

ARAMARK

000637 - BRUNCH FOR LUNCH : ARAMARK 2005

Number of Portions: 1

Size of Portions: SERVING

Ingredients	Measures	Instructions
018268 FRENCH TOAST,FRZ,RTH-----	2 piece(s)	
011399 POTATO PUFFS,FRZ,OVEN-HEATED-----	1/2 cup	
990034 SAUSAGE PATTY-----	1 (3.00 OZ)	

Calories..... 598	Iron..... 4.00 Mg	Protein..... 20.00 G	Protein..... 13.37%
Cholesterol.. 140 Mg	Calcium... 145 Mg	Carbohydrates 65.20 G	Carbohydrates. 43.58%
Sodium..... 1146 Mg	Vitamin A.. 229 IU	Total Fat.... 28.77 G	Total Fat..... 43.27%
Dietary Fiber 3.22 G	Vitamin C.. 4.7 Mg	Saturated Fat 8.47 G	Saturated Fat. 12.74%

* - Denotes Missing Nutrient Values

ARAMARK

000508 - 3X5 PIZZA SQUARE : ARAMARK-2005

Number of Portions: 1

Size of Portions: SLICE 3X5

Ingredients	Measures	Instructions
900123 TONY'S PIZZA SQUARE 3X5-----	99 GRAM	

Calories..... 210	Iron..... 1.80 Mg	Protein..... 11.00 G	Protein..... 20.95%
Cholesterol.. 15 Mg	Calcium.... 250 Mg	Carbohydrates 24.00 G	Carbohydrates. 45.71%
Sodium..... 400 Mg	Vitamin A.. 200 IU	Total Fat.... 8.00 G	Total Fat..... 34.29%
Dietary Fiber 1.00 G	Vitamin C.. 6.0 Mg	Saturated Fat 3.50 G	Saturated Fat. 15.00%

* - Denotes Missing Nutrient Values

ARAMARK

000505 - 4X6 PIZZA SQUARE : ARAMARK-2005

Number of Portions: 1

Size of Portions: SQUARE

Alternate Recipe Name:

PIZZA SQUARE

Ingredients	Measures	Instructions
900120 4x6 PIZZA SQUARE-----	1 (4X6 PIZZA SQUARE)	

Calories..... 280	Iron..... 1.80 Mg	Protein..... 16.00 G	Protein..... 22.86%
Cholesterol.. 25 Mg	Calcium... 350 Mg	Carbohydrates 26.00 G	Carbohydrates. 37.14%
Sodium..... 470 Mg	Vitamin A.. 250 IU	Total Fat.... 10.00 G	Total Fat..... 32.14%
Dietary Fiber 0.50 G	Vitamin C.. 6.0 Mg	Saturated Fat 6.00 G	Saturated Fat. 19.28%

* - Denotes Missing Nutrient Values

ARAMARK

000394 - BAGEL BUTTER : ARAMARK 2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
018001 BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE 001001 BUTTER,WITH SALT-----	1 bagel 4-1/2"dia 2 pat(s)	

Calories..... 354	Iron..... 6.66 Mg	Protein..... 11.11 G	Protein..... 12.54%
Cholesterol.. 22 Mg	Calcium... 100 Mg	Carbohydrates 55.56 G	Carbohydrates. 62.70%
Sodium..... 550 Mg	Vitamin A.. 250 IU	Total Fat.... 9.89 G	Total Fat..... 25.12%
Dietary Fiber 2.42 G	Vitamin C.. 1.1 Mg	Saturated Fat 5.57 G	Saturated Fat. 14.14%

* - Denotes Missing Nutrient Values

ARAMARK

000636 - BAGEL CREAM CHEESE : ARAMARK 2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
018001 BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE 001017 CHEESE,CREAM-----	1 bagel 4-1/2"dia 1 oz	

Calories..... 382	Iron..... 7.00 Mg	Protein..... 13.16 G	Protein..... 13.80%
Cholesterol.. 31 Mg	Calcium.... 121 Mg	Carbohydrates 56.30 G	Carbohydrates. 59.01%
Sodium..... 577 Mg	Vitamin A.. 382 IU	Total Fat.... 11.67 G	Total Fat..... 27.52%
Dietary Fiber 2.42 G	Vitamin C.. 1.1 Mg	Saturated Fat 6.66 G	Saturated Fat. 15.70%

* - Denotes Missing Nutrient Values

ARAMARK

000504 - BAGELMELT W/HAM & CHEESE : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
900055 HAM,CKD,FROZEN, 95% FAT FREE-COMMODIT 018406 BAGELS,PLN,ENR,WO/CA PROP (INCL ONION, 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	2 ozs 1 large 4.5" dia 1 oz	

Calories..... 525	Iron..... 7.54 Mg	Protein..... 29.43 G	Protein..... 22.45%
Cholesterol.. 54 Mg	Calcium... 530 Mg	Carbohydrates 71.01 G	Carbohydrates. 54.15%
Sodium..... 1810 Mg	Vitamin A.. 272 IU	Total Fat.... 12.96 G	Total Fat..... 22.23%
Dietary Fiber 3.01 G	Vitamin C.. 0.0 Mg	Saturated Fat 6.27 G	Saturated Fat. 10.76%

* - Denotes Missing Nutrient Values

ARAMARK

000655 - BAKED ZITI : SSS

Number of Portions: 32

Size of Portions: SERVING (1/32)

Alternate Recipe Name:

BAKED ZITI ITALIAN STYLE
WITH BREAD

Ingredients	Measures	Instructions
011549 TOMATO PRODUCTS,CND,SAU-----	1 gal	1. Cover tomato sauce. Keep hot (175 F) for use in assembly.
000001 WATER,BOILING----- 002047 SALT,TABLE----- 990038 OIL, SALAD----- 020099 MACARONI,DRY,ENR-----	2 gals 1/2 oz 1/2 oz 2 lbs	2. Add salt and oil to water. Add ziti (or rotini). Stir to prevent sticking. Return water to a boil. Stir occasionally. Cook until tender, but firm (10 to 12 minutes). DRAIN IMMEDIATELY. Rinse with cold running water to stop the cooking process. DRAIN THOROUGHLY. Toss with oil. Coat completely to prevent sticking. Cover. Refrigerate until use in assembly.
004073 MARGARINE,REG,HARD,SOYBN (HYDR)----- 900699 CHEESE,MOZZARELLA, SHRED-----	3/4 oz 4 lbs	3. Assembly. Mix 2 lbs cheese into ziti. Combine ziti and tomato sauce. Mix to coat macaroni thoroughly. Use a greased 4 1/2" full steam pan. Place ziti mixture in pan. Evenly distribute the rest of cheese (2 lb) on top. Place, uncovered, in a preheated 250 F conv oven. (300 F std oven). Bake until internal temperature reaches 165 F and cheese is melted and browned lightly. Approximate baking times - conv oven: 30 - 40 minutes std oven: 40 - 50 minutes Remove from direct heat. Allow to set 10 minutes before cutting. Cover. Keep hot for service.

Calories..... 312	Iron..... 2.42 Mg	Protein..... 20.91 G	Protein..... 26.78%
Cholesterol.. 31 Mg	Calcium... 441 Mg	Carbohydrates 32.10 G	Carbohydrates. 41.10%
Sodium..... 1128 Mg	Vitamin A.. 849 IU	Total Fat.... 11.41 G	Total Fat..... 32.87%
Dietary Fiber 2.75 G	Vitamin C.. 8.6 Mg	Saturated Fat 6.43 G	Saturated Fat. 18.51%

* - Denotes Missing Nutrient Values

ARAMARK

000300 - BBQ RIB-B-QUE : ARAMARK 2005

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions
010801 PORK,RIB PATTIES,FROZEN,CKD-COMMOD----	176 GRAM	
097029 STEAK ROLL 6" SPLIT-----	50 EACH	
085436 BARBECUE SAUCE-----	1 qt	

Calories.....	257	Iron.....	1.06* Mg	Protein.....	8.94 G	Protein.....	13.93%
Cholesterol..	3 Mg	Calcium....	70* Mg	Carbohydrates	46.92 G	Carbohydrates.	73.08%
Sodium.....	464 Mg	Vitamin A..	5* IU	Total Fat....	3.11 G	Total Fat.....	10.90%
Dietary Fiber	1.13 G	Vitamin C..	0.0* Mg	Saturated Fat	0.70 G	Saturated Fat.	2.45%

* - Denotes Missing Nutrient Values

ARAMARK

500016 - BEAN BURRITO : USDA D-12A

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions
011282 ONIONS,RAW----- 090017 GARLIC,GRANULATED----- 002030 PEPPER,BLACK----- 011541 TOMATO PASTE,CND,HTD----- 014429 WATER,MUNICIPAL----- 002009 CHILI POWDER----- 090016 CUMIN,GROUND----- 002028 PAPRIKA----- 002026 ONION POWDER-----	5 OZS (chopped) 1 Tbsp 2 tsp 1/4 # 10 Can 1 qt 3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
016146 BEANS,PINTO,MATURE,CND,DRND----- 001168 CHEESE,LOFAT,CHEDDAR OR COLBY-----	1 2/3 #10 CAN, drained 2 lbs + 8 ozs	2. Using mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with the pureed beans
018364 TORTILLAS,RTB OR -FRY,FLR-----	50 tortilla (7-8" dia)	3. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
		4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on sheet pans (18" x 26" x1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans. 6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds 7. CCP: Hold for hot service at 135° F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

		<p align="center">Special Tip:</p> <p>SOAKING BEANS</p> <p>OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p>QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.</p> <p>CCP: Hold for hot service at 135°F.</p> <p>OR</p> <p>Chill for later use.</p> <p>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>									
		<p align="center">Food as Purchased</p> <table border="0"> <tr> <td></td> <td align="center">50 servings</td> <td align="center">100 servings</td> </tr> <tr> <td>Pinto beans, dry</td> <td align="center">3 lb</td> <td align="center">6 lb</td> </tr> <tr> <td>Mature onions</td> <td align="center">6 oz</td> <td align="center">12 oz</td> </tr> </table>		50 servings	100 servings	Pinto beans, dry	3 lb	6 lb	Mature onions	6 oz	12 oz
	50 servings	100 servings									
Pinto beans, dry	3 lb	6 lb									
Mature onions	6 oz	12 oz									
		<p align="center">Serving</p> <p>1 burrito provides 2 oz equivalent meat/meat alternate, 1/4 cup of vegetable, and 1 1/2 servings of grains/breads.</p>									

