	1/2 C	1/2 O	38	41	5	0.6		100611	Same Day
Apple Crisp	1/2 C	1/2 Fruit	365	152	57	5.4		100570	Same Day
Baked Apples	1/2 C	1/2 Fruit	212	37	46	1.3		100938	Same Day

FINGER FOODS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Beef & Cheese Loaded Fries w/Sliced Bread	1 serving	2M, 2WG, 1/2 S	443	817	46	7		104934	Same Day
Beef & Cheese Loaded Fries w/Morabito Bread	1 serving	2M, 2WG, 1/2 S	503	987	52	7		107618	Same Day
Boneless Wings	4 pieces + 1 slice	2M, 2WG	250	605	27	1	NR488	108780	Same Day
Chicken Nuggets w/Sliced Bread	5 Nuggets + 1 Slice	2M, 2WG	260	535	27	2	V8580	102209	Same Day
Chicken Nuggets w/Morabito Bread	5 Nuggets + 1 Slice	2M, 2 WG	290	620	30	2	V8580	107589	Same Day
Chicken Smackers w/Sliced Bread	10 Smackers + 1 Slice	2M, 2WG	300	705	30	2	BM908	105445	Same Day
Chicken Smackers w/Morabito Bread	10 Smackers + 1 Slice	2M, 2WG	330	790	33	2	BM908	107591	Same Day
A+ Chicken Tenders w/Bread	3 Tenders + 1 Slice	2M, 2WG	270	535	28	2.5	HL998	105444	Same Day
A+ Chicken Tenders w/Morabito Bread	3 Tenders + 1 Slice	2M, 2WG	300	620	31	2.5	HL998	107445	Same Day
Corn Dog	1 Each	2M, 2WG	240	470	30	2.5	A6386	103522	Same Day
Corn Dog Nuggets	6 Each	2M, 2WG	250	350	30	2.5	P1834	103127	Same Day
Fish Sticks w/Sliced Bread	4 Sticks + 1 Slice	2M, 2 ¾ WG	270	465	36	1.5	G9038	102275	Same Day
Fish Sticks w/Morabito Bread	4 Sticks + 1 Slice	2M, 2 3/4 WG	300	550	39	1.5	G9038	107614	Same Day
Pierogies w/Sliced Bread	3 Pierogies + 1 Slice	2M, 2 WG	390	795	42	8.5	L9756	102750	Same Day
Pierogies w/Morabito Bread	3 Pierogies + 1 Slice	2M, 2 WG	420	880	45	8.5	L9756	107622	Same Day

FLAT BREAD

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BBQ Pork Flatbread	1 flatbread	3M, 2 1/4 WG	440	722	50	5	EG486	104943	Same Day/Complex
Chipotle Chicken Flatbread	1 flatbread	2M, 2 1/4 WG	382	1073	35	6	EG486	104942	Same Day/Complex
Italian Sausage & Peppers Flatbread	1 flatbread	2M, 2 1/4 WG	402	1339	41	6	EG486	107122	Same Day/Complex
Spinach & Cheese Flatbread	1 flatbread	2M, 2 1/4 WG, 1/8 DG	464	792	33	9	EG486	106747	Same Day/Complex
Mozzarella and Tomato Panini	1 Panini	2M, 2 1/4 WG	359	790	37	7	EG486	100494	Same Day/Complex
Pepperoni and Cheese Panini	1 Panini	2M, 2 1/4 WG	372	897	33	8	EG486	100495	Same Day/Complex
Italiano Panini	1 Panini	2 1/4M, 2 1/4 WG	387	962	33	8	EG486	100493	Same Day/Complex
Ham and Cheese Panini	1 Panini	2M, 2 1/4 WG	327	809	31	6	EG486	107710	Same Day/Complex
Buffalo Chicken Panini	1 Panini	2M, 2 1/4 WG	317	1013	32	4	EG486	100491	Same Day/Complex
Turkey Bacon Ranch Panini	1 Panini	2 1/2M, 2 1/4 WG	368	1125	34	7	EG486	107711	Same Day/Complex
Breaded Chicken (WM) Bacon Ranch Panini	1 Panini	2M, 2 1/4 WG	445	1144	39	8	EG486	108287	Same Day/Complex
Grilled 3 Cheese Panini	1 Panini	2M, 2 1/4 WG	366	1080	35	9	EG486	108272	Same Day/Complex

FOOD FUSION

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BBQ Pork Macaroni and Cheese	1 serving	2 1/4 M, 1 Non WG, 1 WG	464	726	43	6		108263	Same Day
Mac' N Grilled Cheese	1 Sand	3M, 1/2 Non WG, 2 WG	559	1009	44	17		105737	Same Day
Spaghetti Bolognese Grilled Cheese	1 Sand	2 1/4 M, 1/4 Nn WG, 2 WG	458	909	41	11		105736	Same Day
Baja Fish Taco	2 Each	2 1/2 M, 3 WG, 1/4 O	500	681	53	5		105966	Same Day
Teriyaki Burger	1 Sand	2 1/2 M, 2 WG, 1/8 F	337	706	40	5		105855	Same Day

FRUIT									
NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Apple	1 Each	½ F	90	0	22	0	66666	100311	No Cook
Banana	1 Each	½ F	110	0	29	0	79720	100315	No Cook
Orange	1 Each	½ F	80	0	21	0	78816	102528	No Cook
Fresh Bagged Apple Slices	1 Pkg	½ F	30	0	7	0	W4538	102413	No Cook
Juice – Apple	4 oz	½ F	60	0	14	0	G8930	100352	No Cook
Juice – Fruit Punch	4 oz	½ F	60	0	14	0	N8140	100392	No Cook
Juice - Grape	4 oz	½ F	60	0	14	0	C0006	103801	No Cook
Juice - Orange	4 oz	½ F	60	0	15	0	G8924	100353	No Cook
Juice - Pineapple	4 oz	½ F	70	0	16	0	N8138	100390	No Cook
Juice Assorted	4 oz	½ F	60	0	14	0		104008	No Cook
Apple Baked	1 Each	½ F	215	37	46	1.5		100938	Same Day
Apple Jello Dipped	2 Halves	½ F	123	48	30	0		101533	No Cook
Applesauce	½ C	½ F	50	10	12	0	CE502	101094	No Cook
Applesauce Cinnamon	½ C	½ F	52	10	13	0	CE502	102731	No Cook
Applesauce Cranberry	½ C	½ F	141	27	36	0	CE502	103159	No Cook
Apple Slices	½ C	½ F	50	10	13	0	L6200	108295	No Cook
Apple Slices Cinnamon	½ C	½ F	51	10	13	0	CE498	100571	No Cook
Blueberries - USDA	1/2 C	1/2 F	40	1	10	0		106240	No Cook
Blueberries w/Topping	1/2 C	1/2 F	65	1	12	2		107317	Same Day
Crisp - Apple	¾ C	½ F	378	152	57	6		100570	Same Day
Crisp - Blueberry	¾ C	½ F	263	108	38	5		101037	Same Day
Crisp - Peach	¾ C	½ F	392	149	60	6		102717	Same Day
Crisp - Pineapple	¾ C	½ F	333	143	45	6		103182	Same Day
Fruit Cocktail	½ C	½ F	60	5	13	0	19036	108081	No Cook
Fruited Gelatin	½ C	½ F	187	82	36	3.5	19036	100756	No Cook
Grapes Green	½ C	½ F	52	1.5	13.5	0		100502	No Cook
Grapes Red	½ C	½ F	42	1.5	11	0		100503	No Cook

FRUIT									
NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Mandarin Oranges	½ C	½ F	43	15	19	0	CG168	100278	No Cook
Peaches, Slices	½ C	½ F	50	7	12	0	NN156	108082	No Cook
Peaches Diced	½ C	½ F	50	5	12	0	10702	108117	No Cook
Peach Salsa	½ C	¼ F, ¼ RO	68	107	16	0	10702	102481	No Cook
Pears Diced	½ C	½ F	70	0	16	0	HK468	101672	No Cook
Pineapple Tidbits	½ C	½ F	70	0	16	0	11162	102316	No Cook
Pineapple Salsa	½ C	¼ F, ¼ RO	64	161	14	0		104003	No Cook
Raisins – USDA	1 Box	½ F	113	4	30	0		103124	No Cook
Strawberries - USDA	1/2 C	½ F	122	4	33	0		103796	No Cook
Strawberries & Cream	1/2 C	1/2 F	211	4	40	7		104976	No Cook
Tropical Fruit	½ C	½ F	70	5	16	0	11860	100281	No Cook
Mixed Berry Cups - USDA	1/2 C	1/2 F	90	0	20	0		106732	No Cook
Peach Cups - USDA	1/2 C	1/2 F	80	0	19	0		106434	No Cook
Strawberry Cups - USDA	1/2 C	1/2 F	90	0	22	0		106433	No Cook

