

Emanuel County School Nutrition Program

000956 - SANDWICH ALL AMERICAN HERO : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: ALL AMERICAN HERO		Y - Milk Y - Soy Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Monday - 6/7/2021

Site:
001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
007011 BOLOGNA TURKEY.....	75 oz 1 serving	1. TOSS LETTUCE WITH DRESSING. 2. FILL BUN WITH BOLOGNA, CHEESE, TOMATOES AND LETTUCE MIXTURE. 3. WRAP IN PLASTIC WRAP. 4. KEEP IN COOLER UNTIL READY TO SERVE.
902889 CHEESE, AMERICAN YELLOW, SLICED.....	75 Slices	
900116 DRESSING MIX RANCH.....	75 SERVING	
902706 BUN HOT DOG WHITE WHEAT.....	75 EACH	
011251 LETTUCE,COS OR ROMAINE,RAW.....	1 gal + 2 3/4 CUPS (shredded)	
902257 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	75 slice, med (1/4" thick)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	316 kcal	Cholesterol	46 mg	Sugars	*5.0* g	Calcium	232.77 mg	43.01%	Calories from Total Fat
Total Fat	15.11 g	Sodium	1156 mg	Protein	15.63 g	Iron	2.84 mg	17.76%	Calories from Saturated Fat
Saturated Fat	6.24 g	Carbohydrates	33.81 g	Vitamin A	1504.3 IU	Water ¹	48.27 g	0.10%	Calories from Trans Fat
Trans Fat ²	0.03 g	Dietary Fiber	2.64 g	Vitamin C	6.8 mg	Ash ¹	1.10 g	42.76%	Calories from Carbohydrates
								19.77%	Calories from Protein

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Emanuel County School Nutrition Program

000957 - TURKEY TORTILLA WRAP :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook		Y - Milk Y - Soy Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Monday - 6/7/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902877 TORTILLA FLOUR WHOLE GRAIN.....	75 EACH	1. SPREAD TORTILLA WITH CREAM CHEESE SPREAD AND SALSA. 2. TOP WITH TURKEY, CHEESE AND LETTUCE. 3. ROLL UP TIGHTLY. CUT IN HALF. WRAP IN PLASTIC WRAP. 4. KEEP IN COOLER UNTIL READY TO SERVE.
902859 CHEESE CREAM.....	75 TABLESPOON	
902685 SALSA TOMATO.....	2 qts + 1 1/4 cups	
602083 TURKEY BREAST, SLICED, FAT FREE, 6/2 LB...	75 (3 SLICE)	
903078 CHEESE CHEDDAR YELLOW SHREDDED.....	2 qts + 1 1/4 cups	
011251 LETTUCE,COS OR ROMAINE,RAW.....	75 leaf outer	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	379 kcal	Cholesterol	69 mg	Sugars	*2.7* g	Calcium	330.88 mg	45.58%	Calories from Total Fat
Total Fat	19.17 g	Sodium	1147 mg	Protein	22.55 g	Iron	2.41 mg	25.75%	Calories from Saturated Fat
Saturated Fat	10.83 g	Carbohydrates	29.74 g	Vitamin A	3475.1 IU	Water ¹	*26.49* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.31 g	Vitamin C	8.1 mg	Ash ¹	*0.16* g	31.42%	Calories from Carbohydrates
								23.83%	Calories from Protein

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Emanuel County School Nutrition Program

000958 - PEACH PARFAITS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/7/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
901690 YOGURT VANILLA LOWFAT.....	1 3/4 gals	1. PLACE THREE TO FOUR PEACH SLICES IN EACH OF THE PARFAIT CUPS. 2. TOP EACH WITH 2 TBSP CRACKER CRUMBS AND 3 TBSP YOGURT. 3. REPEAT LAYERS. SPRINKLE WITH REMAINING CRUMBS. 4. KEEP IN COOLER UNTIL READY TO SERVE.
019336 SUGARS,POWDERED.....	1 qt + 5/8 cup	
900115 PEACHES SLICED LT SYRUP 6/#10...	6 1/4 CAN	
900693 Crumbs, Graham Cracker.....	1 1/4 gals + 3 1/2 cups	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	379 kcal	Cholesterol	2 mg	Sugars	*46.5* g	Calcium	244.58 mg	11.71%	Calories from Total Fat
Total Fat	4.94 g	Sodium	220 mg	Protein	6.91 g	Iron	1.13 mg	2.37%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	78.77 g	Vitamin A	911.6 IU	Water ¹	*0.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.66 g	Vitamin C	2.1 mg	Ash ¹	*0.00* g	83.05%	Calories from Carbohydrates
								7.29%	Calories from Protein