Calories.....	288	Iron.....	3.37 Mg	Protein.....	14.81 G	Protein.....	20.57%
Cholesterol..	13 Mg	Calcium....	306 Mg	Carbohydrates	40.01 G	Carbohydrates.	55.58%
Sodium.....	662 Mg	Vitamin A..	801 IU	Total Fat....	7.93 G	Total Fat.....	24.80%
Dietary Fiber	4.69 G	Vitamin C..	10.1 Mg	Saturated Fat	3.52 G	Saturated Fat.	11.01%

* - Denotes Missing Nutrient Values

ARAMARK

500018 - BEAN TACO : USDA D-13A

Number of Portions: 50

Size of Portions: 2 EACH

Ingredients	Measures	Instructions
016146 BEANS,PINTO,MATURE,CND,DRND----- 011282 ONIONS,RAW----- 090017 GARLIC,GRANULATED----- 002030 PEPPER,BLACK----- 011541 TOMATO PASTE,CND,HTD----- 014429 WATER,MUNICIPAL----- 002009 CHILI POWDER----- 090016 CUMIN,GROUND----- 002028 PAPRIKA----- 002026 ONION POWDER-----	2 #10 CAN, drained 5 OZS (chopped) 1 1/2 Tbsp 2 tsp 1/8 # 10 Can 1 qt 2 Tbsp 1 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp	1. Heat canned pinto beans before draining. Puree beans to a smooth consistency. 2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds. 3. CCP: Hold for hot service at 135° F or higher.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERA 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),	1 lb + 5 ozs 2 lbs + 7 OZS (shredded)	4. For topping: Set cheese aside for step 5. Combine diced tomatoes and shredded lettuce. Toss lightly. Set mixture aside for step 5.
001168 CHEESE,LOFAT,CHEDDAR OR COLBY----- 018360 TACO SHELLS,BAKED-----	1 lb + 10 ozs 100 medium (5" dia)	5. Serving suggestions (2 tacos per serving) A. Before serving or on serving line, fill each taco shell with a No. 20 scoop (about 3 Tbsp) bean mixture. On each student tray, serve 2 tacos, No. 10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR B.1. Preportion No. 10 scoop (3/8 cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service. B.2. Transfer bean mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 1 No. 10 scoop (3/8 cup) bean mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

ARAMARK

		<p>Special Tip:</p> <p>SOAKING BEANS</p> <p>OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p>QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.</p> <p>CCP: Hold for hot service at 135°F.</p> <p>OR</p> <p>Chill for later use.</p> <p>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>															
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	50 Servings	100 Servings															
Mature onions	6 oz	12 oz															
Head lettuce	3 lb 4 oz	6 lb 8 oz															
Tomatoes	1 lb 9 oz	3 lb 2 oz															
Dry pinto beans	3 lb 9 oz	7 lb 2 oz															
		<p>Serving</p> <p>2 tacos provide 1 3/4 oz equivalent meat/meat alternate, 1/2 cup of vegetable, and 1 serving of grains/breads.</p>															

Calories..... 249	Iron..... 2.66 Mg	Protein..... 11.36 G	Protein..... 18.24%
Cholesterol.. 8 Mg	Calcium.... 226 Mg	Carbohydrates 32.12 G	Carbohydrates. 51.60%
Sodium..... 536 Mg	Vitamin A.. 601 IU	Total Fat.... 9.30 G	Total Fat..... 33.62%
Dietary Fiber 5.70 G	Vitamin C.. 8.6 Mg	Saturated Fat 2.68 G	Saturated Fat. 9.67%

* - Denotes Missing Nutrient Values

ARAMARK

000501 - BOLOGNA & CHEESE ON A ROLL : ARAMARK-2005

Number of Portions: 1
 Size of Portions: EACH

Ingredients	Measures	Instructions
900110 BOLOGNA-----	2 ozs	
900018 KAISER ROLLS SPLIT-----	1 EACH	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	1/2 oz	

Calories.....	333	Iron.....	1.53 Mg	Protein.....	9.99 G	Protein.....	12.00%
Cholesterol..	58 Mg	Calcium....	78 Mg	Carbohydrates	22.76 G	Carbohydrates.	27.34%
Sodium.....	1025 Mg	Vitamin A..	136 IU	Total Fat....	21.71 G	Total Fat.....	58.70%
Dietary Fiber	0.00 G	Vitamin C..	0.0 Mg	Saturated Fat	8.79 G	Saturated Fat.	23.76%

* - Denotes Missing Nutrient Values

ARAMARK

000788 - BREAKFAST FOR LUNCH : SSS

Number of Portions: 1

Size of Portions: SERVING

Alternate Recipe Name:

Breakfast for Lunch

French Toast & Sausage

Ingredients	Measures	Instructions
990022 FRENCH TOAST STICKS-----	2 ozs	
007901 USDA COMMODITY,PORK,SAUSAGE,BULK/LIN	2 1/2 ozs	

Calories.....	371	Iron.....	1.61 Mg	Protein.....	17.41 G	Protein.....	18.76%
Cholesterol..	81 Mg	Calcium....	18 Mg	Carbohydrates	23.89 G	Carbohydrates.	25.74%
Sodium.....	678 Mg	Vitamin A..	48 IU	Total Fat....	22.32 G	Total Fat.....	54.11%
Dietary Fiber	0.00 G	Vitamin C..	0.0 Mg	Saturated Fat	5.63 G	Saturated Fat.	13.64%

* - Denotes Missing Nutrient Values

ARAMARK

900081 - BREAKFAST FOR LUNCH : SSS

Number of Portions: 1

Size of Portions: SERVING

Alternate Recipe Name:

Breakfast for Lunch

French Toast & Sausage

Ingredients	Measures	Instructions
990022 FRENCH TOAST STICKS-----	2 ozs	
007901 USDA COMMODITY,PORK,SAUSAGE,BULK/LIN	2 1/2 ozs	

Calories.....	371	Iron.....	1.61 Mg	Protein.....	17.41 G	Protein.....	18.76%
Cholesterol..	81 Mg	Calcium....	18 Mg	Carbohydrates	23.89 G	Carbohydrates.	25.74%
Sodium.....	678 Mg	Vitamin A..	48 IU	Total Fat....	22.32 G	Total Fat.....	54.11%
Dietary Fiber	0.00 G	Vitamin C..	0.0 Mg	Saturated Fat	5.63 G	Saturated Fat.	13.64%

* - Denotes Missing Nutrient Values

ARAMARK

990060 - BURRITO BEAN & RICE : OWC - TACORIA

Number of Portions: 50

Size of Portions: EACH

Ingredients	Measures	Instructions
018364 TORTILLAS,RTB OR -FRY,FLR----- 016103 REFRIED BEANS,CANNED (INCL USDA COMM 990061R RICE,SANTA FE RICE----- 006178 USDA COMMODITY,SALSA----- 001009 CHEESE,CHEDDAR-----	50 each 12" dia 7 lbs + 13 ozs 13 lbs + 5 ozs 1 qt + 2 1/4 cups 3 lbs + 2 ozs	For one serving: Layer the following in center of tortilla: #16 scoop beans #8 scoop rice 1-oz ladle salsa 1/4 c cheese Fold lower third of tortilla up over filling. Fold in right and left edges of tortilla, about 2 1/2" on each side. Roll burrito tightly closed. Place burrito, seam side down, on 9" serving plate.
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES), 090098 TOMATOES,CND,DICED,DRND-----	2 lbs + 5 ozs 1 qt + 2 1/4 CUPS (diced)	Arrange 1/4 c lettuce and 1/8 c tomatoes around tortilla. Serve immediately.

Calories.....	685	Iron.....	7.75 Mg	Protein.....	24.14 G	Protein.....	14.09%
Cholesterol..	35 Mg	Calcium....	402 Mg	Carbohydrates	101.74 G	Carbohydrates.	59.37%
Sodium.....	1739 Mg	Vitamin A..	860 IU	Total Fat....	19.59 G	Total Fat.....	25.72%
Dietary Fiber	8.96 G	Vitamin C..	9.4 Mg	Saturated Fat	8.54 G	Saturated Fat.	11.22%

* - Denotes Missing Nutrient Values

ARAMARK

990062 - BURRITO BEEF BASIC : OWC - TACORIA

Number of Portions: 50

Size of Portions: EACH

Ingredients	Measures	Instructions
018364 TORTILLAS,RTB OR -FRY,FLR----- 016103 REFRIED BEANS,CANNED (INCL USDA COMM 990061R RICE,SANTA FE RICE----- 006178 USDA COMMODITY,SALSA----- 001009 CHEESE,CHEDDAR----- 990044R TACO BEEF TOPPING----- 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),	50 each 12" dia 7 lbs + 13 ozs 13 lbs + 5 ozs 1 qt + 2 1/4 cups 3 lbs + 2 ozs 6 lbs + 4 ozs 2 lbs + 5 ozs	For one serving: Layer the following in center of tortilla: #16 scoop beans #8 scoop rice 1-oz ladle salsa 1/4 c cheese #16 scoop beef topping Fold lower third of tortilla up over filling. Fold in right and left edges of tortilla, about 2 1/2" on each side. Roll burrito tightly closed. Place burrito, seam side down, on 9" serving plate.
		Arrange 1/4 c lettuce and 1/8 c tomatoes around tortilla. Serve immediately.
090098 TOMATOES,CND,DICED,DRND-----	1 qt + 2 1/4 CUPS (diced)	

Calories.....	792	Iron.....	8.94 Mg	Protein.....	33.14 G	Protein.....	16.73%
Cholesterol..	68 Mg	Calcium...	410 Mg	Carbohydrates	104.59 G	Carbohydrates.	52.80%
Sodium.....	2084 Mg	Vitamin A..	1137 IU	Total Fat....	25.96 G	Total Fat.....	29.48%
Dietary Fiber	9.23 G	Vitamin C..	11.9 Mg	Saturated Fat	11.01 G	Saturated Fat.	12.51%