GLUTEN FREE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Beef & Chees Nachos	1/4 C Beef + 26 Chips	2M, 2 WG, 1/2 DG, 1/4 RO	454	521	42	8		106461	Same Day/Complex
Cheeseburger on a GF Bun	1 Sandwich	2.5M, 3WG	390	770	46	5.5	58212	106466	Same Day/Complex
Cheesesteak on GF Bun	1 Sandwich	2.75M, 3WG	322	507	28	4.8	J0474	106460	Same Day/Complex
Cheesesteak Wrap on GF Tortilla	1 Wrap	2.75M, 2NonWG	352	631	34	7		108788	Same Day/Complex
Chicken Patty on a GF Bun	1 Sandwich	2M, 3WG	340	790	45	0.5		106462	Same Day/Complex
Grilled Cheese on GF Bread	1 Sandwich	2M, 2WG	440	1080	50	7	HR242	106458	Same Day/Complex
Ham & Cheese Sandwich on GF Bread	1 Sandwich	2.25 M, 2 WG	379	917	48	2	HR242	108791	Same Day/Complex
Ham & Cheese Wrap on GF Tortilla	1 wrap	2.25 M, 2 Non WG	289	827	35	5		108792	Same Day/Complex
Hot Dog on a GF Bun	1 Sandwich	2M, 2.5WG	330	650	36	3.5	F6724	106467	Same Day/Complex
Italian Hoagie	1 Sandwich	3 WG, 2M, 1/4 DG, 1/4 RO	326	1079	37	4	J0474	106469	Same Day/Complex
Italian Wrap on Gluten Free Tortilla	1wrap	2 Non WG, 2M, 1/4 DG, 1/4 RO	356	1202	43	6		108789	Same Day/Complex
PBJ on GF Bread	1 Sandwich	2M, 2WG	675	759	74	5	HR242	106468	Same Day/Complex
Pizza - Cheese on GF Crust	1 Piece	2M, 2 Non WG	314	754	25	7	A9880	106554	Same Day/Complex
Salad w/Grilled Chicken & Bread	1 Salad + 2 slices bread	2.5 M, 2WG, 1 DG, 3/8 RO, 1/4 O	465	988	56	2	HR242	106465	Same Day/Complex
Salad w/Ham & GF Sliced Bread	1 Salad + 2 slices bread	2.5M, 2WG, 1 DG, 3/8 RO, 1/4 O	439	959	56	2	HR242	106463	Same Day/Complex
Salad w/Turkey & GF Sliced Bread	1 Salad + 2 slices bread	2.5M, 2WG, 1 DG, 3/8 RO, 1/4 O	447	927	55	2	HR242	106464	Same Day/Complex
Taco (Hard) Beef & Cheese w/GF Bread	2 Tacos + 1 Slice Bread	2M, 2 1/4 WG, 1/4 RO	546	593	52	8.5		108703	Same Day/Complex
Turkey & Cheese Sandwich on Gluten Free Bread	1 Sandwich	2 M, 2 WG	395	922	47	2	HR242	108704	Same Day/Complex
Turkey & Cheese Wrap on GF Tortilla	1 Wrap	2 M, 2Non WG	305	833	34	4	HR242	108790	Same Day/Complex

HOME COOKIN'

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Buffalo Chicken Dipper	1/2 C Dip + 10 Chips + Bread	2.25M, 2 WG	355	880	33	7		100713	Same Day/Complex
Buffalo Chicken Dipper w/Morabito Bread	1/2 C Dip + 10 Chips + Bread	2.25M, 2 WG	385	965	36	7		108310	Same Day/Complex
Chicken & Gravy Over Biscuit	6 oz	2M, 2WG, .25 VegS	341	952	34	4.5		100721	Same Day/Complex
Chili Con Carne w/Bread	1/2 C + 2 Slices	2M, 2WG, 3/8 O	334	471	40	5		104761	Same Day/Complex
Chili Con Carne w/Morabito Bread	1/2 C + 2 Slices	2M, 2WG, 3/8 O	394	641	46	5		107612	Same Day/Complex
Meatloaf & Gravy w/Sliced Bread	1 Slice + 1 Slice Bread	2M, 2WG	373	594	41	6		105000	Same Day/Complex
Meatloaf & Gravy w/Sliced Morabito Bread	1 Slice + 1 Slice Bread	2M, 2 WG	460	756	51	6		107653	Same Day/Complex
Salisbury Steak & Gravy w/Sliced Bread	1 Steak + 2 Breads	2M, 2 WG	323	646	33	6		101010	Same Day/Complex
Salisbury Steak & Gravy w/Sliced Morabito Bread	1 Steak + 2 Breads	2M, 2 WG	383	816	39	6		108088	Same Day/Complex
Hot Turkey Sandwich & Gravy	3.15 oz Turkey + 2 Bread	2M, 2 WG	240	700	33	1.5	NT312	101706	Same Day/Complex
Hot Turkey Sandwich (Morabito Bread) & Gravy	3.15 oz Turkey + 2 Bread	2M, 2 WG	300	870	39	1	NT312	107405	Same Day/Complex
Roasted Turkey & Gravy w/Sliced Bread	3.15 oz Turkey + 2 Bread	2M, 2WG	241	701	33	1.5	NT312	106622	Same Day/Complex
Roasted Turkey & Gravy w/Morabito Sliced Bread	3.15 oz Turkey + 2 Bread	2M, 2WG	301	871	39	5	NT312	107624	Same Day/Complex
Spiced Rubbed Turkey Roast w/Bread	3.15 oz Turkey + 2 Slices	2 M, 2 WG	242	697	33	1.5	NT312	101724	Same Day/Complex
Spiced Rubbed Turkey Roast w/Morabito Bread	3.15 oz Turkey + 2 Slices	2 M, 2 WG	302	867	39	1.5	NT312	108353	Same Day/Complex
Turkey & Dressing Supreme w/Bread	1 Serving	2M, 2WG	362	873	37	6	NT312	102758	Same Day/Complex
Turkey & Dressing Supreme w/Morabito Bread	1 Serving	2M, 2WG	392	958	40	6	NT312	107655	Same Day/Complex

MILK

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Fat Free White	8 oz	1 Milk	90	115	13	0		SR100872	No Cook
1% White	8 oz	1 Milk	100	125	12	1.5		SR100873	No Cook
1% Chocolate	8 oz	1 Milk	150	200	25	1.5		NGR105545	No Cook
Fat Free Chocolate	8 oz	1 Milk	120	125	21	0		SR100184	No Cook
1% Strawberry Milk	8 oz	1 Milk	140	105	23	1.5		NGR105546	No Cook
Fat Free Strawberry	8 oz	1 Milk	130	115	25	0		SR107937	No Cook
1% Vanilla Milk	8 oz	1 Milk	140	105	23	1.5		NGR105547	No Cook
Fat Free Vanilla Milk	8 oz	1 Milk	130	120	24	0		SR107938	No Cook

MUNCHABLE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Munchable - Bologna & Cheese w/Crackers	1 Each	2M, 1 ¼ WG	486	1581	60	7.5		104204	No Cook
Munchable - Build your Pizza w/Flat Bread	1 Each	2M, 2 ¾ WG, 1/4 RO	483	1119	57	8.1		106315	No Cook
Munchable - Chicken Nuggets	1 Each	2M, 2WG, 1/2 O	385	658	44	3.9		104205	Same Day
Munchable - Dunkers Pizza	1 Each	2M, 3.25 WG, 1/4 RO	537	1223	59	11		104202	Same Day
Munchable - Ham & Cheese w/Crackers	1 Each	2M, 1 ¼ WG	390	1247	53	4		104206	No Cook
Munchable - Turkey & Cheese w/Crackers	1 Each	2M, 1 ¼ WG	402	1361	54	3.5		106104	No Cook
Munchable - Nacho	1 Each	2M, 2 WG, ¼ RO	521	744	48	12		104203	Same Day
Munchable PBJ - Pretzel Nugget	1 Each	2M, 2WG, 1/2 O	452	356	70	3		106210	Same Day
Munchable PBJ - Grape Filled Crescent	1 Each	2M, 2 WG, 1/2 F	483	443	61	4		106269	Same Day
WBJ Lunch Munchable (Soft Pretzel Bites, Yogurt + Celery)	1 Each	2M, 2 WG, 1/2 O	481	337	70	3.4		106557	Same Day
WBJ Lunch Munchable (Filled Grape Crescent, Yogurt, Apples)	1 Each	2M, 2 WG, 1/2 F	511	423	61	4.4		106560	Same Day