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Emanuel County School Nutrition Program

000959 - SALAD MOCK CAESAR : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: MOCK CAESAR SALAD				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/7/2021

Site:
001 Swainsboro High School

Size of Portion: 1 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902568 VINEGAR APPLE CIDER.....	2 cups	1. IN A BLENDER OR FOOD PROCESSOR, COMBINE THE VINEGAR, CHEESE AND GARLIC; COVER AND PROCESS UNTIL COMBINED. WHILE PROCESSING, GRADUALLY ADD OIL IN A STEADY STREAM. PLACE CHOPPED LETTUCE IN A SALAD BOWL; DRIZZLE WITH DRESSING AND TOSS TO COAT. 2. SERVE IMMEDIATELY.
903079 CHEESE MOZZARELLA LITE FROZEN SHREDDED...	1 qt + 1 3/8 cups	
990339 GARLIC POWDER.....	1 Tbsp + 2 3/8 tsp	
902374 OIL CANOLA.....	3 1/2 cups + 1 Tbsp	
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 1/2 gals + 3 CUPS (chopped)	

*Nutrients are based upon 1 Portion Size (CUP)

Calories	151 kcal	Cholesterol	6 mg	Sugars	2.7 g	Calcium	133.06 mg	76.03%	Calories from Total Fat
Total Fat	12.79 g	Sodium	76 mg	Protein	4.85 g	Iron	2.21 mg	10.95%	Calories from Saturated Fat
Saturated Fat	1.84 g	Carbohydrates	7.92 g	Vitamin A	19811.8 IU	Water ¹	214.58 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.81 g	Vitamin C	9.1 mg	Ash ¹	1.32 g	20.93%	Calories from Carbohydrates
								12.82%	Calories from Protein

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000960 - SNACK MIX BEARY GOOD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: BEARY GOOD SNACK MIX				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/7/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
903129 CRACKERS MINI TEDDY GRAHAMS.....	2 lbs + 5 1/2 ozs	IN A LARGE BOWL, COMBINE ALL THE INGREDIENTS WELL. STORE IN AN AIRTIGHT CONTAINER.
019400 BANANA CHIPS.....	2 lbs + 5 1/2 ozs	
019141 CANDIES,MARS SNACKFOOD US,M&M'S MILK CHO...	1 qt + 3 1/2 cups	
016090 PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT.....	1 lb + 14 ozs	
799969 CRANBERRIES, DRIED.....	3 3/4 CUPS (CHOPPED)	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	320 kcal	Cholesterol	3 mg	Sugars	*22.4* g	Calcium	76.42 mg	47.13%	Calories from Total Fat
Total Fat	16.76 g	Sodium	103 mg	Protein	4.90 g	Iron	0.61 mg	21.73%	Calories from Saturated Fat
Saturated Fat	7.73 g	Carbohydrates	40.90 g	Vitamin A	50.7 IU	Water ¹	*1.17* g	*0.11%*	Calories from Trans Fat
Trans Fat ²	*0.04* g	Dietary Fiber	3.38 g	Vitamin C	1.0 mg	Ash ¹	*0.87* g	51.12%	Calories from Carbohydrates
								6.12%	Calories from Protein

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Emanuel County School Nutrition Program

000846 - CHUNKY CHICKEN BOWL :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Egg Y - Soy Y - Wheat	N - Peanut N - Tree Nut N - Fish N - Shellfish	
Alternate Recipe Name: CRISPY CHICKEN BOWL				

Menu Date: Tuesday - 6/8/2021

Site:

001 Swainsboro High School

Size of Portion: BOWLS Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
903064 CHICKEN CHUNKS NO DILL.....	1 5/8 CASE	PLACE CHICKEN CHUNKS ON LINED SHEET PAN AND BAKE UNTIL INTERNAL TEMPERATURE REACHES 165°. PREPARE POTATOES ACCORDING TO RECIPE. COOK CORN UNTIL TEMPERATURE IS REACHED. PREPARE GRAVY AND SET ASIDE. TO ASSEMBLE BOWL: PLACE 1/2 CUP POTATOES ON BOTTOM OF ROUND BLACK BOWL, THEN 2 TABLESPOONS OF CORN AND TOP WITH A SERVING OF CHICKEN CHUNKS. (4 OUNCE =APPROX. 9 PIECES). PORTIIION 1 OUNCE OF GRAVY IN A 2 OUNCE CUP AND PLATE BOTH THE BOWL AND CUP AS A SERVING. PLACE IN WARMER UNTIL READY TO SERVE.
000403R POTATOES INSTANT.....	75 (1/2 CUP)	
901766 POTATOES INSTANT.....	2 1/3 BAG	
902799 MARGARINE.....	4 3/4 ozs	
902217 SALT TABLE.....	1 Tbsp + 1/2 tsp	
901805 Water, Hot*.....	1 3/4 gals	
901848 CORN FROZEN WHOLE KERNEL...	4 lbs + 11 ozs	
902734 GRAVY BROWN MIX.....	75 SERVING	

*Nutrients are based upon 1 Portion Size (BOWLS)

Calories	339 kcal	Cholesterol	31 mg	Sugars	*6.4* g	Calcium	32.33 mg	27.61%	Calories from Total Fat
Total Fat	10.41 g	Sodium	774 mg	Protein	20.38 g	Iron	2.22 mg	5.50%	Calories from Saturated Fat
Saturated Fat	2.07 g	Carbohydrates	41.64 g	Vitamin A	281.8 IU	Water ¹	88.79 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.31 g	Vitamin C	32.5 mg	Ash ¹	0.09 g	49.09%	Calories from Carbohydrates
								24.02%	Calories from Protein

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Emanuel County School Nutrition Program

000961 - SALAD RANCH FLORET : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Alternate Recipe Name: RANCH FLORET SALAD		Y - Egg Y - Soy		? - Milk ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Wheat

Menu Date: Tuesday - 6/8/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
903130 BACON.....	56 1/4 STRIP	1. LAY BACON ON LINED SHEET PAN AND BAKE UNTIL CRISPY. DRAIN . 2. IN A LARGE BOWL, COMBINE THE CHOPPED CAULIFLOWER AND BROCCOLI. 3. IN SMALL BOWL, COMBINE SALAD DRESSING MIX, MAYO AND SOUR CREAM. (MORE MAYO AND SOUR CREAM MAY BE NEEDED) 4. POUR OVER VEGETABLES AND TOSS TO COAT. 5. COVER AND REFRIGERATE UNTIL SERVING. JUST BEFORE SERVING STIR IN BACON.
011135 CAULIFLOWER,RAW.....	9 3/8 head medium (5-6" dia.)	
011090 BROCCOLI,RAW.....	9 3/8 bunch	
900116 DRESSING MIX RANCH.....	9 3/8 PACK	
902739 MAYONAISE BULK REDUCED CALORIE....	1 qt + 3 cups	
902894 SOUR CREAM.....	1 qt + 3 cups	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	215 kcal	Cholesterol	28 mg	Sugars	4.6 g	Calcium	114.26 mg	56.95%	Calories from Total Fat
Total Fat	13.59 g	Sodium	1939 mg	Protein	8.51 g	Iron	1.17 mg	20.55%	Calories from Saturated Fat
Saturated Fat	4.91 g	Carbohydrates	16.71 g	Vitamin A	700.3 IU	Water ¹	135.54 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.67 g	Vitamin C	103.2 mg	Ash ¹	1.22 g	31.12%	Calories from Carbohydrates
								15.85%	Calories from Protein

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000962 - SALAD TROPICAL FRUIT : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: TROPICAL FRUIT SALAD				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/8/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
009325 FRUIT SALAD,TROPICAL,CND,HVY SYRUP,SOL&L....	19 lbs + 6 ozs	1. DRAIN FRUIT SALAD, RESERVING 1/4 CUP JUICE.
901690 YOGURT VANILLA LOWFAT.....	2 qts + 1 1/4 cups	2. IN A BOWL, COMBINE YOGURT, HONEY AND RESERVED JUICE. FOLD IN FRUIT SALAD, CHOPPED APPLE, HALVED STRAWBERRIES AND HALVED GRAPES.
019296 HONEY.....	1/3 cup + 1 Tbsp	
902197 APPLE FRESH.....	18 3/4 SMALL (2-3/4 dia)"	
009316 STRAWBERRIES,RAW.....	2 qts + 1 1/4 CUPS (halves)	
009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW.....	2 qts + 1 1/4 cups	
3.KEEP COLD. SERVE IMMEDIATELY.		