* - Denotes Missing Nutrient Values

ARAMARK

000654 - CAESAR SALAD W/ Chicken SSS : ARAMARK SSS

Number of Portions: 50

Size of Portions: 1 EACH

Ingredients	Measures	Instructions
900009 LETTUCE, ROMAINE,RAW-----	10 lbs + 15 ozs	SPECIAL INSTRUCTIONS: DO NOT HOLD SALAD LONGER THAN 10 MINUTES COMBINE SALAD INGREDIENTS. TOSS TO COAT. PLACE 4oz SPOODLE SALAD MIXTURE ON 9" PLATE OR BOWL TOP WITH THE FOLLOWING: 2oz SPOODLE TURKEY (DICED 1/2") 1 TABLESPOON CHEESE SERVE IMMEDIATELY.
018242 CROUTONS,PLAIN-----	1 lb + 11 ozs	
084832 CAESAR DRESSING-----	1 qt + 1 cup	
005360 CHICK,DICED,CKD,FROZEN-COMMOD-----	6 lbs + 4 ozs	
001032 CHEESE,PARMESAN,GRATED-----	3 3/4 ozs	
000017 CRACKERS, SALTINE-----	2 PKG. 4/ct	

Calories..... 331	Iron..... 2.45 Mg	Protein..... 20.61 G	Protein..... 24.89%
Cholesterol.. 53 Mg	Calcium.... 82 Mg	Carbohydrates 14.85 G	Carbohydrates. 17.93%
Sodium..... 531 Mg	Vitamin A.. 2620* IU	Total Fat.... 20.43 G	Total Fat..... 55.51%
Dietary Fiber 2.48 G	Vitamin C.. 23.8* Mg	Saturated Fat 4.23 G	Saturated Fat. 11.49%

* - Denotes Missing Nutrient Values

ARAMARK

000341 - CHEESE RAVIOLI : ARAMARK-2005

Number of Portions: 50

Size of Portions: 4 OZ (APPROX 6)

Ingredients	Measures	Instructions
900113 RAVIOLI -----	12 lbs + 8 ozs	
050161 Tomato Sauce (Meatless)-----	3 gals	

Calories.....	419	Iron.....	4.28 Mg	Protein.....	19.33 G	Protein.....	18.47%
Cholesterol..	122 Mg	Calcium....	2553 Mg	Carbohydrates	49.56 G	Carbohydrates.	47.36%
Sodium.....	599 Mg	Vitamin A..	8363 IU	Total Fat....	16.72 G	Total Fat.....	35.94%
Dietary Fiber	4.67 G	Vitamin C..	54.1 Mg	Saturated Fat	0.33 G	Saturated Fat.	0.70%

* - Denotes Missing Nutrient Values

ARAMARK

000346 - CHEESE SANDWICH : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Alternate Recipe Name:

AMERICAN CHEESE SAND

Ingredients	Measures	Instructions
050032 White Bread-----	2 slice	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	2 ozs	

Calories..... 399	Iron..... 2.17 Mg	Protein..... 17.73 G	Protein..... 17.79%
Cholesterol.. 53 Mg	Calcium.... 341 Mg	Carbohydrates 35.12 G	Carbohydrates. 35.24%
Sodium..... 1134 Mg	Vitamin A.. 585 IU	Total Fat.... 20.73 G	Total Fat..... 46.82%
Dietary Fiber 1.40 G	Vitamin C.. 0.2 Mg	Saturated Fat 11.88 G	Saturated Fat. 26.83%

* - Denotes Missing Nutrient Values

ARAMARK

900057 - CHEESEBURGER ON A BUN : ARAMARK SSS

Number of Portions: 1

Size of Portions: SANDWICH

Alternate Recipe Name:

Cheeseburger on a Bun

Ingredients	Measures	Instructions
013317 BEEF,GROUND,PATTIES,FRZ,CKD,BRLD,MED--	3 1/4 OZS (raw weight)	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	1/2 oz	
018350 ROLLS,HAMBURGER OR HOTDOG,PLN-----	1 roll(s)	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),	2 medium leaf(s)	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERA	2 medium slice	

Calories.....	352	Iron.....	2.83 Mg	Protein.....	22.71 G	Protein.....	25.81%
Cholesterol..	72 Mg	Calcium....	147 Mg	Carbohydrates	21.97 G	Carbohydrates.	24.97%
Sodium.....	467 Mg	Vitamin A..	217 IU	Total Fat....	18.61 G	Total Fat.....	47.61%
Dietary Fiber	1.10 G	Vitamin C..	0.4 Mg	Saturated Fat	8.09 G	Saturated Fat.	20.70%

* - Denotes Missing Nutrient Values

ARAMARK

000004 - CHEF SALAD : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Alternate Recipe Name:

CHEF'S SALAD

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW-----	1 CUP (shredded)	
011112 CABBAGE,RED,RAW-----	1/4 CUP (chopped)	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),	1/2 CUP (chopped)	
011205 CUCUMBER,WITH PEEL,RAW-----	1/2 CUP (slices)	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERA	2 TBSP (chop/slice)	
090034 HAM,DELI,95% FAT-FREE-----	2 ozs	
007079 TURKEY BREAST MEAT-----	1 oz	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	1/2 oz	

Calories.....	176	Iron.....	1.84 Mg	Protein.....	19.46 G	Protein.....	44.32%
Cholesterol..	53 Mg	Calcium....	127 Mg	Carbohydrates	9.68 G	Carbohydrates.	22.05%
Sodium.....	1141 Mg	Vitamin A..	3503 IU	Total Fat....	6.84 G	Total Fat.....	35.05%
Dietary Fiber	2.46 G	Vitamin C..	30.7 Mg	Saturated Fat	3.48 G	Saturated Fat.	17.84%

* - Denotes Missing Nutrient Values

ARAMARK

005023 - CHICKEN FAJITAS : ARAMARK-2005

Number of Portions: 100

Size of Portions: 1 FAJITA

Ingredients	Measures	Instructions
006186 SOUP, STOCK, VEG, ,W/O MSG----- 020027 CORNSTARCH----- 018364 TORTILLAS,RTB OR -FRY,FLR-----	1 qt 1/2 cup 100 tortilla 7" dia	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
004623 OIL,VEG,TYPE A-COMMOD-----	1 qt	3. Add the oil to the cooled, thickened stock mixture.
002053 VINEGAR,DISTILLED----- 019335 SUGARS,GRANULATED----- 002032 PEPPER,WHITE----- 002020 GARLIC POWDER----- 002009 CHILI POWDER----- 090016 CUMIN,GROUND----- 090019 OREGANO LEAVES,DRIED-----	1 qt 1 lb + 8 ozs 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 1/4 cup 2 1/2 tsp 1 Tbsp + 1 tsp	4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
075013 CHICKEN BREAST,Boneless,Skinless (avg 4 ----	18 LBS (raw wgt)	5. Pour marinade over the sliced chicken. Marinate overnight in a refrigerator. 6. Drain the chicken, reserving the marinade. 7. Preheat grill to 350 F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.
011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL 011282 ONIONS,RAW----- 011333 PEPPERS,SWEET,GREEN,RAW----- 011966 TOMATOES,CRUSHED,CND,HTD----- 006178 USDA COMMODITY,SALSA-----	1 #10 Can 1 lb + 8 ozs 1 lb 1/2 #10 Can 2 lbs	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated through, about 5 minutes. Add to cooked chicken. 9. For each serving, place 1/2 cup (3 1/2 oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm. SERVING: 1 Fajita provides 2 ounces of cooked poultry, 1/8 cup of vegetable, and 1 serving of grain. MARKETING GUIDE: Onions: Use 1 lb 12 oz fresh onions to yield 1 lb 8 oz finished product diced. Green peppers: Use 1 lb 4 oz fresh green peppers to yield 1 lb finished product diced.

ARAMARK

Calories.....	327	Iron.....	2.42 Mg	Protein.....	18.23 G	Protein.....	22.29%
Cholesterol..	37 Mg	Calcium...	64 Mg	Carbohydrates	32.27 G	Carbohydrates.	39.44%
Sodium.....	364 Mg	Vitamin A..	306 IU	Total Fat....	14.04 G	Total Fat.....	38.62%
Dietary Fiber	2.09 G	Vitamin C..	8.4 Mg	Saturated Fat	2.71 G	Saturated Fat.	7.46%

* - Denotes Missing Nutrient Values

ARAMARK

900339 - Chicken Nuggets : Tyson

Number of Portions: 1

Size of Portions: 6 each

Alternate Recipe Name:

OWC Chicken Nuggets

Ingredients	Measures	Instructions
098009 Chicken Breaded Breast Chunks,Tyson CN #------	1 (6 Nuggets)	

Calories.....	264	Iron.....	2.16 Mg	Protein.....	16.80 G	Protein.....	25.46%
Cholesterol..	48 Mg	Calcium....	24 Mg	Carbohydrates	13.20 G	Carbohydrates.	20.00%
Sodium.....	564 Mg	Vitamin A..	120 IU	Total Fat....	15.60 G	Total Fat.....	53.18%
Dietary Fiber	2.40 G	Vitamin C..	0.0 Mg	Saturated Fat	3.60 G	Saturated Fat.	12.27%

* - Denotes Missing Nutrient Values

ARAMARK

990093 - CHICKEN PARMESAN - SSS : ARAMARK SSS

Number of Portions: 50

Size of Portions: 1 EACH

Ingredients	Measures	Instructions
900012 CHICKEN PATTY, BREADED FROZEN-----	50 EACH	SPECIAL INSTRUCTIONS BATCH COOK TO PREVENT THE DISINTEGRATION OF THE BREADING. PREHEAT FRYER TO 350 F. PLACE CHICKEN PATTIES IN FRYER BASKET. FRY AT 350 F UNTIL INTERNAL TEMPERATURE REACHES 165 F AND CHICKEN IS GOLDEN BROWN. PLACE CHICKEN PATTIES IN SINGLE LAYER ON SHEET PAN. TOP EACH PATTY WITH THE FOLLOWING: 1/8 C SAUCE 1/8 C CHEESE BAKE IN OVEN 3 MINUTES OR UNTIL CHEESE MELTS. SERVE EACH PATTY IN A HAMBURGER BUN. KEEP HOT FOR SERVICE.
097481 HAMBURGER BUN,PLAIN,4':PERFECTION-----	50 EACH	
011549 TOMATO PRODUCTS,CND,SAU-----	3 lbs + 14 ozs	
990040 CHEESE,MOZZARELLA,SHRED-----	1 lb + 9 ozs	