PASTA									
NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Baked Rigatoni	1 C	2M, 1WG, 1 Non WG	384	885	42	7		101769	Same Day/Complex
Baked Rigatoni w/Morabito Bread	1C	2M, 1WG, 1 Non WG	396	806	42	7		107628	Same Day/Complex
Buffalo Chicken Alfredo	1C	2M, 1WG, 1 Non WG	350	1140	41	4		104044	Same Day/Complex
Buffalo Chicken Alfredo w/Morabito Bread	1C	2M, 1WG, 1 Non WG	383	1525	44	4		107630	Same Day/Complex
Chicken Broccoli Alfredo w/Sliced Bread	1C	2M, 1 Non WG, 1WG, 1/4 DG	311	774	35	3		100719	Same Day/Complex
Chicken Broccoli Alfredo w/Morabito Bread	1C	2M, 1 Non WG, 1WG, 1/4 DG	341	859	38	3		108545	Same Day/Complex
Spaghetti & Meatballs & Sliced Bread	½ C + 5 Meatballs + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO	402	1018	53	4		102723	Same Day/Complex
Spaghetti & Meatball w/Morabito Sliced Bread	½ C + 5 Meatballs + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO	432	1103	56	4		107432	Same Day/Complex
Spaghetti w/Meatsauce USDA & Sliced Bread	1C + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO	378	538	41	6		100119	Same Day/Complex
Spaghetti w/Meatsauce USDA & Sliced Morabito Bread	1 C + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO, 1/8 RO	410	765	44	6		107433	Same Day/Complex
Breaded Chicken Parm w/Pasta	½ C + 1 Patty	2 ½ M, 1WG, 1 Non WG, 1/4 O	380	1006	44	4		101766	Same Day/Complex
Grilled Chicken Parm w/Pasta & Sliced Bread	½ C + 1 Patty + 1 Slice Bread	2 ½ M, 1WG, 1 Non WG, ¼ RO	350	1111	46	1.8		100677	Same Day/Complex
Grilled Chicken Parm w/Pasta & Sliced Morabito Bread	½ C + 1 Patty + 1 Slice Bread	2 ½ M, 1WG, 1 Non WG, ¼ RO	292	980	32	1.8		107597	Same Day/Complex
Lasagna Rollups w/Sliced Bread	1Roll + 1 Slice Bread	2M, 2WG	346	918	54	2.4		106213	Same Day/Complex
Lasagna Rollups w/Morabito Bread	1Roll + 1 Slice Bread	2M, 2WG	368	953	54	2.4		107639	Same Day/Complex
Lasagna w/Ground Beef & Sliced Bread	1 Piece + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO, 1/8 O	386	501	44	7		101065	Same Day/Complex
Lasagna w/Ground Beef & Morabito Bread	1 Piece + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/8 RO, 1/8 O	416	586	47	7		107640	Same Day/Complex
Macaroni & Cheese w/Sliced Bread	2/3 C + 1 Slice Bread	2M, 1 WG, 1 Non WG	372	778	42	8		103215	Same Day/Complex
Macaroni & Cheese w/Morabito Bread	2/3 C + 1 Slice Bread	2M, 1 WG, 1 Non WG	386	863	41	8		107642	Same Day/Complex

PASTA									
NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BBQ Pork Mac & Cheese w/Bread	1 Serving	2 1/4 M, 1 Non WG, 1 WG	464	726	43	6		108263	Same Day/Complex
BBQ Pork Mac & Cheese w/Morabito Bread	1 Serving	2 1/4 M, 1 Non WG, 1 WG	494	811	46	6.3		108599	Same Day/Complex
Pizza Pasta Bake w/Bread	1C + 1 Slice Bread	2M, 1 WG, 1 Non WG	521	1007	46	10.3		100670	Same Day/Complex
Pizza Pasta Bake w/Morabito Bread	1C + 1 Slice Bread	2M, 1 WG, 1 Non WG	551	1092	49	10.3		107645	Same Day/Complex
Ruby Red Pasta	9oz + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/2 O	341	836	48	1		102752	Same Day/Complex
Ruby Red Pasta w/Morabito Bread	9oz + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/2 O	370	921	50	1		107647	Same Day/Complex
Vegetable Lasagna w/Sliced Bread	1 Piece + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/2 RO, 1/2 O	415	1060	46	7.9		104045	Same Day/Complex
Vegetable Lasagna w/Morabito Bread	1 Piece + 1 Slice Bread	2M, 1WG, 1 Non WG, 1/2 RO, 1/2 O	413	934	43	7.9		107649	Same Day/Complex
Vegetable Lo Mein	1 1/2 C	2M, 1 WG, 1 Non WG, 1/2 DG, 1/4 RO, 1/4 O	384	781	52	3		106684	Same Day/Complex

PIZZA

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BBQ Chicken Pizza (K3994)	1 Slice	2M, 3 Non WG	486	1037	59	9	K3994 (16" Self Rising)	105192	Same Day Complex
BBQ Chicken Pizza (R5944)	1 Slice	2M, 3.25 WG	455	901	58	7	R5944 (16" Self Rising)	104415	Same Day Complex
BBQ Chicken Pizza (R4604)	1 Slice	2M, 3.25 WG	487	965	65	7	R4604 (12X16 Self Rising)	104451	Same Day Complex
BBQ Chicken Pizza (F5932)	1 Slice	2 M, 2.5 WG	425	751	49	7	F5932 (12X16 Par Bake)	104491	Same Day Complex
BBQ Chicken Pizza (A8244)	1 Slice	2M, 2.75 WG	436	772	51	7	A8244 16" WG Par Baked	108767	Same Day Complex
Broccoli Pizza (K3994)	1 Slice	2M, 3 Non WG, 1/8 DG	440	1221	48	11	K3994	105193	Same Day Complex
Broccoli Pizza (R5944)	1 Slice	2M, 3.25 WG, 1/8 DG	410	1086	48	9	R5944	104417	Same Day Complex
Broccoli Pizza (R4604)	1 Slice	2M, 3.25 WG, 1/8 DG	442	1149	54	9	R4604	104452	Same Day Complex
Broccoli Pizza (F5932)	1 Slice	2.5M, 2.5 WG, 1/8 DG	380	936	39	9	F5932	104492	Same Day Complex
Broccoli Pizza (A8244)	1 Slice	2.5M, 2.75 WG, 1/8 DG	390	956	41	9	A8244 16" WG Par Baked	108769	Same Day Complex
Buffalo Chicken Pizza (K3994)	1 Slice	2M, 3 Non WG	444	1290	46	8	K3994	105194	Same Day Complex
Buffalo Chicken Pizza (R5944)	1 Slice	2M, 3.25 WG	413	1155	46	7	R5944	104416	Same Day Complex
Buffalo Chicken Pizza (R4604)	1 Slice	2M, 3.25 WG	446	1219	52	7	R4604	104453	Same Day Complex
Buffalo Chicken Pizza (F5932)	1 Slice	2 M, 2.5 WG	384	1005	37	6.5	F5932	104493	Same Day Complex
Buffalo Chicken Pizza (A8244)	1 Slice	2 M, 2.75 WG	394	1025	39	6	A8244 16" WG Par Baked	108770	Same Day Complex
Cheese Pizza (K3994)	1 Slice	2M, 3 Non WG, 1/8 RO	435	1089	48	9	K3994	105190	Same Day Complex
Cheese Pizza (R5944)	1 Slice	2M, 3.25 WG, 1/8 RO	405	954	47	8	R5944	104413	Same Day Complex
Cheese Pizza (R4604)	1 Slice	2M, 3.25 WG, 1/8 RO	436	1017	54	8	R4604	104449	Same Day Complex
Cheese Pizza (F5932)	1 Slice	2 M, 2.5 WG, 1/8 RO	375	804	40	8	F5932	104488	Same Day Complex

PIZZA

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Cheese Pizza (A8244)	1 Slice	2 M, 2.75 WG, 1/8 RO	385	824	40	7	A8244 16" WG Par Baked	108771	Same Day Complex
Pepperoni Pizza (K3994)	1 Slice	2M, 3 NonWG, 1/8 RO	465	1201	48	10	K3994	105191	Same Day Complex
Pepperoni Pizza (R5944)	1 Slice	2M, 3.25 WG, 1/8 RO	435	1066	47	9	R5944	104414	Same Day Complex
Pepperoni Pizza (R4604)	1 Slice	2M, 3.25 WG, 1/8 RO	466	1129	54	9	R4604	104450	Same Day Complex
Pepperoni Pizza (F5932)	1 Slice	2 M, 2.5 WG, 1/8 RO	405	916	38	9	F5932	104490	Same Day Complex
Pepperoni Pizza (A8244)	1 Slice	2 M, 2.75 WG, 1/8 RO	415	936	40	8	A8244 16" WG Par Baked	108772	Same Day Complex
Sausage Pizza (K3994)	1 Slice	2M, 3 Non WG, 1/8 RO	449	1193	48	9	K3994	105204	Same Day Complex
Sausage Pizza (R5944)	1 Slice	2M, 3.25 WG, 1/8 RO	419	1058	48	7	R5944	104429	Same Day Complex
Sausage Pizza (R4604)	1 Slice	2M, 3.25 WG, 1/8 RO	450	1122	54	7	R4604	104463	Same Day Complex
Sausage Pizza (F5932)	1 Slice	2 M, 2.5 WG, 1/8 RO	389	908	39	7	F5932	104503	Same Day Complex
Sausage Pizza (A8244)	1 Slice	2 M, 2.75 WG, 1/8 RO	399	928	41	7	A8244 16" WG Par Baked	108773	Same Day Complex
White Pizza (K3994)	1 Slice	2M, 3 Non WG	432	1213	47	11	K3994	105200	Same Day Complex
White Pizza (R5944)	1 Slice	2M, 3.25 WG	402	1078	46	9	R5944	104425	Same Day Complex
White Pizza (R4604)	1 Slice	2M, 3.25 WG	434	1142	53	9	R4604	104459	Same Day Complex
White Pizza (F5932)	1 Slice	2 M, 2.5 WG	372	928	37	9	F5932	104499	Same Day Complex
White Pizza (A8244)	1 Slice	2 M, 2.5 WG	382	948	39	9	A8244 16" WG Par Baked	108774	Same Day Complex
Cheese Filled Bread Stick	1 Breadstick	2M, 2 WG	160	300	19	3.5	L6716	102584	Same Day Complex
Fiestada Beef Pizza	1 Slice	2M, 2 WG, 1/8 RO	360	710	43	6	M2544	104051	Same Day Complex