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	164 kcal	Cholesterol	1 mg	Sugars	*7.7* g	Calcium	47.19 mg	2.55%	Calories from Total Fat
Total Fat	0.47 g	Sodium	16 mg	Protein	1.66 g	Iron	0.77 mg	0.96%	Calories from Saturated Fat
Saturated Fat	0.17 g	Carbohydrates	41.05 g	Vitamin A	307.4 IU	Water ¹	148.59 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.90 g	Vitamin C	33.8 mg	Ash ¹	0.63 g	100.07%	Calories from Carbohydrates
								4.04%	Calories from Protein

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000963 - PEANUT BUTTER GRANOLA BAR : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/8/2021

Site:

001 Swainsboro High School

Size of Portion: BAR

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902849 OATS.....	3 qts + 2 1/4 cups	1. COMBINE OATS, RICE CRISPIES, CRANBERRIES, PEANUTS AND CHOCOLATE CHIPS IN A LARGE MIXING BOWL. 2. IN A SAUCE PAN, COMBINE THE PEANUT BUTTER, HONEY AND VANILLA. 3. HEAT OVER MEDIUM HEAT, STIRRING CONSTANTLY UNTIL PEANUT BUTTER AND HONEY ARE WARMED AND SMOOTH. 4. ADD PEANUT MIXTURE TO OAT MIXTURE. STIR WELL TO COAT OATS IN PEANUT BUTTER MIXTURE. IF DOING BATCHES 50 OR LARGER, USE A MIXER. 5. SPRAY A FULL SIZED SHEET PAN AND ADD MIXTURE. PATTING MIXTURE DOWN UNTIL FIRM. COVER AND REFRIGERATE FOR AT LEAST TWO HOURS OR OVERNIGHT. 6. ONCE SET, CUT INTO 48 SQUARES (8X6)
902024 CEREAL RICE KRISPIES BULK.....	14 1/4 ozs	
799969 CRANBERRIES, DRIED.....	3 CUPS (CHOPPED)	
016090 PEANUTS, ALL TYPES, DRY-ROASTED, W/SALT...	3 3/4 cups	
902800 Chocolate Chips, Semi-Sweet, Gel.....	1 1/2 cups	
051540 Peanut Butter, Smooth.....	1 qt + 2 3/4 cups	
019296 HONEY.....	3 3/4 cups	
002050 VANILLA EXTRACT.....	3 Tbsp	
600184 BUTTERMIST SPRAY PAN COATING.....	4 1/2 GRAM	

*Nutrients are based upon 1 Portion Size (BAR)

Calories	359 kcal	Cholesterol	0 mg	Sugars	*17.0* g	Calcium	9.10 mg	46.02%	Calories from Total Fat
Total Fat	18.33 g	Sodium	184 mg	Protein	10.04 g	Iron	2.70 mg	9.44%	Calories from Saturated Fat
Saturated Fat	3.76 g	Carbohydrates	43.14 g	Vitamin A	336.7 IU	Water ¹	*3.40* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.12 g	Vitamin C	4.9 mg	Ash ¹	*0.42* g	48.13%	Calories from Carbohydrates
								11.21%	Calories from Protein

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Emanuel County School Nutrition Program

000964 - CRUNCHY BONZO BEANS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/8/2021

Site:

001 Swainsboro High School

Size of Portion: .25 CUP

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902648 BEANS GARBANZO (CHICKPEAS) CANNED W/SALT....	2 1/8 #10 Cans	1. PRE-HEAT OVEN TO 400°. 2. OPEN CANS OF BEANS, DRAIN AND RINSE BEANS WELL UNDER COOL RUNNING WATER. 3.DRAIN BEANS WELL AND PAT DRY WITH TOWEL. 4. MIX OIL AND THE REMAINING SEASONINGS IN A BOWL. 5. ADD THE BEANS AND COAT WELL. POUR THEM ON THE SHEET PAN AND SPREAD THE BEANS OUT EVENLY. (ONE CAN FITS PERFECTLY ON ONE SHEET PAN) 6. BAKE FOR TWENTY MINUTES AT 400°. STIR THE BEANS AROUND ON THE PAN AND BAKE FOR ANOTHER 20 TO 25 MINUTES UNTIL CRISP AND ROASTED. BEANS WILL TURN DARK IN COLOR.
902374 OIL CANOLA.....	1 cup + 1 Tbsp	
903141 PAPRIKA.....	1 Tbsp + 2 3/8 tsp	
990072 SALT, GARLIC.....	1 Tbsp + 1 1/4 tsp	
903139 ONION POWDER.....	2 Tbsp + 3/8 tsp	
902194 PEPPER BLACK.....	1 tsp	

*Nutrients are based upon 1 Portion Size (.25 CUP)

Calories	110 kcal	Cholesterol	0 mg	Sugars	*2.3* g	Calcium	15.93 mg	37.93%	Calories from Total Fat
Total Fat	4.63 g	Sodium	193 mg	Protein	4.50 g	Iron	1.09 mg	1.87%	Calories from Saturated Fat
Saturated Fat	0.23 g	Carbohydrates	14.42 g	Vitamin A	59.5 IU	Water ¹	0.03 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.02 g	Vitamin C	1.0 mg	Ash ¹	0.24 g	52.51%	Calories from Carbohydrates
								16.37%	Calories from Protein

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000965 - SALAD PEPPERONI PIZZA : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Alternate Recipe Name: PEPPERONI PIZZA SALAD				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Wednesday - 6/9/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902257 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	57 3/4 plum tomato	1. IN A LARGE BOWL, COMBINE THE CHOPPED TOMATOES, ONE INCH PIECES OF GREEN PEPPERS, CHEESE, PEPPERONI, SLICED OLIVES AND ONION. 2. IN A SMALL BOWL, COMBINE THE TOMATO JUICE, VINEGAR, OIL, GARLIC, BASIL AND PEPPER. 3. POUR OVER TOMATO MIXTURE AND TOSS TO COAT. COVER AND REFRIGERATE FOR SEVERAL HOURS. JUST BEFORE SERVING, SPINKLE WITH CROUTONS.
011333 PEPPERS,SWT,GRN,RAW.....	17 1/3 medium (2-3/4" x 2-1/2")	
903079 CHEESE MOZZARELLA LITE FROZEN SHREDDED...	2 qts + 3 1/2 cups	
903108 PEPPERONI SLICES.....	1 lb + 4 1/4 ozs	
901082 OLIVE, PITTED RIPE.....	13 ozs	
011282 ONIONS,RAW.....	1 1/3 cups + 1 1/2 TBSP (chopped)	
043365 TOMATO&VEG JUC,LO NA.....	1 3/4 cups + 3 Tbsp	
002068 VINEGAR,RED WINE.....	1 1/3 cups + 1 1/2 Tbsp	
902374 OIL CANOLA.....	1 1/3 cups + 1 1/2 Tbsp	
990339 GARLIC POWDER.....	1 Tbsp + 2 3/4 tsp	
902945 BASIL GROUND.....	2 7/8 tsp	
902194 PEPPER BLACK.....	1 3/8 tsp	
018243 CROUTONS,SEASONED.....	1 qt + 1/4 cup	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	136 kcal	Cholesterol	*18* mg	Sugars	*1.1* g	Calcium	138.46 mg	65.88%	Calories from Total Fat
Total Fat	9.94 g	Sodium	266 mg	Protein	6.64 g	Iron	0.47 mg	18.82%	Calories from Saturated Fat
Saturated Fat	2.84 g	Carbohydrates	6.60 g	Vitamin A	791.1 IU	Water ¹	83.83 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	30.1 mg	Ash ¹	0.56 g	19.43%	Calories from Carbohydrates
								19.56%	Calories from Protein

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Emanuel County School Nutrition Program