Calories.....	440	Iron.....	2.35 Mg	Protein.....	19.79 G	Protein.....	17.97%
Cholesterol..	48 Mg	Calcium....	118 Mg	Carbohydrates	39.98 G	Carbohydrates.	36.31%
Sodium.....	948 Mg	Vitamin A..	340 IU	Total Fat....	22.19 G	Total Fat.....	45.35%
Dietary Fiber	1.53 G	Vitamin C..	48.4 Mg	Saturated Fat	5.82* G	Saturated Fat.	11.89%

* - Denotes Missing Nutrient Values

ARAMARK

000398 - CHICKEN PATTY ON A BUN : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
990023 CHICKEN PATTIE,CKD,FRZ,BRD,BREAST W/RI 018350 ROLLS,HAMBURGER OR HOTDOG,PLN-----	1 (3.00 OZ) 1 roll(s)	

Calories.....	330	Iron.....	2.50 Mg	Protein.....	15.08 G	Protein.....	18.28%
Cholesterol..	35 Mg	Calcium....	59 Mg	Carbohydrates	34.26 G	Carbohydrates.	41.53%
Sodium.....	526 Mg	Vitamin A..	0* IU	Total Fat....	14.86 G	Total Fat.....	40.52%
Dietary Fiber	2.90 G	Vitamin C..	0.0 Mg	Saturated Fat	3.47 G	Saturated Fat.	9.46%

* - Denotes Missing Nutrient Values

ARAMARK

000406 - DELI SUB ON A HERO : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
007079 TURKEY BREAST MEAT-----	1 oz	
900055 HAM,CKD,FROZEN, 95% FAT FREE-COMMODIT	1 1/2 ozs	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	2 ozs	
097088 FRENCH ROLLS-----	1 EA. 2.6 oz	

Calories..... 466	Iron..... 2.63 Mg	Protein..... 29.45 G	Protein..... 25.30%
Cholesterol.. 86 Mg	Calcium.... 578 Mg	Carbohydrates 37.55 G	Carbohydrates. 32.26%
Sodium..... 1978 Mg	Vitamin A.. 554 IU	Total Fat.... 19.69 G	Total Fat..... 38.06%
Dietary Fiber 0.14 G	Vitamin C.. 1.6 Mg	Saturated Fat11.60* G	Saturated Fat. 22.42%

* - Denotes Missing Nutrient Values

ARAMARK

000570 - EGG & CHEESE ON A BUN : ARAMARK

Number of Portions: 1

Size of Portions: SVG

Ingredients	Measures	Instructions
990029 EGG,"SCRAMBLED EGG PATTIE",AS-----	1 serving(1 oz)	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	1/2 oz	
900656 Hamburger Bun-----	1 (1 Bun)	

Calories.....	221	Iron.....	1.82 Mg	Protein.....	10.17 G	Protein.....	18.41%
Cholesterol..	116 Mg	Calcium....	110 Mg	Carbohydrates	23.89 G	Carbohydrates.	43.27%
Sodium.....	494 Mg	Vitamin A..	290 IU	Total Fat....	8.86 G	Total Fat.....	36.10%
Dietary Fiber	0.00 G	Vitamin C..	0.0 Mg	Saturated Fat	4.04 G	Saturated Fat.	16.47%

* - Denotes Missing Nutrient Values

ARAMARK

500097 - EGG SALAD SANDWICH : USDA F-03

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions												
001129 EGG,WHL,CKD,HARD-BOILED----- 011282 ONIONS,RAW----- 011143 CELERY,RAW----- 002030 PEPPER,BLACK----- 090018 MUSTARD,POWDER/DRY----- 004622 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD- 011945 PICKLE RELISH,SWEET-----	50 large 8 OZS (chopped) 14 1/2 OZS (chopped) 1/2 Tbsp 1/2 Tbsp 1 3/4 cups 1 cup	1. Finely chop eggs. 2. Combine eggs, onions, celery, pepper, dry mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. Spread 4 lb (approximately 2 qt 1/4 cup) into each shallow pan (12" x 20" x2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to use.												
018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR	100 slice	4. Portion with No. 12 scoop (1/3 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.												
		Food as Purchased												
		<table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Mature onions</td> <td style="text-align: center;">10 oz</td> <td style="text-align: center;">1 lb 4 oz</td> </tr> <tr> <td>Celery</td> <td style="text-align: center;">1 lb 2 oz</td> <td style="text-align: center;">2 lb 4 oz</td> </tr> <tr> <td>Bread, sliced</td> <td style="text-align: center;">3 1/4 sandwich loaves (2 lb each)</td> <td style="text-align: center;">6 1/2 sandwich loaves (2 lb each)</td> </tr> </tbody> </table>		50 Servings	100 Servings	Mature onions	10 oz	1 lb 4 oz	Celery	1 lb 2 oz	2 lb 4 oz	Bread, sliced	3 1/4 sandwich loaves (2 lb each)	6 1/2 sandwich loaves (2 lb each)
	50 Servings	100 Servings												
Mature onions	10 oz	1 lb 4 oz												
Celery	1 lb 2 oz	2 lb 4 oz												
Bread, sliced	3 1/4 sandwich loaves (2 lb each)	6 1/2 sandwich loaves (2 lb each)												
		Serving												
		1 sandwich provides 2 oz equivalent meat/meat alternate and 2 servings of grains/breads.												

Calories.....	244	Iron.....	2.29 Mg	Protein.....	10.68 G	Protein.....	17.51%
Cholesterol..	216 Mg	Calcium....	86 Mg	Carbohydrates	30.05 G	Carbohydrates.	49.26%
Sodium.....	453 Mg	Vitamin A..	302 IU	Total Fat....	8.69 G	Total Fat.....	32.04%
Dietary Fiber	1.50 G	Vitamin C..	0.9 Mg	Saturated Fat	2.15 G	Saturated Fat.	7.92%

* - Denotes Missing Nutrient Values

ARAMARK

000500 - HAM & CHEESE ON A ROLL : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
900055 HAM,CKD,FROZEN, 95% FAT FREE-COMMODIT	2 1/2 ozs	
900018 KAISER ROLLS SPLIT-----	1 EACH	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	1 oz	

Calories.....	259	Iron.....	4.72 Mg	Protein.....	20.88 G	Protein.....	32.29%
Cholesterol..	61 Mg	Calcium....	594 Mg	Carbohydrates	17.73 G	Carbohydrates.	27.43%
Sodium.....	1437 Mg	Vitamin A..	272 IU	Total Fat....	11.64 G	Total Fat.....	40.52%
Dietary Fiber	0.00 G	Vitamin C..	0.0 Mg	Saturated Fat	6.08 G	Saturated Fat.	21.17%

* - Denotes Missing Nutrient Values

ARAMARK

000382 - HAMBURGER ON A BUN : ARAMARK-2005

Number of Portions: 1

Size of Portions: SERVING

Ingredients	Measures	Instructions
013317 BEEF,GROUND,PATTIES,FRZ,CKD,BRLD,MED-- 018350 ROLLS,HAMBURGER OR HOTDOG,PLN-----	2 2/3 OZS (raw weight) 1 roll(s)	

Calories..... 267	Iron..... 2.52 Mg	Protein..... 16.83 G	Protein..... 25.25%
Cholesterol.. 49 Mg	Calcium.... 65 Mg	Carbohydrates 21.26 G	Carbohydrates. 31.89%
Sodium..... 246 Mg	Vitamin A.. 0 IU	Total Fat.... 12.09 G	Total Fat..... 40.79%
Dietary Fiber 0.90 G	Vitamin C.. 0.0 Mg	Saturated Fat 4.49 G	Saturated Fat. 15.14%

* - Denotes Missing Nutrient Values

ARAMARK

000291 - HEARTY MACARONI DINNER : VRG

Number of Portions: 50

Size of Portions: 2 1/2 CUPS

Ingredients	Measures	Instructions
020100 MACARONI,COOKED,ENRICHED-----	6 LBS (cooked wgt)	1. BRING WATER TO A BOIL. ADD PASTA GRADUALLY WHILE STIRRING. REHEAT TO BOILING. COOK UNCOVERED UNTIL TENDER, ABOUT 10 MINUTES, STIRRING OCCASIONALLY TO PREVENT STICKING. 2. SAUTE ONIONS IN OIL UNTIL ONIONS ARE SOFT, ABOUT 5 MINUTES. 3. ADD REMAINING INGREDIENTS AND COOKED PASTA. SIMMER 15 MINUTES, STIRRING OCCASIONALLY. SERVE HOT.
014429 WATER,MUNICIPAL-----	6 gals	
011282 ONIONS,RAW-----	2 lbs + 10 ozs	
004518 OIL,VEG,CORN,INDUSTRIAL & RTL,ALLPURP S	1 1/2 cups	
011540 TOMATO JUC,CND,W/SALT-----	2 1/4 gals	
002009 CHILI POWDER-----	1 cup	
011912 CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB, 016029 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,C	7 lbs + 8 ozs 1 1/2 gals	

Calories.....	347	Iron.....	3.60 Mg	Protein.....	13.30 G	Protein.....	15.35%
Cholesterol..	0 Mg	Calcium....	87 Mg	Carbohydrates	59.11 G	Carbohydrates.	68.22%
Sodium.....	1041 Mg	Vitamin A..	1530 IU	Total Fat....	8.60 G	Total Fat.....	22.33%
Dietary Fiber	9.78 G	Vitamin C..	38.7 Mg	Saturated Fat	1.17 G	Saturated Fat.	3.05%

* - Denotes Missing Nutrient Values

ARAMARK

000343 - HOT DOG ON A BUN : ARAMARK-2005

Number of Portions: 1
 Size of Portions: EACH
 Alternate Recipe Name:
 HOT DOGS

Ingredients	Measures	Instructions
007022 FRANKFURTER BF-----	1 each,10 per LB.	
000701 HOTDOG ROLLS/BUNS,PLAIN-----	1 ROLL(s)	