RECIPE OF THE MONTH

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Cheeseburger Pinwheels	1 Roll	2 M, 2 1/2 WG	418	1216	47	7		106073	Same Day/Complex
Buffalo Chicken Pinwheels	1 Roll	2 M, 2 1/2 WG	361	1323	41	5.45		103822	Same Day/Complex
Beef Gyro	1 Each	2 M, 2 WG, 1/2 O	341	544	38	3.5		104021	Same Day/Complex
Pizza Pocket Burger	1 Each	2 1/2M, 2 WG	317	623	37	4.7		103025	Same Day/Complex
Chicken Parmesan Pocket	1 Each	3 M, 2 WG	347	933	36	3		103024	Same Day/Complex
Buffalo Chicken Alfredo	1 C	2 M, 1 Non WG, 1 WG	651	1334	102	4		104044	Same Day/Complex
Sweet and Spicy Chicken Bowl	1 Bowl	2 M, 2 WG, 1/2 S	1004	966	180	3		103535	Same Day/Complex
Turkey Broccoli and Cheddar Pockets	1 Pocket	2 M, 2 WG	334	704	35	5.4		104328	Same Day/Complex
Homemade Meatloaf	1 Slice	2 M, 2 WG	372	593	41	6		105000	Same Day/Complex
Ground Beef and Spanish Rice	1 C	2 M, 2 WG, 1/4 RO, 1/4 O	362	1026	27	8		106075	Same Day/Complex
Burrito Bowl Beef	1 Bowl	2 M, 2 WG, 1/4 RO, 1/4 BP, 1/4 S	1154	420	156	13		108798	Same Day/Complex
Burrito Bowl Pork	1 Bowl	2 M, 2 WG, 1/4 RO, 1/4 BP, 1/4 S	1214	437	190	7		108146	Same Day/Complex
Burrito Bowl Chicken	1 Bowl	2 M, 2 WG, 1/4 RO, 1/4 BP, 1/4 S	831	366	155	1		108147	Same Day/Complex
Jamaican Pork Over Rice	6 oz	2 M, 2 WG, 1/4 F	590	530	99	0.32		103560	Same Day/Complex
Ruby Red's Pasta	9 oz	2 M, 1 Non WG, 1 WG, 1/2 O	639	731	109	1		102752	Same Day/Complex
Tuna Patty Melt	1 Sandwich	2 M, 1/2 WG	269	724	31	2.52		108641	Same Day/Complex

RICE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Chicken Stir Fry w/ Vegetables & Sliced Bread	2/3 C Stir Fry + ½ C Rice	2M, 2WG, 1/4 O	301	757	44	0.6		100675	Same Day/Complex
Chicken Stir Fry w/ Vegetables & Morabito Bread	2/3 C Stir Fry + ½ C Rice	2M, 2WG, 1/4 O	331	842	47	0.6		108318	Same Day/Complex
Fajita Chicken Stir Fry w/ Vegetables & Sliced Bread	2/3 C Stir Fry + ½ C Rice	2M, 2WG, 1/4 O	301	757	44	0.6		108317	Same Day/Complex
Fajita Chicken Stir Fry w/ Vegetables & Morabito Bread	2/3 C Stir Fry + ½ C Rice	2M, 2 WG, 1/4 O	331	842	47	0.6		107656	Same Day/Complex
Chicken Fried Rice w/Sliced Bread	1 C w/ 1 slice bread	2M, 2 WG, 1/4 O	324	778	44	1.3		101152	Same Day/Complex
Chicken Fried Rice w/Moraito Bread	1 C w/ 1 slice bread	2M, 2 WG, 1/4 O	354	863	47	1.3		107657	Same Day/Complex
Cilantro Lime Rice	1C	2 WG	238	197	50	0		103009	Same Day/Complex
Jamaican Pork over Rice w/Sliced Bread	6oz	1/4 F, 2M, 2WG	371	622	53	0.3		103560	Same Day/Complex
Jamaican Pork over Rice w/Morabito Bread	6 oz	1/4 F, 2M, 2 WG	401	708	56	0.3		107652	Same Day/Complex
Pork Fried Rice w/Bread	2/3 C	2M, 2 WG, 1/4 O	423	739	42	0.3		102803	Same Day/Complex
Pork Fried Rice w/Morabito Bread	2/3 C	2M, 2 WG, 1/4 O	452	824	45	0.3		107664	Same Day/Complex
Sweet & Sour Pork w/Rice & Sliced Bread	¾ C	2M, 2 WG, 1/4 O	448	694	61	0.2		104929	Same Day/Complex
Sweet & Sour Pork w/Rice & Morabito Bread	¾ C	2M, 2 WG, 1/4 O	478	779	64	0.2		107666	Same Day/Complex
Sweet & Sour Chicken w/Rice & Sliced Bread	¾ C	2M, 2 WG, 1/4 O	326	620	51	0.5		104941	Same Day/Complex
Sweet & Sour Chicken w/Rice & Morabito Bread	¾ C	2M, 2 WG, 1/4 O	356	705	54	0.5		107667	Same Day/Complex
Teriyaki Chicken w/Vegetables, Rice & Sliced Bread	½ C Chicken, ½ C Rice	2M, 2 WG, 1/4 O	343	754	54	0.5		100712	Same Day/Complex
Teriyaki Chicken w/Vegetables, Rice & Morabito Bread	½ C Chicken, ½ C Rice	2M, 2 WG, 1/4 O	373	839	57	0.5		107668	Same Day/Complex

SALADS - ENTRÉE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Breaded Buffalo Chicken Salad w/Sliced Bread	1 Salad	2 ½ M, 2 WG, 1 DG, ¼ RO, ¼ O	356	778	38	4.5		104979	Same Day
Breaded Buffalo Chicken Salad w/Morabito Bread	1 Salad	2 ½ M, 2 WG, 1 DG, ¼ RO, ¼ O	375	848	39	4.5		108166	Same Day
Breaded Buffalo Chicken Salad 6X6 w/Sliced Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	342	776	35	4.5		104851	Same Day
Breaded Buffalo Chicken Salad 6X6 w/Morabito Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	366	850	37	4.5		108312	Same Day
Breaded Chicken Salad w/Sliced Bread	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	356	628	38	4.5		103333	Same Day
Breaded Chicken Salad w/Morabito Bread	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	375	698	39	4.5		107439	Same Day
Breaded Chicken Salad 6X6 w/Sliced Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	336	615	34	4.5		104207	Same Day
Breaded Chicken Salad 6X6 w/Morabito Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	366	700	37	4.5		108313	Same Day
Chef Salad w/Turkey/Ham w/Sliced Bread X 2	1 Salad	2 ¼ M, 2 WG, 1 DG, 3/8 RO, ¼ O	300	675	40	3		103348	No Cook
Chef Salad w/Turkey/Ham w/Morabito Bread X 2	1 Salad	2 ¼ M, 2 WG, 1 DG, 3/8 RO, ¼ O	350	830	43	3		107503	No Cook
Chef Salad w/Turkey/Ham 6X6 w/Sliced Bread X 2	1 Salad	2 1/4 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	280	662	35	3		104210	No Cook
Chef Salad w/Turkey/Ham 6X6 w/Morabito Bread	1 Salad	2 1/4 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	338	829	41	3		107332	No Cook
Garden Salad w/Egg & Cheese & Sliced Bread X 2	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	334	525	38	7		103414	No Cook
Garden Salad w/Egg & Cheese & Morabito Bread	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	366	652	44	6		107501	No Cook
Garden Salad w/Egg & Cheese 6X6 w/Sliced Bread X 2	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	321	523	35	7		104209	No Cook
Garden Salad 6X6 w/Morabito Bread X2	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	353	650	41	6		107502	No Cook

SALADS - ENTRÉE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Breaded Chicken Caesar Salad w/Sliced Bread	1 Salad	2 1/4 M, 2 WG, 1 DG, ¼ RO	299	608	34	3		103413	No Cook
Breaded Chicken Caesar Salad w/Morabito Bread	1 Salad	2 1/4 M, 2 WG, 1 DG, ¼ RO	369	873	39	5		108159	No Cook
Breaded Chicken Caesar Salad 6X6 w/Sliced Bread	1 Salad	2 M, 2 WG, 3/4 DG, 1/8 RO	280	562	32	2.5		104208	No Cook
Breaded Chicken Caesar Salad 6X6 w/Morabito Bread	1 Salad	2 M, 2 WG, 3/4 DG, 1/8 RO	320	692	35	3		107506	No Cook
Grilled Chicken Caesar Salad w/Sliced Bread X 2	1 Salad	2 ¼ M, 2 WG, 1 DG, ¼ O	269	713	36	1		103410	Same Day
Grilled Chicken Caesar Salad w/Moabito Bread X 2	1 Salad	2 ¼ M, 2 WG, 1 DG, ¼ O	320	842	40	1		107440	Same Day
Grilled Chicken Caesar Salad 6X6 w/Sliced Bread X2	1 Salad	2 1/4 M, 2 WG, 1 DG, 1/4 O	250	667	34	0.5		104216	Same Day
Grilled Chicken Caesar Salad 6X6 w/Morabito Bread X 2	1 Salad	2 1/4 M, 2 WG, 1 DG, 1/4 O	342	916	43	1		107333	Same Day
Ham Salad w/Sliced Bread X 2	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	301	708	40	3		103406	No Cook
Ham Salad w/Morabito Sliced Bread X 2	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	350	863	44	3		107441	No Cook
Ham Salad 6X6 w/Sliced Bread X 2	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	281	695	36	3		104212	No Cook
Ham Salad 6X6 w/Morabito Bread X 2	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	338	861	41	3		107518	No Cook
Hummus Salad w/Sliced Bread X 2	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	387	588	57	4		103607	No Cook
Hummus Salad w/Morabito Bread X 2	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	493	830	61	6		107511	No Cook
Hummus Salad 6X6 w/Sliced Bread X 2	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	361	564	51	3.6		104218	No Cook
Hummus Salad 6X6 w/Morabito Bread X 2	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	361	564	51	3.6		108314	No Cook

SALADS - ENTRÉE

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Popcorn Chicken Salad w/Sliced Bread	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	316	590	34	4		103347	No Cook
Popcorn Chicken Salad w/Morabito Bread	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	335	660	35	4		107358	No Cook
Popcorn Chicken Salad 6X6 Bread	1 Salad	2 ½ M, 2 WG, 3/4 DG, 1/4 RO, 1/8 O	296	576	30	4		104213	No Cook
Popcorn Chicken Salas 6X6 Bread	1 Salad	2 ½ M, 2 WG, 3/4 DG, 1/4 RO, 1/8 O	363	846	36	4		107359	No Cook
Salad w/Tuna Salad Bread X 2	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	390	853	42	3.7		103605	No Cook
Salad w/Tuna Salad Bread	1 Salad	2 ½ M, 2 WG, 1 DG, 3/8 RO, ¼ O	403	905	44	3.5		107507	No Cook
Salad w/Tuna Salad 6X6 Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	370	840	38	3.7		104214	No Cook
Salad w/Tuna Salad 6X6 Bread	1 Salad	2 ½ M, 2 WG, ¾ DG, ¼ RO, 1/8 O	427	1007	43	3.7		107508	No Cook
Salad w/Turkey w/Sliced Bread	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	308	672	39	2.5		103407	No Cook
Salad w/Turkey Bread	1 Salad	2 M, 2 WG, 1 DG, 3/8 RO, ¼ O	381	825	47	2.5		107504	No Cook
Salad w/Turkey 6X6 Bread	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	288	658	35	2.5		104215	No Cook
Salad w/Turkey 6X6 Bread	1 Salad	2 M, 2 WG, ¾ DG, ¼ RO, 1/8 O	345	825	40	2.5		107505	No Cook
Tuscan Pasta Salad Bread	1 Salad	2 M, 2 Non WG, 1 DG, 1/4 RO, 1/4 O	289	965	33	4		106068	Same Day
Pasta Salad w/Ham, Pepperoni & Cheese	1 Cup	2M, 1 WG, 1 Non WG, 1/4 O	764	1059	106	7		108142	Same Day

SANDWICHES COLD

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Cheese Sandwich	1 Sandwich	2M, 2WG	280	830	32	7		100965	No Cook
Cheese Sandwich on Morabito Bread	1 Sandwich	2M, 2WG	340	1000	38	7		107334	No Cook
Chicken Salad Sandwich on WWW Bread	1 Sandwich	2.5M, 2WG	275	729	30	1		101852	No Cook
Chicken Salad Sandwich on Morabito Bread	1 Sandwich	2.5M, 2WG	335	899	36	1		107335	No Cook
Ham & Cheese Sandwich on White WG Bread	1 Sandwich	2M, 2WG	220	670	30	2		100596	No Cook
Ham & Cheese on Morabito Bread	1 Sandwich	2M, 2WG	280	840	36	2.25		107337	No Cook
Ham & Cheese on a Hoagie Roll	1 Sandwich	2M, 2 WG, ¼ RO, ¼ O	240	635	30	2.25	NR358	103403	No Cook
Ham & Cheese on a Morabito Roll (89)	1 Sandwich	2M, 1.75WG, 1/4 RO, 1/4 O	260	735	33	2.25		107339	No Cook
Ham & Cheese on Morabito Roll (555)	1 Sandwich	2M, 2.5WG, 1/4 RO, 1/4 O	296	822	40	2.25		107340	No Cook
Italian Hoagie on W Roll	1 Sandwich	2M, 2 WG, ¼ RO, ¼ O	274	922	33	3	NR358	103401	No Cook
Italain Hoagie on Morabito Roll (89)	1 Sandwich	2.75M, 1.75 WG, ¼ RO, ¼ O	294	1022	36	3		107341	No Cook
Italain Hoagie on Morabito Roll (555)	1 Sandwich	2.75 M, 2.75 WG, ¼ RO, ¼ O	334	1112	44	3		107342	No Cook
PB&J Sandwich on WG Bread	1 Sandwich	2M, 2WG	515	509	56	5		100066	No Cook
PB&J Sandwich on Morabito Bread	1 Sandwich	2M, 2WG	575	679	62	5		107343	No Cook
Triple Decker PB&J	1 Sandwich	2M, 3WG	575	644	70	5		105843	No Cook
Triple Decker PB&J on Morabito Bread	1 Sandwich	2M, 3WG	665	899	79	5		107321	No Cook
Tuna Salad Sandwich	1 Sandwich	2M, 2WG	284	740	31	1		100599	No Cook
Tuna Salad Sandwich on Morabito Bread	1 Sandwich	2M, 2WG	344	910	37	1		107347	No Cook
Tuna Salad Hoagie	1 Sandwich	2M, 2 WG	334	910	37	1	NR358	105574	No Cook
Tuna Salad Hoagie on Morabito Roll (89)	1 Sandwich	2M, 1.75 WG	324	805	34	1		107348	No Cook
Tuna Salad Hoagie on Morabito Roll (555)	1 Sandwich	2M, 2.5 WG	364	895	42	1		107349	No Cook

SANDWICHES COLD

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Turkey & Cheese Sandwich on WG White Bread	1 Sandwich	2M, 2WG	235	673	29	1.75		100857	No Cook
Turkey & Cheese Sandwich on Morabito Bread	1 Sandwich	2M, 2 WG	295	843	35	1.75		107331	No Cook
Turkey Hoagie on Hoagie Roll	1 Sandwich	2M, 2 WG, ¼ RO, ¼ O	254	634	29	1.75		103402	No Cook
Turkey and Cheese on Morabito Roll (89)	1 Sandwich	2M, 1.75 WG, ¼ RO, ¼ O	274	734	32	1.75		107352	No Cook
Turkey and Cheese on Morabito Roll (555)	1 Sandwich	2M, 2.5 WG, ¼ RO, ¼ O	314	824	40	1.75		107353	No Cook
Turkey Club on WWW Bread	1 Sandwich	2M, 2WG, ¼ RO, ¼ O	294	847	31	3.5		102707	No Cook
Turkey Club on Morabito Bread	1 Sandwich	2M, 2WG, ¼ RO, ¼ O	363	1032	38	3.5		107354	No Cook
WOW Butter & Jelly Sandwich on White WG Bread	1 Sandwich	2M, 2WG	570	470	57	6		104286	No Cook
WOW Butter & Jelly Sandwich on Morabito Bread	1 Sandwich	2M, 2 WG	629	639	63	6		107355	No Cook

SANDWICHES HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
BBQ Rib Sandwich	1 Sandwich	2M, 2 WG	398	1117	40	6	NR358	102769	Same Day
BBQ Rib on Morabito Steak Roll (89)	1 Sandwich	2M, 1.75WG	418	1217	43	6	89	107366	Same Day
BBQ Rib on Morabito Steak Roll (555)	1 Sandwich	2M, 2.5 WG	458	1307	51	6	555	107367	Same Day
Burger - Bacon Cheeseburger	1 Sandwich	2 ½ M, 2 WG	340	700	31	6		104917	Same Day
Burger - Bacon Cheeseburger on a Morabito Bun	1 Sandwich	2 ½ M, 2 WG	310	680	27	6		107482	Same Day
Burger - Cheeseburger	1 Sandwich	2 ½ M, 2WG	290	530	31	4		100797	Same Day
Burger - Cheeseburger on a Morabito Bun	1 Sandwich	2 ½ M, 2WG	260	510	27	4		107436	Same Day
Burger - Cheeseburger Attack Wrap	1 Sandwich	2 1/2 M, 2WG, ¼ RO, ¼ O	488	779	37	11		100640	Same Day
Burger - Hamburger	1 Sandwich	2 ½ M, 2WG	250	390	30	2.5		100630	Same Day
Burger - Hamburger on a Morabito Bun	1 Sandwich	2 ½ M, 2WG	220	370	26	2.5		107483	Same Day
Burger - Open Faced Pizzaburger	1 Sandwich	2M, 2WG, 1/8 RO	290	596	34	4		100606	Same Day
Burger - Open Face Pizzaburger on Morabito Bun	1 Sandwich	2M, 2WG, 1/8 RO	321	529	29	6		107484	Same Day
Burger - Teriyaki Burger	1 Sandwich	2M,2WG	337	706	40	5		105855	Same Day
Burger - Teriyaki Burger on a Morabito Bun	1 Sandwich	2M,2WG	307	686	36	5		108268	Same Day
Burger - Western Style Cheeseburger	1 Sandwich	2 ½ M, 2WG, 1/8 RO, 1/8 O	302	599	34	4		100658	Same Day
Burger - Western Style Cheeseburger on a Morabito Bun	1 Sandwich	2 ½ M, 2WG, 1/8 RO, 1/8 O	274	579	30	4		107481	Same Day
Chicken - Whole Muscle Chicken Sandwich	1 Sandwich	2M, 3WG	340	750	42	1		105440	Same Day
Chicken -Whole Muscle Chicken Sandwich on a Morabito Bun	1 Sandwich	2M, 3WG	310	730	38	1		108116	Same Day
Chicken - BBQ Breaded Chicken Sandwich	1 Sandwich	2M, 2 WG	377	1054	50	2	V8576	104888	Same Day
Chicken - BBQ Breaded Chicken Sandwich on a Morabito Bun	1 Sandwich	2M, 2 WG	347	1034	46	2	V8576	107601	Same Day
Chicken - BBQ Grilled Chicken Sandwich	1 Sandwich	2WG, 2M	287	1025	38	0	G8860	105946	Same Day
Chicken - BBQ Grilled Chicken Sandwich on a Morabito Bun	1 Sandwich	2WG, 2M	257	1005	34	0	G8860	107600	Same Day
Chicken - Breaded Chicken Parmesan Sandwich	1 Sandwich	2M, 3WG	405	943	47	3.7	V8576	104369	Same Day
Chicken - Breaded Chicken Parmesan Sandwich on a Morabito Bun	1 Sandwich	2M, 3WG	374	923	43	3.8	V8576	107595	Same Day