Calories.....	271	Iron.....	2.04 Mg	Protein.....	8.71 G	Protein.....	12.84%
Cholesterol..	24 Mg	Calcium....	66 Mg	Carbohydrates	23.46 G	Carbohydrates.	34.56%
Sodium.....	754 Mg	Vitamin A..	0 IU	Total Fat....	15.50 G	Total Fat.....	51.38%
Dietary Fiber	1.16 G	Vitamin C..	0.0 Mg	Saturated Fat	5.77 G	Saturated Fat.	19.13%

* - Denotes Missing Nutrient Values

ARAMARK

000351 - HOT TURKEY SANDWICH : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Alternate Recipe Name:

HOT OPEN TURKEY SAND

Ingredients	Measures	Instructions
007079 TURKEY BREAST MEAT-----	2 ozs	
018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR	2 slice	
006125 GRAVY,TURKEY,CANNED-----	2 ozs	

Calories.....	221	Iron.....	3.08 Mg	Protein.....	14.97 G	Protein.....	27.11%
Cholesterol..	26 Mg	Calcium....	82 Mg	Carbohydrates	30.58 G	Carbohydrates.	55.38%
Sodium.....	1243 Mg	Vitamin A..	19 IU	Total Fat....	3.78 G	Total Fat.....	15.39%
Dietary Fiber	1.71 G	Vitamin C..	3.2 Mg	Saturated Fat	0.98 G	Saturated Fat.	3.99%

* - Denotes Missing Nutrient Values

ARAMARK

000237 - MACARONI & CHEESE : ARAMARK-2005

Number of Portions: 50

Size of Portions: 2 CUP SERVINGS

Ingredients	Measures	Instructions
000001 WATER,BOILING-----	4 gals + 1 cup	PREHEAT CONV OVEN 300 F STD OVEN 350 F
002047 SALT,TABLE-----	1/4 cup	
020099 MACARONI,DRY,ENR-----	4 lbs + 3 ozs	IN BOILING WATER, WITH SALT, COOK MACARONI "AL DENTE" DRAIN, RINSE THOROUGHLY DRAIN, COVER. SET ASIDE. MELT BUTTER, ADD FLOUR AND COOK ROUX 1-2 MINUTES, STIRRING CONSTANTLY. GRADUALLY ADD HOT MILK. USING WIRE WHISK, STIR UNTIL SMOOTH AND THICKENED WHISK IN WORCESTERSHIRE SAUCE, MUSTARD, SALT AND PEPPER REMOVE FROM HEAT ADD CHEDDAR GRADUALLY, STIRRING TO INCORPORATE AFTER EACH ADDITION. POUR SAUCE OVER MACARONI. TOSS TO COAT. POUR INTO 2 1/2" FULL STEAM TABLE PAN (S) COMBINE PARMESAN, BREAD CRUMBS AND PAPRIKA TOP MACARONI AND CHEESE WITH BREAD CRUMB / CHEESE MIXTURE. BAKE IN STD OVEN UNTIL BUBBLING HOT AND BROWN, ABOUT 45-60 MINUTES.
990041 MARGARINE-----	2/3 cup	
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA	2 cups + 1 Tbsp	
001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED	1 1/4 gals	
002047 SALT,TABLE-----	2 Tbsp + 1/4 tsp	
002032 PEPPER,WHITE-----	1/4 tsp	
001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	3 CUPS (diced)	
001032 CHEESE,PARMESAN,GRATED-----	4 1/4 ozs	
900027 BREAD CRUMBS, DRY-----	4 1/4 ozs	
002028 PAPRIKA-----	2 tsp	

Calories.....	271	Iron.....	1.79 Mg	Protein.....	11.89 G	Protein.....	17.57%
Cholesterol..	18 Mg	Calcium....	205 Mg	Carbohydrates	39.01 G	Carbohydrates.	57.63%
Sodium.....	1167 Mg	Vitamin A..	429 IU	Total Fat....	7.12 G	Total Fat.....	23.66%
Dietary Fiber	1.50 G	Vitamin C..	0.3 Mg	Saturated Fat	3.62 G	Saturated Fat.	12.03%

* - Denotes Missing Nutrient Values

ARAMARK

500129 - MACARONI AND CHEESE(NEW) : USDA D-51

Number of Portions: 50

Size of Portions: 2/3 CUP

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL----- 002047 SALT,TABLE----- 020100 MACARONI,COOKED,ENRICHED----- 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTN 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002047 SALT,TABLE----- 090018 MUSTARD,POWDER/DRY----- 002030 PEPPER,BLACK----- 002028 PAPRIKA-----	5 gals 2 Tbsp + 2 tsp 2 lbs + 10 ozs 12 ozs 12 ozs 1 Tbsp + 1 tsp 1 Tbsp 1 tsp 1 Tbsp	1. Add salt to boiling water. 2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water. 3. Melt margarine or butter in a stock pot or steam-jacketed kettle. 4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
001155 MILK,DRY,NONFAT,INST,WO/ VIT A----- 043374 SAUCE,WORCESTERSHIRE----- 001032 CHEESE,PARMESAN,GRATED----- 001168 CHEESE,LOFAT,CHEDDAR OR COLBY-----	1 1/4 gals 2 tsp 4 ozs 2 lbs + 8 ozs	5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 6. Add Worcestershire sauce, shredded Parmesan and Cheddar cheeses, to the white sauce. Stir over low heat until cheese melts.
018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR 001168 CHEESE,LOFAT,CHEDDAR OR COLBY-----	2 CUPS (crumbs) 1 QT (shredded)	7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes CCP: Heat to 140° F or higher. 8. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 9. Bake an additional 5 minutes, uncovered, until lightly browned. 10. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces).
		Serving
		1 portion provides 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

Calories.....	325	Iron.....	1.57 Mg	Protein.....	17.21 G	Protein.....	21.18%
Cholesterol..	23 Mg	Calcium....	448 Mg	Carbohydrates	32.70 G	Carbohydrates.	40.25%
Sodium.....	475 Mg	Vitamin A..	763 IU	Total Fat....	13.63 G	Total Fat.....	37.74%
Dietary Fiber	1.49 G	Vitamin C..	1.1 Mg	Saturated Fat	5.93 G	Saturated Fat.	16.42%

* - Denotes Missing Nutrient Values

ARAMARK

000029 - MEATBALL HERO : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Alternate Recipe Name:

MEATBALL HERO

Ingredients	Measures	Instructions
050109 Meat Balls-----	4 meatball(s)	
006931 SAUCE,PASTA,SPAGHETTI/MARINARA,RTS-----	1/4 cup	
001029 CHEESE,MOZZARELLA,PART SKIM MILK,LO M	1 oz	
050020 Italian Bread-----	2 ozs	

Calories.....	733	Iron.....	7.50 Mg	Protein.....	52.19 G	Protein.....	28.49%
Cholesterol..	168 Mg	Calcium....	360 Mg	Carbohydrates	56.38 G	Carbohydrates.	30.78%
Sodium.....	890 Mg	Vitamin A..	882 IU	Total Fat....	32.11 G	Total Fat.....	39.44%
Dietary Fiber	4.38 G	Vitamin C..	9.1 Mg	Saturated Fat	13.77 G	Saturated Fat.	16.92%

* - Denotes Missing Nutrient Values

ARAMARK

500121 - MEAT LOAF : USDA D-27

Number of Portions: 50

Size of Portions: 3/4" SLICE

Ingredients	Measures	Instructions
011541 TOMATO PASTE,CND,HTD----- 014429 WATER,MUNICIPAL----- 006188 SOUP, STOCK, BEEF, LO SODIUM----- 001123 EGG,WHOLE,RAW,FRESH----- 020038 OATS----- 001155 MILK,DRY,NONFAT,INST,WO/ VIT A-----	6 ozs 1 cup 2 cups 5 large 14 1/2 ozs 2 1/4 ozs	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
023502 USDA COMMODITY,BF,GROUND BULK/COARS 011282 ONIONS,RAW----- 011143 CELERY,RAW----- 002029 PARSLEY,DRIED----- 002030 PEPPER,BLACK----- 090017 GARLIC,GRANULATED----- 002003 SPICES,BASIL,DRIED----- 090019 OREGANO LEAVES,DRIED----- 002023 MARJORAM,DRIED----- 090020 THYME LEAF,DRIED----- 002047 SALT,TABLE-----	7 lbs + 14 ozs 9 OZS (chopped) 1 LB (chopped) 1/4 cup 1 Tbsp 1 Tbsp 3/4 TSP (ground) 3/4 TSP (ground) 1/2 tsp 1/2 TSP (ground) 1 tsp	2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 2-3 minutes or until blended. DO NOT OVERMIX.
		3. Place 12 lb 14 oz (1 gal 2 3/4 qt) mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 4. Press mixture into steamtable pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves. 5. Bake: Conventional oven: 350° F for 1 1/2 hours Convection oven: 275° F for 1 1/4 hours CCP: Heat to 155° F or higher for at least 15 seconds OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds. 6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately 3/4" thick. CCP: Hold for hot service at 135° F or higher. 7. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07)

ARAMARK

		Food as Purchased <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">11 oz</td> <td style="text-align: center;">1 lb 6 oz</td> </tr> <tr> <td>Celery</td> <td style="text-align: center;">1 lb 4 oz</td> <td style="text-align: center;">2 lb 8 oz</td> </tr> </table>		50 Servings	100 Servings	Mature onions	11 oz	1 lb 6 oz	Celery	1 lb 4 oz	2 lb 8 oz
	50 Servings	100 Servings									
Mature onions	11 oz	1 lb 6 oz									
Celery	1 lb 4 oz	2 lb 8 oz									
		Special Tips 1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture. 2) For 50 servings , use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs. For 100 servings , use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.									
		Serving 1 slice (¾" thick) provides 2 oz equivalent meat/meat alternate and ½ serving grains/breads.									