SANDWICHES HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Chicken - Breaded Chicken Sandwich	1 Sandwich	2M, 3WG	350	680	42	2	V8576	100653	Same Day
Chicken - Breaded Chicken Sandwich on a Morabito Bun	1 Sandwich	2M, 3WG	310	640	38	2	V8576	107323	Same Day
Chicken - Buffalo Grilled Chicken Sandwich	1 Sandwich	2M, 2WG	250	1080	30	0		100655	Same Day
Chicken - Buffalo Grilled Chicken Sandwich on a Morabito Bun	1 Sandwich	2M, 2 WG	220	1060	26	0		107592	Same Day
Chicken - Grilled Chicken Filet Sandwich	1 Sandwich	2M, 3WG	250	630	30	0		104733	Same Day
Chicken - Grilled Chicken Filet Sandwich on a Morabito Bun	1 Sandwich	2M, 3WG	220	610	26	0		107588	Same Day
Chicken Sliders	2 Each	2M, 3 1/2 WG	400	790	48	2		101034	Same Day
Rotisserie Chicken Cheesesteak on East Baking Roll	1 Sandwich	2 1/4 M, 2 WG	257	732	29	2		108693	Same Day
Rotisserie Chicken Cheesesteak on Morabito Bun (89)	1 Sandwich	2 1/4 M, 1.75 WG	277	832	32	2		108801	Same Day
Rotisserie Chicken Cheesesteak on Morabito Bun (555)	1 Sandwich	2 1/4 M, 2 WG	317	922	40	2		108802	Same Day
Cheese Steak Hoagie (G1874) on East Baking Roll	1 Sandwich	2 3/4 M, 2 1/2 Non WG	276	477	27	4	G1874	100804	Same Day
Cheesesteak Hoagie (G1874) on Morabito Bun (89)	1 Sandwich	2 3/4 M, 1.75 WG	296	577	30	4	G1874/89	107370	Same Day
Cheesesteak Hoagie (G1874) on Morabito Bun (555)	1 Sandwich	2 3/4 M, 2.5 Non WG	336	667	38	4	G1874/555	107372	Same Day
Cuban Pork Sliders	2 Each	2M, 2WG	404	1131	39	5		106093	Same Day
Fish Sandwich	1 Sandwich	2M, 3WG, 1/8 RO	327	553	47	1	F5590	100729	Same Day
Fish Sandwich on Morabito Hamburger Bun	1 Sandwich	2M, 3WG, 1/8 RO	297	533	43	1	F5590	107388	Same Day
Grilled Cheese Sandwich	1 Sandwich	2M, 2WG	280	830	32	7		100732	Same Day
Grilled Cheese on Morabito Bread	1 Sandwich	2M, 2WG	340	1000	38	7	28	107330	Same Day
Grilled Cheese - Buffalo Chicken Grilled Cheese	1 Sandwich	2 1/4 M, 2WG, 1/4 O	403	1494	32	8		104130	Same Day
Grilled Cheese - Buffalo Chicken Grilled Cheese on Morabito Bread	1 Sandwich	2 1/4 M, 2WG, 1/4 O	460	1644	37	8.3	28	107368	Same Day
Grilled Cheese - Mac & Cheese Grilled Cheese	1 Sandwich	3M, 1/2 Non WG, 2 WG	559	1009	44	17		105737	Same Day
Grilled Cheese - Mac & Cheese Grilled Cheese on Morabito Bread	1 Sandwich	3M, 1/2 Non WG, 2 WG	619	1179	50	17		107606	Same Day

SANDWICHES HOT

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Grilled Cheese - Spaghetti Bolognese Grilled Cheese	1 Sandwich	2 1/4 M, 1/4 Non WG, 2 WG	458	910	41	11		105736	Same Day
Grilled Cheese - Spaghetti Bolognese Grilled Cheese on Morabito Bread	1 Sandwich	2 1/4 M, 1/4 Non WG, 2 WG	619	1179	50	17		108316	Same Day
Hot Dog on a Bun	1 Each	2M, 2WG	270	530	27	3.5	BF110	100059	Same Day
Hot Dog on a Morabito Bun	1 Each	2M, 2WG	260	560	26	3.5	BF110	107329	Same Day
Hot Ham & Cheese Sandwich	1 Sandwich	2M, 2WG	212	635	30	2	83484	105322	Same Day
Hot Ham & Cheese Sandwich on Morabito Bread	1 Sandwich	2M, 2WG	272	805	36	2	83484	107392	Same Day
Ham & Cheese on Pretzel Bun	1 Sandwich	2M, 2WG	525	405	31	3	83484	102753	Same Day
Hot Sicilian Sandwich on East Baking Roll	1 Sandwich	2 ½ M, 2 WG	311	815	28	5		104232	Same Day
Hot Sicilian Sandwich on Morabito Roll (89)	1 Sandwich	2 ½ M, 1.75 WG	330	911	31	5	89	107396	Same Day
Hot Sicilian Sandwich on Morabito Roll (555)	1 Sandwich	2 ½ M, 2.5 WG	370	1001	39	5	555	107397	Same Day
Meatball Hoagie	1 Sandwich	2.5M, 2 WG	367	859	38	6	NR358	100607	Same Day
Meatball Hoagie on a Morabito Roll (89)	1 Sandwich	2.5M, 1.75 WG	387	959	41	6	89	107402	Same Day
Meatball Hoagie on Morabito Bun (555)	1 Sandwich	2.5M, 2.5 WG	427	1049	49	6	555	107325	Same Day
Pork BBQ on a Hamburger Bun	1 Sandwich	2M, 2WG	452	473	44	0		101464	Same Day
Pork BBQ on a Morabito Hamburger Bun	1 Sandwich	2M, 2WG	422	453	40	0	85	107327	Same Day
Sloppy Joe on a Hamburger Bun	1 Sandwich	2M, 2WG	389	494	40	6.2		100156	Same Day
Sloppy Joe on a Morabito Hamburger Bun	1 Sandwich	2M, 2WG	359	474	36	6.2	85	107403	Same Day
Hot Turkey & Cheese Sandwich	1 Sandwich	2.5M, 2 WG	244	704	29	1.7		100632	Same Day
Hot Turkey & Cheese Sandwich on Morabito Bread	1 Sandwich	2.5M, 2WG	304	874	35	1.75	28	107404	Same Day
Turkey & Cheese on WG Pretzel Bun	1 Sandwich	2M, 2WG	281	465	30	2.75	R4804	103603	Same Day
TNG Chicken Sandwich	1 Sandwich	2M, 3 WG	350	680	42	2		108786	Same Day
TNG Burger	1 Sandwich	2M, 2 WG	286	700	33	3		108794	Same Day
TNG Cheeseburger	1 Sandwich	2.5M, 2 WG	336	920	34	5		108796	Same Day

SUPPORTING

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Beef Taco Meat	1/4 C	1.5M	147	95	1	5		104398	Same Day Complex
Biscuits (Dough)	1 Biscuit	2 Non WG	190	430	25	4		100470	Same Day Complex
Buffalo Chicken Topping	1/2 C	2 M	175	1162	1	1		104358	Same Day Complex
Chicken Salad	1/2 C	2M	155	459	2	1		108073	Same Day Complex
Chicken Taco Meat	1/2 C	2M	114	706	4	0.5		104565	Same Day Complex
Chipotle Ranch Sauce	1 oz		22	116	1	0.35		104035	Same Day Complex
Homemade Italian Dressing	1 oz		126	198	1	2		105365	No Cook
Homemade Ranch Dressing	1 oz		47	252	2	1		105361	No Cook
Hummus	1/2 C	2M	162	205	18	1		108188	No Cook
TNG Cheese Sauce	1/4 C	1.25 M	128	561	3	6		107915	Same Day Complex
Tomato Soup	1/2 C	Extra	65	378	15	0		108020	Same Day Complex
Tuna Salad	1/2 C	2M	164	471	3	1		103786	No Cook
Wrap Sauce	1 oz		68	244	5	1		100744	No Cook
Tartar Sauce	1 oz		27	67	1	0.37		108238	No Cook
Burrito Bowl Marinade	4 C		660	4740	48	8		103008	No Cook
Fresh Pico De Gallo	1/4 C		17	35	4	0		108165	No Cook
Corn Salsa	1/4 C		46	12	11	0		103013	No Cook
Cilantro Lime Rice	1 C	2 Non WG	676	12	141	0		103009	Same Day Complex
Seasoned Black Beans	1/4 C	1/4 BP	103	121	19	0		103010	No Cook

TACOS - NACHOS - QUESADILAS - BURRITOS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Baha Fish Taco w/Lime		2 1/4 M, 3WG,1/4 O	511	707	56	5	74042	105966	Same Day/Complex
Beef Nachos w/Shredded Cheddar & Sliced Bread	10 Chips + 1 Slice Bread	2M, 2 WG, ¼ RO	408	560	35	8.5	a9982	101490	Same Day/Complex
Beef Nachos w/Shredded Cheddar & Morabito Bread	10 Chips + 1 Slice Bread	2M, 2 WG, ¼ RO	437	645	38	8.5	a9982	107679	Same Day/Complex
Beef Nachos w/Shredded Cheddar	20 chips	2M, 2 WG, ¼ RO	449	503	36	9	a9982	104551	Same Day/Complex
Beef Nachos w/Gehls Cheese Sauce & Sliced Bread	10 Chips + 1 Slice Bread	2M, 2 WG, ¼ RO	460	1029	41	10	a9982	104151	Same Day/Complex
Beef Nachos w/Gehls Cheese Sauce & Sliced Bread	10 Chips + 1 Slice Bread	2M, 2 WG, ¼ RO	490	1114	44	10	a9982	108269	Same Day/Complex
Beef Nachos w/Gehls Cheese Sauce	20 Chips	2M, 2 WG, ¼ RO	508	982	42	11	a9982	104552	Same Day/Complex
Chicken Nachos w/Shredded Cheddar & Sliced Bread	10 Chips + 1 Slice Bread	2M, 2 WG, 1/4 RO	343	1024	37	4	a9982	104568	Same Day/Complex
Chicken Nachos w/Shredded Cheddar & Morabito Bread	10 Chips + 1 Slice Bread	2M, 2 WG, 1/4 RO	373	1109	40	4	a9982	107696	Same Day/Complex
Chicken Nachos w/Cheese Sauce & Sliced Bread	10 Chips + 1 Slice Bread	2M, 2 WG, 1/4 RO	364	1598	44	4	a9982	104571	Same Day/Complex
Chicken Nachos w/Cheese Sauce & Morabito Bread	10 Chips + 1 Slice Bread	2M, 2 WG, 1/4 RO	394	1684	47	4	a9982	107697	Same Day/Complex
Chicken Nachos w/Gehls Cheese Sauce	20 Chips	2M, 2 WG, 1/4 RO	412	1552	45	4.5	a9982	104573	Same Day/Complex
6" Soft Beef Taco (X2)	2-6" Tortilla	2M, 2 WG, ¼ RO	399	509	35	9.4	jj494	100702	Same Day/Complex
6" Soft Chicken Taco (X2)	2-6" Tortilla	2M, 2 WG, ¼ RO	339	960	37	5	jj494	104574	Same Day/Complex
10" Soft Beef Taco	1 – 10" Tortilla	2M, 2 WG, 1/4 RO	399	509	35	9.4	JJ500	100836	Same Day/Complex
10" Soft Chicken Taco	1-10" Tortilla	2M, 2 WG, 1/4 RO	335	973	37	10.5	JJ500	104575	Same Day/Complex
10" Fiesta Pork Carnitas Burrito	1-10" Tortilla	2.5 M, 2 1/4 WG, 1/8 BP, 1/8 S	672	1010	75	5	JJ500	107137	Same Day/Complex
10" Racherero Pork Burrito	1-10" Tortilla	2.5 M, 2 WG, 1/2 S	482	1064	47	9	JJ500	107136	Same Day/Complex
Hard Taco w/Beef w/Sliced Bread	2 Tacos + 1 Slice Bread	2M, 2 ¼ WG, ¼ RO	466	468	43	8.5	74042	104526	Same Day/Complex
Hard Taco w/Beef w/Morabito Bread	2 Tacos + 1 Slice Bread	2M, 2 ¼ WG, ¼ RO	496	553	46	8.5	74042	107678	Same Day/Complex
Quesadilla Chicken	1 Quesadilla	2 1/2 M, 2WG, 1/4 RO	352	941	32	6	JJ500	108164	Same Day/Complex

TACOS - NACHOS - QUESADILAS - BURRITOS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Quesadilla Pork Carnitas	1 Quesadilla	2M, 2 WG, 1/4 Veg RO	350	787	30	8	JJ500	106915	Same Day/Complex
Walking Taco Beef w/Bread	1 Bag Doritos + 1 Slice Bread	2M, 2 WG, ¼ DG, 3/8 RO	476	688	43	11	54406	101914	Same Day/Complex
Walking Taco Beef w/Morabito Bread	1 Bag Doritos + 1 Slice Bread	2M, 2 WG, ¼ DG, 3/8 RO	506	773	46	11	54406	107680	Same Day/Complex
Walking Taco Chicken w/Bread	1 Bag Doritos + 1 Slice Bread	2M, 2 WG, ¼ DG, 3/8 RO	412	1152	45	6.6	54406	104576	Same Day/Complex
Walking Taco Chicken w/Morabito Bread	1 Bag Doritos + 1 Slice Bread	2M, 2 WG, ¼ DG, 3/8 RO	441	1237	48	6.6	54406	107698	Same Day/Complex

TASTY BITES

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Banana Split Sundae Pudding Cup + Scoopable	1 serving	1/2 F	201	65	42	1		105047	No Cook
Banana Split Sundae Pudding Cup + Scoopable	1 serving	1/2 F	194	73	42	1		105073	No Cook
Mini Blueberry Pie Pudding Parfait	1 Parfait	1/2 F	98	56	19	1		106151	No Cook
Mini Strawberry Pie Pudding Parfait	1 Parfait	1/2 F	180	59	42	2		106152	No Cook
Mini chocolate Banana Pudding Parfait	1 Parfait	1/2 F	165	68	38	1		106153	No Cook
Festive Rice Krispie Treat	1 each	1/2 WG	147	70	27	2		106108	No Cook
Springtime Sandwich Cookie	1 each	1 WG	621	171	107	13		105032	Same Day
Springtime Cookie Bars	1 each	1 WG	311	86	54	7		106158	Same Day
Apple Dumplings	1 each	1 1/2 Non WG, 1/4 F	304	330	60	2		106129	Same Day
Puppy Chow Snack	1 C	1 WG	203	247	39	2		104896	No Cook
Puppy Chow Snack	1/2 C	1/2 WG	101	124	19	1		106121	No Cook
Cream Filled WG Donut Bites	3 pieces	1 WG	227	157	30	8		106147	No Cook
Garlic Knots	1 each	3/4 non WG	92	186	15	1		106112	Same Day
Bacon Cheddar Cheese Dip	2 Tbsp		105	199	1.5	4.5		106149	No Cook
Cinnamon Brown Sugar Cheese Cake Dip	2 Tbsp		101	64	12	4		106148	No Cook
Chocolate Dipped Fruits	1 piece	1/8 F	24	0	5	0		104915	No Cook
Chocolate Dipped Fruits	1 each		15	0	3	0		104916	No Cook
Walking S'Mores	1 bag	1WG	192	103	30	2		106099	Same Day

VEGETABLES

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
(Hot)									
Homemade Mashed Potatoes	1/2 C	1/2 S	85	172	14	1		102823	Same Day/Complex
Mashed Potatoes	1/2 C	1/2 S	70	180	14	0	W7750	106506	Same Day
Mashed Potatoes w/Gravy	1/2 C	1/2 S	90	350	18	0	W7750	103160	Same Day
Mashed Potatoes w/Rosemary & Garlic	1/2 C	1/2 S	82	296	14	0.5	W7750	106782	Same Day
Oven Brownd Potatoes	1/2 C	1/2 S	157	151	22	2		106083	Same Day
Straight Cut French Fries	1/2 C	1/2 S	90	305	15	0	CG144	108062	Same Day
Tater Tots	8 ea	1/2 S	110	310	14	1	60926	100465	Same Day
Seasoned Potato Wedges	1/2 C	1/2 S	120	140	20	0.5	AV060	101680	Same Day
Hash Brown Rounds	2 pieces	1/2 S	90	190	15	0	HR054	106064	Same Day
Roasted Red-Skinned Potatoes	1/2 C	1/2 S	70	90	14	0	V5096	102594	Same Day
Emoji Potato Shapes	4 pieces	1/2 S	120	80	19	0.5	HW100	106380	Same Day
Sweet Potato Cross Trax	1/2 C	1/2 RO	180	230	24	1.5	M4450	102593	Same Day
Sweet Potato French Fries	1/2 C	1/2 RO	160	190	25	1	E6820	105247	Same Day
Seasoned Steamed Broccoli	1/2 C	1/2DG	32	58	3	0.7	61174	100567	Same Day
Seasoned Steamed Carrots	1/2 C	1/2RO	50	95	7	0.8	CF276	100576	Same Day
Seasoned Steamed Cauliflower	1/2 C	1/2 O	40	69	5	0.72	61108	100659	Same Day
Seasoned Steamed Golden Corn	1/2 C	1/2 S	89	24	17	0.6	CF284	100610	Same Day
Seasoned Steamed Green Beans	1/2 C	1/2 O	38	41	5	0.6	CF266	100611	Same Day
Seasoned Steamed Mixed Vegetables	1/2 C	1/2 O	68	73	12	0.6	CF292	100614	Same Day
Seasoned Oriental Vegetables	1/2 C	1/2 O	42	74	6	0.7		108261	Same Day
Seasoned Steamed Peas	1/2 C	1/2 S	89	105	13	0.6	CF288	100617	Same Day
Baked Beans Calico Style	2/3 C	1/2 BP 2 M	262	518	27	4		100496	Same Day
BBQ Bacon Baked Beans	1/2 C	1/2 BP	230	260	43	1.3		101425	Same Day
Jessie BBQ Baked beans	2/3 C	1/2 BP	241	523	43	0.7		104129	Same Day
Vegetarian Beans	1/2 C	1/2 BP	140	460	28	0	66446	108700	Same Day
Oven Roasted Carrots	1/2 C	1/2 RO	55	203	7	0.4	CF276	100844	Same Day
Roasted Butternut Squash	1/2 C	1/2 Veg O	21	47	0.36	0.3		101540	Same Day