Calories..... 195	Iron..... 2.23 Mg	Protein..... 17.04 G	Protein..... 34.96%
Cholesterol.. 67 Mg	Calcium.... 47 Mg	Carbohydrates 8.00 G	Carbohydrates. 16.40%
Sodium..... 122 Mg	Vitamin A.. 154 IU	Total Fat.... 10.29 G	Total Fat..... 47.49%
Dietary Fiber 1.29 G	Vitamin C.. 2.9 Mg	Saturated Fat 4.22 G	Saturated Fat. 19.46%

* - Denotes Missing Nutrient Values

ARAMARK

000638 - MEATBALL HERO ELEM : ARAMARK SSS

Number of Portions: 50

Size of Portions: 2 EA ON A ROLL

Ingredients	Measures	Instructions
080373 MEATBALLS 1 OZ RAW FROZEN-----	100 each	
990117R SPAGHETTI SAUCE #3-----	1 gal	
900653 HAMBURGER BUNS, 4"-----	50 EACH	
990040 CHEESE,MOZZARELLA,SHRED-----	10 ozs	
001032 CHEESE,PARMESAN,GRATED-----	4 1/4 ozs	

Calories..... 302	Iron..... 3.85 Mg	Protein..... 15.01 G	Protein..... 19.86%
Cholesterol.. 19 Mg	Calcium... 129 Mg	Carbohydrates 39.58 G	Carbohydrates. 52.36%
Sodium..... 1101 Mg	Vitamin A.. 1405 IU	Total Fat.... 9.90 G	Total Fat..... 29.48%
Dietary Fiber 2.25 G	Vitamin C.. 26.4 Mg	Saturated Fat 2.64* G	Saturated Fat. 7.85%

* - Denotes Missing Nutrient Values

ARAMARK

000410 - MOZZARELLA STICKS W/SAUCE : ARAMARK-2005

Number of Portions: 1

Size of Portions: 5 STICKS

Ingredients	Measures	Instructions
090004 CHEESE,MOZZARELLA,STICKS-----	5 EACH	
011455 SPAGHETTI SAUCE,CND-----	1/4 cup	

Calories.....	491	Iron.....	0.75 Mg	Protein.....	37.48 G	Protein.....	30.55%
Cholesterol..	76 Mg	Calcium....	1041 Mg	Carbohydrates	15.28 G	Carbohydrates.	12.46%
Sodium.....	1048 Mg	Vitamin A..	1488 IU	Total Fat....	31.01 G	Total Fat.....	56.88%
Dietary Fiber	2.12 G	Vitamin C..	7.0 Mg	Saturated Fat	18.16 G	Saturated Fat.	33.31%

* - Denotes Missing Nutrient Values

ARAMARK

990143 - NACHOS : OWC-2005

Number of Portions: 50

Size of Portions: EACH

Ingredients	Measures	Instructions
019056 Snacks, tortilla chips, plain, white cor----- 601012 CHEESE SAUCE, CHEDDAR, MILD, CND,PURC 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES), 090098 TOMATOES,CND,DICED,DRND-----	7 lbs + 1 oz 3 qts 2 lbs + 5 ozs 1 qt + 2 1/4 CUPS (diced)	For one serving: Place 2 8-oz spoodles nacho chips in center of 9" plate. Layer the following in center of nacho chips: 2 oz ladle cheese sauce 1/4 c lettuce 1/8 c tomatoes Serve immediately.

Calories.....	414	Iron.....	1.74 Mg	Protein.....	6.34 G	Protein.....	6.12%
Cholesterol..	0 Mg	Calcium....	170 Mg	Carbohydrates	49.63 G	Carbohydrates.	47.92%
Sodium.....	811 Mg	Vitamin A..	326 IU	Total Fat....	22.65 G	Total Fat.....	49.21%
Dietary Fiber	3.96 G	Vitamin C..	2.9 Mg	Saturated Fat	2.61 G	Saturated Fat.	5.68%

* - Denotes Missing Nutrient Values

ARAMARK

990145 - NACHOS SUPREME w/BEEF : OWC-2005

Number of Portions: 50

Size of Portions: EACH

Ingredients	Measures	Instructions
019056 Snacks, tortilla chips, plain, white cor-----	7 lbs + 1 oz	For one serving: Place 2 8-oz spoodles nacho chips in center of 9" plate. Layer the following in center of nacho chips: 2 oz ladle cheese sauce 1/4 c lettuce 1/8 c tomatoes #16 scoop beef topping.
601012 CHEESE SAUCE, CHEDDAR, MILD, CND,PURC 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES), 090098 TOMATOES,CND,DICED,DRND----- 990044R TACO BEEF TOPPING-----	3 qts 2 lbs + 5 ozs 1 qt + 2 1/4 CUPS (diced) 6 lbs + 4 ozs	Layer the following in center of nacho chips: 2 oz ladle cheese sauce 1/4 c lettuce 1/8 c tomatoes #16 scoop beef topping.
001056 CREAM,SOUR,CULTURED----- 006178 USDA COMMODITY,SALSA----- 016103 REFRIED BEANS,CANNED (INCL USDA COMM 011688 PEPPERS,JALEPENO,CND,DRND-----	3 cups 1 qt + 2 1/4 cups 3 lbs + 2 ozs 12 1/2 ozs	Arrange the following around the outside of chips: 1 T sour cream 1-oz ladle salsa #40 scoop beans 1 tsp jalapenos Serve Immediately.

Calories.....	590	Iron.....	4.27 Mg	Protein.....	17.84 G	Protein.....	12.09%
Cholesterol..	41 Mg	Calcium....	210 Mg	Carbohydrates	59.99 G	Carbohydrates.	40.65%
Sodium.....	1474 Mg	Vitamin A..	1044 IU	Total Fat....	32.39 G	Total Fat.....	49.39%
Dietary Fiber	6.34 G	Vitamin C..	9.3 Mg	Saturated Fat	7.03 G	Saturated Fat.	10.71%

* - Denotes Missing Nutrient Values

ARAMARK

000328 - PASTA WITH TOMATO SAUCE : ARAMARK-2005

Number of Portions: 1

Size of Portions: CUP

Ingredients	Measures	Instructions
020100 MACARONI,COOKED,ENRICHED-----	1 CUP (spirals)	
050161 Tomato Sauce (Meatless)-----	1/4 cup	

Calories.....	239	Iron.....	2.40 Mg	Protein.....	8.74 G	Protein.....	14.60%
Cholesterol..	0 Mg	Calcium....	28 Mg	Carbohydrates	46.58 G	Carbohydrates.	77.79%
Sodium.....	66 Mg	Vitamin A..	602 IU	Total Fat....	1.90 G	Total Fat.....	7.15%
Dietary Fiber	3.63 G	Vitamin C..	14.1 Mg	Saturated Fat	0.32 G	Saturated Fat.	1.21%

* - Denotes Missing Nutrient Values

ARAMARK

000318 - PEANUT BUTTER & JELLY : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
360905 PEANUT BUTTER,SMOOTH,REGULAR-COMMO	1 Tbsp	
019300 JELLIES-----	1/2 Tbsp	
050032 White Bread-----	2 slice	

Calories.....	305	Iron.....	2.34 Mg	Protein.....	9.10 G	Protein.....	11.92%
Cholesterol..	0 Mg	Calcium....	34 Mg	Carbohydrates	44.18 G	Carbohydrates.	57.86%
Sodium.....	369 Mg	Vitamin A..	40 IU	Total Fat....	11.00 G	Total Fat.....	32.40%
Dietary Fiber	2.44 G	Vitamin C..	0.3 Mg	Saturated Fat	2.26 G	Saturated Fat.	6.65%

* - Denotes Missing Nutrient Values

ARAMARK

000358 - PIZZA BAGEL : ARAMARK-2005

Number of Portions: 1

Size of Portions: HALF BAGEL

Ingredients	Measures	Instructions
018001 BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE 001029 CHEESE,MOZZARELLA,PART SKIM MILK,LO M 011455 SPAGHETTI SAUCE,CND-----	1/2 bagel 4-1/2"dia 2 ozs 2 ozs	

Calories..... 374	Iron..... 3.84 Mg	Protein..... 21.26 G	Protein..... 22.72%
Cholesterol.. 31 Mg	Calcium.... 479 Mg	Carbohydrates 38.98 G	Carbohydrates. 41.65%
Sodium..... 827 Mg	Vitamin A.. 989 IU	Total Fat.... 14.95 G	Total Fat..... 35.95%
Dietary Fiber 3.14 G	Vitamin C.. 6.9 Mg	Saturated Fat 7.79 G	Saturated Fat. 18.72%

* - Denotes Missing Nutrient Values

ARAMARK

000337 - PIZZA SLICE : ARAMARK-2005

Number of Portions: 80

Size of Portions: SLICES

Ingredients	Measures	Instructions
900112 PIZZA DOUGH, PRESHEETED, 16"-----	8 EACH	1. For pizza dough, use Pizza crust recipe (see B-14) or pourable Pizza crust recipe (see B-15).
011284 ONIONS,DEHYDRATED FLAKES----- 002020 GARLIC POWDER----- 002030 PEPPER,BLACK----- 011887 TOMATO PRODUCTS,CND,PASTE,W/SALT----- 014429 WATER,MUNICIPAL----- 002003 SPICES,BASIL,DRIED----- 002027 SPICES,OREGANO,DRIED-----	4 ozs 1 1/2 Tbsp 2 tsp 1/2 #10 Can 3 qts + 2 cups 1/3 cup + 2 tsp 1/3 cup + 2 tsp	2. Combine onions, garlic powder, pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
001028 CHEESE,MOZZARELLA,PART SKIM MILK-----	10 lbs + 8 ozs	3. Sprinkle 12 oz (3 cups) shredded cheese evenly over pizza crust. 4. Spread 1 qt tomato mixture over cheese in each pan. 5. Sprinkle 1 lb 12 oz (1 3/4 qt) shredded cheese evenly over tomato mixture in each pan. 6. Bake until crust is lightly browned: Conventional Oven: 475 F for 15-18 minutes Convection Oven: 450 F for 15 minutes 7. Cut each pan 4x5 (20 pieces per pan). SERVING: 1 piece provides the equivalent of 2 ounces of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread.