VEGETABLES

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Roasted Green Squash	1/2 C	1/2 Veg O	24	28	2	0.3		106084	Same Day
Roasted Squash Medley	1/2 C	1/2 O	53	107	4	0.8		106703	Same Day
Roasted Sweet Potatoes	1/2 C	1/2 RO	136	55	25	0.5		102826	Same Day
Stewed Tomatoes	3/4 C	1/2 RO	89	284	21	0.02		102480	Same Day
(Cold)									
Black & White Bean Salad	1/2 C	1/2 BP	240	438	27	1.4		100648	No Cook
Black Bean & Corn Salad	1/2 C	1/2 O	88	157	18	0		100652	No Cook
Broccoli Florets Raw	1/2 C	1/2 DG	45	55	8	0	FA080	100505	No Cook
Broccoli Salad	1/2 C	1/2 DG	58	91	9	0.23		100572	No Cook
Carrots Baby	1/2 C	1/2 RO	52	88	12	0	CF480	100484	No Cook
Carrot & Raisin Salad	1/2 C	1/2 RO	206	283	38	1.3		100644	No Cook
Carrots & Celery Sticks	1/2C	1/2 O	27	68	5	0		102766	No Cook
Celery Sticks	1/2 C	1/2 O	20	90	3	0	R6736	101848	No Cook
Chickpea & Tomato Salad	1/2 C	1/2 O	97	141	10	0.8		100848	No Cook
Coleslaw	1/2 C	1/2 O	90	194	8	1		108807	No Cook
Confetti Bean Salad	1/2 C	1/2 BP	252	399	37	1		102479	No Cook
Cucumbers	1/2 C	1/2 O	8	1.5	1.5	0	B5154	100508	No Cook
Creamy Cucumber Salad	1/2 C	½ O	108	248	14	3		103638	No Cook
Fresh Green & Red Peppers	1/2 C	1/2 O	16	3	2	0.01		103707	No Cook
Chickpeas Italiano	1/2 C	1/2 BP	147	249	16	0.7		108065	No Cook
Roasted Chickpeas	1/2 C	1/2BP	109	448	17	0.11		100651	No Cook
Side Salad Caesar	1 C	1/2 DG	53	165	5	1.4		103690	No Cook
Garden Side Salad	1C	1/2 DG	12	0.79	2.5	0		100661	No Cook
Spinach Side Salad	1 C	1/2 DG	7	26	1.5	0		103776	No Cook
Tomato Cucumber Salad	1/2 C	1/2 O	50	57	4	0.5		100600	No Cook
Tomato Salad	1/2 C	1/2 Veg O	26	7	6	0.008		106080	No Cook

VEGETARIAN

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Black Bean Burger	1 Burger	2M, 2 WG, 1/8 O	320	890	44	0.5		106712	Same Day/Complex
Roasted Vegetables & Hummus Wrap	1 Wrap	2M, 2WG, 1/8 RO, 1/2 O	357	397	53	3		106691	Same Day/Complex
Spicy Enchilada Bake w/Vegetarain Meatballs	5 Meatballs + 2 Breadsticks	2 1/4 M, 2WG	448	1020	55	5		107127	Same Day/Complex
Tuna Stuffed Tomato Salad	1 Each	2M, 2 WG, 2 RO	304	739	36	1.1		106710	Same Day/Complex
Vegan Black Bean & Cilantro Rice Burrito	1 Wrap	2M, 2 WG	457	358	87	2		106711	Same Day/Complex
Vegan Pita Pizza	1 Each	2M, 2.25 non WG, 1/8 DG, 1/4 O	288	422	38	2		106704	Same Day/Complex
Vegan Vegetable Wrap	1 Wrap	2M, 2WG, 1/8 DG, 1/8 RO	334	394	49	3		106707	Same Day/Complex
Vegetable Quesadilla	1 Each	2M, 2WG, 1/8 RO	314	422	37	7.2		106706	Same Day/Complex
Vegetarian Meatball Hoagie	1 Sandwich	2M, 2 1/2 Non WG	361	961	51	2		106894	Same Day/Complex
Vegetarian Meatball Hoagie on a Morabito Bun	1 Sandwich	2M, 2.5 WG	421	1151	62	1.7		107707	Same Day/Complex
Vegetarian Spaghetti & Meatballs	1/2 C Pasta, 3 Meatballs, 1 Slice Bread	2 1/4 M, 1 Non WG, 1 WG	450	1015	77	0.32		106881	Same Day/Complex
Vegetarian Tuscan Pasta Salad	1 Salad + 1 C Pasta	2.5 M, 2 Non WG, 1 DG, 1/4 RO, 1/4 O	420	589	71	2.3		106069	Same Day/Complex
Veggie Wrap	1 Wrap	2 M, 2 WG, 1/4 DG, 1/8 O	451	786	37	12		106205	Same Day/Complex

WELLNESS WEDNESDAY

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Broccoli Salad	1/2 C	1/2 DG	58	91	9	0.2		100572	
Roasted Sweet Potato Salad	1/2 C	1/2 RO	158	208	27	1		103640	
Black and White Bean Salad	1/2 C	1/2 BP	241	438	28	1		100648	
Black Bean and Corn Salad	1/2 C	1/8 RO, 1/4 BO, 1/4 S	88	157	18	0		100652	
Oven Roasted Carrots	1/2 C	1/2 RO	55	203	203	0.5		100844	
Roasted Chickpeas	1/2 C	1/2 BP	109	448	17	0		100651	
Chickpea and Tomato Salad	1/2 C	1/2 O	97	141	10	1		100848	
Creamy Cucumber Salad	1/2 C	1/2 O	107	247	14	3		103638	
Carrot and Raisin Salad	1/2 C	1/2 RO	206	283	38	1		100644	
Confetti Bean Salad	1/2 C	1/2 BP	252	399	37	1		102479	
Tomato Cucumber Salad	1/2 C	1/2 O	50	57	4	0.5		100600	
Mediterranean Chickpea Salad	1/2 C	1/2 O	155	147	14	1		104312	
Peach Salsa	1/2 C	1/2 F	68	107	16	0		102481	
Pineapple Salsa	1/2 C	1/2 F	64	161	14	0		104003	
Spinach Pasta Salad	3/4 C	1/2 Non WG, 1/4 O	198	205	28	1		100843	
Stewed Tomatoes	3/4 C	1/2 RO	89	284	21	0		102480	

WRAPS

NAME	Portion Size	Food Components	Calories	Sodium	Carbs	Sat Fat	RH#	(NGR) RECIPE #	HACCP PROCESS
Chicken Salad Wrap	1 Wrap	2M, 2WG, 1/4 O, 1/4 RO	326	644	33	3	JJ500	102761	No Cook
Ham & Cheese Wrap	1 Wrap	2M, 2WG, 1/4 O, 1/4 RO	270	585	32	4	JJ500	103419	No Cook
Italian Wrap	1 Wrap	2M, 2WG, 1/4 O, 1/4 RO	304	872	35	5	JJ500	103404	No Cook
Tuna Salad Wrap	1 Wrap	2M, 2WG, 1/4 O, 1/4 RO	334	655	33	3	JJ500	102782	No Cook
Turkey & Cheese Wrap	1 Wrap	2M, 2WG, 1/4 O, 1/4 RO	280	717	33	4	JJ500	103405	No Cook
Breaded Buffalo Chicken Wrap	1 Wrap	2 ½ M, 3WG, 1/4 O	458	1201	44	7	JJ500	103421	Complex
Breaded Chicken & Cheese Wrap	1 Wrap	2 ½ M, 3WG, 1/4 O, 1/4 RO	416	691	46	5	JJ500	105403	Complex
Breaded Chicken Bacon Ranch Wrap	1 Wrap	2 ½ M, 3WG, 1/4 O, 1/4 RO	507	1095	46	8	JJ500	104983	Complex
Breaded Chicken Caesar Wrap	1 Wrap	2 ½ M, 3WG, 1/4 DG	511	966	44	8	JJ500	104982	Complex
Breaded Chicken Ranch Wrap	1 Wrap	2 1/2 M, 3WG, 1/4 O, 1/4 RO	453	924	45	7	JJ500	108004	Complex
Grilled Buffalo Chicken Wrap	1 Wrap	2 1/2 M, 2WG, 1/4 O	323	1068	30	5	JJ500	103420	Complex
Grilled Chicken Wrap	1 Wrap	2M, 2WG, 1/4 DG, 1/4 O	276	541	31	4	JJ500	104989	Complex
Grilled Chicken Bacon Ranch Wrap	1 Wrap	2 1/2 M, 2WG, 1/4 O, 1/4 RO	382	942	32	7	JJ500	104984	Complex
Grilled Chicken Caesar Wrap	1 Wrap	2 ½ M, 2WG, ¼ DG	381	836	31	6	JJ500	104981	Complex
Grilled Chicken Ranch Wrap	1 Wrap	2 ½ M, 2WG, ¼ DG, ¼ RO	323	794	32	4.5	JJ500	105809	Complex