Calories..... 257	Iron..... 1.42 Mg	Protein..... 18.02 G	Protein..... 27.99%
Cholesterol.. 38 Mg	Calcium.... 490 Mg	Carbohydrates 22.93 G	Carbohydrates. 35.62%
Sodium..... 691 Mg	Vitamin A.. 642 IU	Total Fat.... 10.32 G	Total Fat..... 36.06%
Dietary Fiber 2.01 G	Vitamin C.. 5.8 Mg	Saturated Fat 6.05 G	Saturated Fat. 21.15%

* - Denotes Missing Nutrient Values

ARAMARK

500151 - PIZZABURGER ON ROLL : USDA F-04

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions						
023502 USDA COMMODITY,BF,GROUND BULK/COARS 011282 ONIONS,RAW----- 090017 GARLIC,GRANULATED----- 002047 SALT,TABLE----- 002030 PEPPER,BLACK----- 011541 TOMATO PASTE,CND,HTD----- 014429 WATER,MUNICIPAL----- 002003 SPICES,BASIL,DRIED----- 090019 OREGANO LEAVES,DRIED----- 002023 MARJORAM,DRIED----- 090020 THYME LEAF,DRIED-----	6 lbs + 6 ozs 1 LB (chopped) 2 1/4 tsp 1 Tbsp 1 tsp 1/4 # 10 Can 1 qt + 3 1/2 cups 3 TBSP (ground) 3 TBSP (ground) 2 1/2 Tbsp 1/2 TBSP (ground)	1. Brown ground beef. Drain. Continue immediately. 2. Add onions, granulated garlic, salt, pepper, tomato paste, water, and seasonings. Mix. CCP: Heat to 155° F or higher for at least 15 seconds						
018350 ROLLS,HAMBURGER OR HOTDOG,PLN----- 001183 CHEESE, MOZZARELLA, LITE-COMMOD-----	50 Hamburger roll (1.8 oz) 1 lb + 9 ozs	3. Place split rolls on sheet pan (18" x 26" x 1"), 25 halves perpan. For 50 servings, use 4 pans. For 100 servings, use 8 pans. 4. Portion meat mixture with No. 24 scoop (2 2/3 Tbsp) onto 50 half rolls. 5. Top all half rolls with ¼ oz (1 Tbsp) shredded cheese. 6. Bake until heated through and cheese is melted: Conventional oven: 400° F for 8 minutes Convection oven: 350° F for 6 minutes 7. CCP: Hold for hot service at 135° F or higher. Serve 2 open-faced halves (1 with meat and 1 with cheese) per serving or, if preferred serve as a closed face sandwich.						
		Seasonings: Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Italian Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.						
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		<table style="margin: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb 3 oz</td> <td style="text-align: center;">2 lb 6 oz</td> </tr> </table>		50 Servings	100 Servings	Mature onions	1 lb 3 oz	2 lb 6 oz
	50 Servings	100 Servings						
Mature onions	1 lb 3 oz	2 lb 6 oz						
		Special Tip						
		Can be served as 2 open faced half sandwiches.						
		Serving						
		1 sandwich (2 halves) provides 2 oz meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.						

ARAMARK

Calories.....	313	Iron.....	3.57 Mg	Protein.....	20.54 G	Protein.....	26.24%
Cholesterol..	43 Mg	Calcium....	207 Mg	Carbohydrates	30.69 G	Carbohydrates.	39.22%
Sodium.....	546 Mg	Vitamin A..	502 IU	Total Fat....	11.66 G	Total Fat.....	33.52%
Dietary Fiber	2.49 G	Vitamin C..	10.0 Mg	Saturated Fat	4.79 G	Saturated Fat.	13.77%

* - Denotes Missing Nutrient Values

ARAMARK

990167 - QUESADILLA SALSA CHEESE&CHILE : ARAMARK-2005

Number of Portions: 50

Size of Portions: 1 EACH

Ingredients	Measures	Instructions
018364 TORTILLAS,RTB OR -FRY,FLR-----	50 each 10" dia	PREHEAT FLAT TOP GRILL TO HIGH.
006178 USDA COMMODITY,SALSA-----	1 qt + 2 1/4 cups	
011689 PEPPERS,MILD GRN CHILI,CND,DRND-----	3 lbs + 2 ozs	PLACE FLOUR TORTILLAS ON HOT GRILL.
001025 CHEESE,MONTEREY-----	3 lbs + 2 ozs	
001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT---	3 lbs + 2 ozs	LAYER THE FOLLOWING ON ONE HALD OF EACH TORTILLA:
002060 TACO SEASONING MIX, MILD-----	1/4 cup	
		2 tbsp SALSA
		1 tbsp CHILIES
		1/4 CUP MONTERREY JACK CHEESE
		1/4 CUP CHEDDAR CHEESE
		1/4 tsp TACO SEASONING
		FOLD TORTILLA OVER.
		GRILL, TURNING ONCE UNTIL CHEESE IS MELTED AND QUESADILLA IS LIGHTLY BROWNED.
		SERVE IMMEDIATELY.

Calories..... 423	Iron..... 3.67 Mg	Protein..... 21.16 G	Protein..... 19.99%
Cholesterol.. 41 Mg	Calcium.... 573 Mg	Carbohydrates 40.67 G	Carbohydrates. 38.42%
Sodium..... 1117 Mg	Vitamin A.. 684 IU	Total Fat.... 19.37 G	Total Fat..... 41.17%
Dietary Fiber 3.11 G	Vitamin C.. 11.5 Mg	Saturated Fat 10.03 G	Saturated Fat. 21.32%

* - Denotes Missing Nutrient Values

ARAMARK

000507 - ROAST BEEF ON A ROLL : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
013428 BEEF,RND,TOP RND,LN&FAT,0"FAT,ALL GRDS, 900018 KAISER ROLLS SPLIT-----	2 ozs 1 EACH	

Calories..... 198	Iron..... 2.99 Mg	Protein..... 23.03 G	Protein..... 46.48%
Cholesterol.. 51 Mg	Calcium.... 2 Mg	Carbohydrates 16.53 G	Carbohydrates. 33.35%
Sodium..... 179 Mg	Vitamin A.. 0 IU	Total Fat.... 3.86 G	Total Fat..... 17.53%
Dietary Fiber 0.00 G	Vitamin C.. 0.0 Mg	Saturated Fat 1.28 G	Saturated Fat. 5.79%

* - Denotes Missing Nutrient Values

ARAMARK

500170 - SLOPPY JOE ON A ROLL : USDA F-05

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions
023502 USDA COMMODITY,BF,GROUND BULK/COARS 011282 ONIONS,RAW----- 090017 GARLIC,GRANULATED----- 011541 TOMATO PASTE,CND,HTD----- 011935 CATSUP----- 014429 WATER,MUNICIPAL----- 002053 VINEGAR,DISTILLED----- 090018 MUSTARD,POWDER/DRY----- 002030 PEPPER,BLACK----- 019334 SUGARS,BROWN-----	8 lbs + 10 ozs 10 OZS (chopped) 1 Tbsp 1/4 # 10 Can 1/4 #10 Can 2 cups 1 1/8 cups 2 Tbsp 1 tsp 2 3/4 ozs	1. Brown ground beef. Drain. Continue immediately. 2. Add onions and granulated garlic. Cook for 5 minutes. Add tomat paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds
		3. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
018350 ROLLS,HAMBURGER OR HOTDOG,PLN-----	50 Hamburger roll (1.8 oz)	4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (1/3 cup) onto bottom half of each roll. Cover with top half of roll.
		Food as Prepared
		50 Servings 100 Servings
		Mature onions 12 oz 1 lb 8 oz
		Serving
		1 sandwich provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

Calories.....	345	Iron.....	3.73 Mg	Protein.....	20.95 G	Protein.....	24.29%
Cholesterol..	52 Mg	Calcium....	98 Mg	Carbohydrates	35.93 G	Carbohydrates.	41.65%
Sodium.....	540 Mg	Vitamin A..	560 IU	Total Fat....	12.76 G	Total Fat.....	33.29%
Dietary Fiber	2.40 G	Vitamin C..	11.9 Mg	Saturated Fat	4.95 G	Saturated Fat.	12.92%

* - Denotes Missing Nutrient Values

ARAMARK

990186 - TACO BEEF,SOFT : OWC - TACORIA

Number of Portions: 50

Size of Portions: 2 EACH

Ingredients	Measures	Instructions
018364 TORTILLAS,RTB OR -FRY,FLR----- 990044R TACO BEEF TOPPING----- 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES), 001009 CHEESE,CHEDDAR----- 090098 TOMATOES,CND,DICED,DRND-----	100 medium 6" dia 6 lbs + 4 ozs 2 lbs + 4 ozs 1 lb + 9 ozs 1 qt + 2 1/4 CUPS (diced)	For one taco: Layer the following in center of tortilla: #30 scoop beef topping 1/8 cup lettuce 1 Tablespoon Cheese 1 Tablespoon Tomatoes Roll closed. Serving temperature is 150 - 160° F.
		OR Plate Presentation for one serving: Place the following clockwise, on a 9" plate: 2 tortillas #16 scoop beef topping 1/4 cup lettuce 1/8 cup cheese 1/8 cup tomatoes Serve immediately. Serving temperature is 150 -160° F.

Calories.....	359	Iron.....	3.49 Mg	Protein.....	17.90 G	Protein.....	19.94%
Cholesterol..	47 Mg	Calcium...	197 Mg	Carbohydrates	35.55 G	Carbohydrates.	39.60%
Sodium.....	844 Mg	Vitamin A..	683 IU	Total Fat....	15.81 G	Total Fat.....	39.62%
Dietary Fiber	2.63 G	Vitamin C..	5.4 Mg	Saturated Fat	6.60 G	Saturated Fat.	16.54%

* - Denotes Missing Nutrient Values

ARAMARK

900074 - TACO BEEF,HARD SHELL : OWC - TACORIA

Number of Portions: 50

Size of Portions: 2 EACH

Ingredients	Measures	Instructions
018360 TACO SHELLS,BAKED----- 900051R TACO BEEF TOPPING----- 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES), 001009 CHEESE,CHEDDAR----- 990035 TOMATOES,CND,DICED,DRND-----	100 medium 5" dia 6 lbs + 4 ozs 2 lbs + 4 OZ, a/p 1 lb + 9 ozs 1 qt + 2 1/4 CUPS (diced)	For one taco: Layer the following in center of taco shell: #30 scoop beef topping 1/8 cup lettuce 1 Tablespoon Cheese 1 Tablespoon Tomatoes Serving temperature is 150 - 160° F.
		OR Plate Presentation for one serving: Place the following clockwise, on a 9" plate: 2 taco shells #16 scoop beef topping 1/4 cup lettuce 1/8 cup cheese 1/8 cup tomatoes Serve immediately. Serving temperature is 150 -160° F.

Calories.....	296	Iron.....	2.15 Mg	Protein.....	14.84 G	Protein.....	20.03%
Cholesterol..	47 Mg	Calcium....	163 Mg	Carbohydrates	21.34 G	Carbohydrates.	28.80%
Sodium.....	560 Mg	Vitamin A..	683 IU	Total Fat....	17.17 G	Total Fat.....	52.14%
Dietary Fiber	2.76 G	Vitamin C..	5.4 Mg	Saturated Fat	6.33 G	Saturated Fat.	19.23%

* - Denotes Missing Nutrient Values

ARAMARK

500197 - TUNA SALAD SANDWICH : USDA F-08

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions												
015126 TUNA,WHITE,CND IN H2O,DRND SOL----- 011282 ONIONS,RAW----- 011143 CELERY,RAW----- 011945 PICKLE RELISH,SWEET----- 090018 MUSTARD,POWDER/DRY----- 004622 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD-	2 (66 1/2 OZ CAN, drained) 1 LB (chopped) 2 LBS (chopped) 1 cup 1/2 Tbsp 2 lbs + 11 ozs	1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended. 3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.												
018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR	100 slice	4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.												
		Food as Purchased												
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	50 Servings	100 Servings												
Mature onions	1 lb 3 oz	2 lb 6 oz												
Celery	2 lb 7 oz	4 lb 14 oz												
Bread, sliced	3 1/4 sandwich loaves (2 lb each)	6 1/2 sandwich loaves (2 lb each)												
		Serving												
		1 sandwich provides 2 oz equivalent meat/meat alternate, ? cup of vegetable, and 2 servings of grains/breads.												

Calories.....	304	Iron.....	3.02 Mg	Protein.....	23.94 G	Protein.....	31.50%
Cholesterol..	33 Mg	Calcium....	76 Mg	Carbohydrates	34.41 G	Carbohydrates.	45.28%
Sodium.....	806 Mg	Vitamin A..	86 IU	Total Fat....	7.18 G	Total Fat.....	21.25%
Dietary Fiber	1.99 G	Vitamin C..	1.9 Mg	Saturated Fat	1.20 G	Saturated Fat.	3.54%

* - Denotes Missing Nutrient Values

ARAMARK

990225 - TURKEY CAESAR WRAP SSS : OWC-2005

Number of Portions: 50

Size of Portions: SERVINGS

Ingredients	Measures	Instructions
018364 TORTILLAS,RTB OR -FRY,FLR-----	50 tortilla 6" dia	<p>FOR ONE SERVING:</p> <p>PLACE SANDWICH PAPER ON WORK SURFACE. PLACE TORTILLA ON PAPER.</p> <p>IN BOWL, COMBINE THE FOLLOWING: 1 oz LADLE DRESSING 2 oz SPOODLE TURKEY (TURKEY BREAST DELI, JULIENNE) 4 OZ SPOODLE ROMAINE (SHREDDED) TOSS TO COAT. PLACE ACROSS CENTER OF TORTILLA.</p> <p>TOP WITH THE FOLLOWING: 1/4 oz ONIONS DASH PEPPER</p> <p>WRAP TORTILLA. SECURE WITH TAPE. SLICE IN HALF DIAGONALLY.</p> <p>SERVE IMMEDIATELY.</p>
084832 CAESAR DRESSING-----	1 qt + 2 1/4 cups	
007079 TURKEY BREAST MEAT-----	4 lbs + 11 ozs	
900009 LETTUCE, ROMAINE,RAW-----	3 lbs + 2 ozs	
090088 ONIONS,RED,RAW-----	12 1/2 OZS (raw wgt)	
002030 PEPPER,BLACK-----	2 Tbsp + 1/4 tsp	

Calories.....	328	Iron.....	2.15 Mg	Protein.....	10.63 G	Protein.....	12.97%
Cholesterol..	18 Mg	Calcium....	62 Mg	Carbohydrates	21.75 G	Carbohydrates.	26.55%
Sodium.....	1060 Mg	Vitamin A..	752* IU	Total Fat....	21.19 G	Total Fat.....	58.21%
Dietary Fiber	1.91 G	Vitamin C..	9.7* Mg	Saturated Fat	3.86 G	Saturated Fat.	10.59%

* - Denotes Missing Nutrient Values

ARAMARK

000335 - TURKEY ON A ROLL : ARAMARK-2005

Number of Portions: 1

Size of Portions: EACH

Ingredients	Measures	Instructions
007079 TURKEY BREAST MEAT-----	3 ozs	
900018 KAISER ROLLS SPLIT-----	1 EACH	

Calories.....	168	Iron.....	2.36 Mg	Protein.....	17.37 G	Protein.....	41.29%
Cholesterol..	37 Mg	Calcium....	7 Mg	Carbohydrates	20.11 G	Carbohydrates.	47.81%
Sodium.....	1017 Mg	Vitamin A..	28 IU	Total Fat....	1.70 G	Total Fat.....	9.08%
Dietary Fiber	0.43 G	Vitamin C..	4.8 Mg	Saturated Fat	0.41 G	Saturated Fat.	2.18%

* - Denotes Missing Nutrient Values

ARAMARK

000502 - TURKEY SALAD SANDWICH : ARAMARK-2005

Number of Portions: 50

Size of Portions: EACH

Ingredients	Measures	Instructions
005295 TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK 011143 CELERY,RAW----- 011284 ONIONS,DEHYDRATED FLAKES----- 011945 PICKLE RELISH,SWEET----- 002030 PEPPER,BLACK----- 004026 SALAD DRSNG,MAYO,SOYBN&SAFFLOWER OI 900018 KAISER ROLLS SPLIT-----	12 lbs 1 lb + 5 ozs 1 1/2 ozs 1 3/4 cups 2 tsp 1 lb + 9 1/2 ozs 1 EACH	1. Combine turkey, celery, onions, relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended. 2. Cover. Refrigerate until ready to serve. 3. Portion with No. 8 scoop (1/2 cup).
		4. Serve 1/2 cup Turkey Salad between 1 slice of wheat bread and 1 slice of white bread. SERVING: 1/2 cup (No. 8 scoop) provides 2 ounces of cooked poultry and 2 servings of Bread/Grain YIELD: 50 sandwiches MARKETING GUIDE: 50 servings Turkey: 13 Lb and 10oz of whole turkey without neck or giblets to yield 6 Lb and 6 oz finished edible product cooked and chopped Celery: 1 Lb and 9.5oz purchased to yield 1 Lb, 5oz Onions: 14oz purchased to yield 12oz

Calories..... 252	Iron..... 2.52 Mg	Protein..... 19.57 G	Protein..... 31.08%
Cholesterol.. 66 Mg	Calcium... 11 Mg	Carbohydrates 11.81 G	Carbohydrates. 18.76%
Sodium..... 903 Mg	Vitamin A.. 166 IU	Total Fat.... 13.95 G	Total Fat..... 49.83%
Dietary Fiber 0.39 G	Vitamin C.. 1.1 Mg	Saturated Fat 2.05 G	Saturated Fat. 7.32%

* - Denotes Missing Nutrient Values

ARAMARK

990233 - WRAP, HAM & SWISS SSS : ARAMARK SSS

Number of Portions: 50

Size of Portions: 1 EACH

Ingredients	Measures	Instructions
990105R DOUGH, MARINATED ITALIAN-----	25 EACH	<p>PRE-PRODUCTION INSTRUCTIONS: PREPARE SUB-ASSEMBLY RECIPE. SEE DOUGH, MARINATED, ITALIAN 7" RECIPE</p> <p>PREHEAT IMPINGER OVEN 475 F.</p> <p>FOR ONE SERVING: USING GLOVED HANDS ON CLEAN SURFACE, STRETCH AND SHAPE 1/2 DOUGH INTO 10" x 17" OVAL.</p> <p>LAYER THE FOLLOWING ACROSS LENGTH OF DOUGH: 1/2 oz LADLE SAUCE 2 SLICES HAM (1/2 oz EACH SLICE) 1 SLICE SWISS CHEESE (1/4 oz) 1 oz GREEN PEPPERS (CUT INTO 1/8" STRIPS) 2 GRINDS PEPPER (USE WHOLE BLACK PEPPER)</p> <p>FOLD DOUGH LENGTHWISE OVER INGREDIENTS, LEAVING ENDS OPEN.</p> <p>SPRINKLE 1 1/2 tsp PARMESAN CHEESE ON TOP. SPRAY PIZZA SCREEN WITH PAN RELEASE. PLACE WRAP ON SCREEN.</p> <p>PLACE WRAP HORIZONTALLY INTO IMPINGER OVEN. BAKE 4 1/2 MINUTES OR UNTIL GOLDEN BROWN.</p> <p>SERVE IMMEDIATELY.</p>
182636 ITZA PIZZA SAUCE-----	3 cups	
900055 HAM,CKD,FROZEN, 95% FAT FREE-COMMODIT	3 lbs + 2 ozs	
001040 CHEESE,SWISS-----	12 1/2 ozs	
011333 PEPPERS,SWEET,GREEN,RAW-----	3 lbs + 2 OZS (a/p)	
002030 PEPPER,BLACK-----	1 Tbsp	
001032 CHEESE,PARMESAN,GRATED-----	6 1/4 ozs	

Calories.....	343	Iron.....	4.07 Mg	Protein.....	15.46 G	Protein.....	18.04%
Cholesterol..	23 Mg	Calcium....	280 Mg	Carbohydrates	43.16 G	Carbohydrates.	50.36%
Sodium.....	878 Mg	Vitamin A..	474 IU	Total Fat....	11.57 G	Total Fat.....	30.36%
Dietary Fiber	3.11 G	Vitamin C..	18.6 Mg	Saturated Fat	2.47 G	Saturated Fat.	6.49%

* - Denotes Missing Nutrient Values