000966 - SLOPPY JOES (TID) : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Alternate Recipe Name: SLOPPY JOES				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Wednesday - 6/9/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
000711 BEEF GROUND 80/20 RAW TO COOK & DRAIN...	10 lbs + 8 OZS (RAW WGT YIELD INCL)	1. BROWN BEEF WITH ONION AND CELERY UNTIL BEEF IS NO LONGER PINK; DRAIN. 2. ADD BROWN SUGAR, MUSTARD, TOMATO SAUCE, VINEGAR, GARLIC, SALT, AND PEPPER. STIR TO COMBINE AND SIMMER. 3. STIR IN CHEESE; COOK UNTIL CHEESE IS MELTED. 4. SERVE ON BUNS.
011282 ONIONS,RAW.....	2 1/4 CUPS (chopped)	
011143 CELERY,RAW.....	2 1/4 CUPS (chopped)	
901764 SUGAR LIGHT BROWN.....	3/4 cup	
083730 MUSTARD YELLOW GALLON.....	3 Tbsp	
901755 TOMATO SAUCE.....	2 qts + 1 cup	
002053 VINEGAR,DISTILLED.....	3/4 cup	
990339 GARLIC POWDER.....	2 1/4 tsp	
902217 SALT TABLE.....	1/2 Tbsp	
902194 PEPPER BLACK.....	1/2 Tbsp	
903078 CHEESE CHEDDAR YELLOW SHREDDED.....	2 1/4 cups	
902990 BUN HAMBURGER WHITE WHEAT.....	75 EACH	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	313 kcal	Cholesterol	41 mg	Sugars	*6.9* g	Calcium	100.74 mg	37.59%	Calories from Total Fat
Total Fat	13.05 g	Sodium	445 mg	Protein	17.22 g	Iron	2.63 mg	15.08%	Calories from Saturated Fat
Saturated Fat	5.24 g	Carbohydrates	33.99 g	Vitamin A	83.2 IU	Water ¹	*9.45* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.61 g	Vitamin C	0.5 mg	Ash ¹	*0.05* g	43.50%	Calories from Carbohydrates
								22.04%	Calories from Protein

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Emanuel County School Nutrition Program

000967 - SQUASH BAKED PARMESAN BREADED : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Alternate Recipe Name: BAKE PARMESAN SQUASH		Y - Milk Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Menu Date: Wednesday - 6/9/2021
 Site:
 001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
011467 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,RAW...	3 gals + 2 CUPS (sliced)	1. PREHEAT OVEN TO 450°. 2. PLACE SQUASH IN A LARGE BOWL. ADD OIL AND SEASONINGS. 3. IN A SHALLOW BOWL, MIX BREAD CRUMBS AND CHEESE. 4. DIP SQUASH IN CRUMB MIXTURE TO COAT BOTH SIDES, PATTING TO HELP COATING ADHERE. 5. PLACE ON LINED BAKING SHEETS. BAKE AT 20-25 MINUTES OR UNTIL GOLDEN BROWN, ROTATING PANS HALFWAY THROUGH BAKING.
902374 OIL CANOLA.....	2 1/3 cups	
902217 SALT TABLE.....	2 Tbsp + 1/4 tsp	
902194 PEPPER BLACK.....	2 Tbsp + 1/4 tsp	
002031 PEPPER,RED OR CAYENNE.....	1/2 Tbsp	
902949 BREAD CRUMBS, PLAIN.....	2 qts + 1 1/4 cups	
902897 CHEESE PARMESAN.....	2 qts + 1 1/4 cups	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	239 kcal	Cholesterol	23 mg	Sugars	*2.5* g	Calcium	334.88 mg	57.69%	Calories from Total Fat
Total Fat	15.31 g	Sodium	601 mg	Protein	12.86 g	Iron	1.12 mg	19.97%	Calories from Saturated Fat
Saturated Fat	5.30 g	Carbohydrates	14.11 g	Vitamin A	327.7 IU	Water ¹	*79.85* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.40 g	Vitamin C	16.4 mg	Ash ¹	*0.48* g	23.62%	Calories from Carbohydrates
								21.54%	Calories from Protein

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Emanuel County School Nutrition Program

000968 - FRUIT SALAD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Wednesday - 6/9/2021

Site:

001 Swainsboro High School

Size of Portion: .50 CUP

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902995 STRAWBERRIES FROZEN.....	3 qts + 1/2 cup	1. THAW FROZEN FRUIT IN THE COOLER UNTIL NO LONGER HARD, BUT STILL COOL. 2. PEEL AND SLICE BANANAS AND KIWIS. 3.DRAIN CANNED PINEAPPLE, RESERVING JUICE. 4. IN A LARGE BOWL, ADD BANANAS, KIWIS, PINEAPPLE AND THAWED FRUIT. MIX. 5. IN A SMALL POT OVER MEDIUM HEAT, ADD RESERVED PINEAPPLE JUICE AND HONEY. STIR. HEAT UNTIL HONEY MELTS INTO JUICE TO FORM A SAUCE, ABOUT 5 MINUTES. ALLOW SAUCE TO COOL FOR 5-10 MINUTES. 6.POUR SAUCE OVER FRUIT SALAD. MIX TO COAT FRUIT. IF USING, MIX IN COCONUT AND ALMONDS.
051371 BLUEBERRIES, FROZEN, CULTIVATED, IQF.....	1 qt + 2 1/4 cups	
902588 BANANA FRESH.....	12 1/2 MEDIUM (7" to 7-7/8")	
009148 KIWIFRUIT,GRN,RAW.....	12 1/2 fruit (2" dia)	
902571 PINEAPPLE TIDBITS.....	6 1/4 CAN 20 OZ	
019296 HONEY.....	1/3 cup + 1 Tbsp	
012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SH....	3 1/8 CUPS (shredded)	
012061 ALMONDS.....	3 1/8 CUPS (slivered)	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	146 kcal	Cholesterol	0 mg	Sugars	*18.5* g	Calcium	30.84 mg	23.59%	Calories from Total Fat
Total Fat	3.83 g	Sodium	14 mg	Protein	1.74 g	Iron	0.58 mg	8.76%	Calories from Saturated Fat
Saturated Fat	1.42 g	Carbohydrates	28.03 g	Vitamin A	28.7 IU	Water ¹	*25.27* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.84 g	Vitamin C	26.1 mg	Ash ¹	*0.42* g	76.72%	Calories from Carbohydrates
								4.76%	Calories from Protein

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Emanuel County School Nutrition Program

000969 - BANANA SPLIT MUFFINS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Egg Y - Soy Y - Wheat		? - Milk ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Wednesday - 6/9/2021

Site:
001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
903085 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE...	2 qts + 1 1/4 cups	1. IN A BOWL, COMBINE FLOUR, SUGAR, CHOCOLATE CHIPS, WALNUTS, BAKING SODA AND SALT. 2. IN ANOTHER BOWL, COMBINE BANANAS AND MAYONNAISE. STIR IN DRY INGREDIENTS JUST UNTIL MOISTENED. 3. FILL GREASED OR PAPER LINED MUFFIN CUPS THREE FOURTHS FULL. 4. BAKE AT 375° FOR 20-25 MINUTES OR UNTIL MUFFINS TEST DONE. PRESS A CHERRY HALF, CUT SIDE DOWN, INTO THE TOPS OF EACH MUFFIN. 5. COOL FOR 5 MINUTES BEFORE REMOVING FROM PAN TO A WIRE RACK.
902134 SUGAR GRANULATED.....	1 qt + 2 1/4 cups	
902800 Chocolate Chips, Semi-Sweet, Gel.....	3 1/8 cups	
012155 WALNUTS, ENGLISH.....	3 1/8 CUPS (chopped)	
900141 BAKING SODA.....	6 1/4 TEASPOON	
902217 SALT TABLE.....	2 Tbsp + 1/4 tsp	
902588 BANANA FRESH.....	18 3/4 MEDIUM (7" to 7-7/8")	
902739 MAYONNAISE BULK REDUCED CALORIE.....	3 1/8 cups	
009328 MARASCHINO CHERRIES, CND, DRND.....	37 1/2 cherry	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	259 kcal	Cholesterol	3 mg	Sugars	*17.9* g	Calcium	12.81 mg	32.73%	Calories from Total Fat
Total Fat	9.40 g	Sodium	371 mg	Protein	2.47 g	Iron	1.42 mg	9.26%	Calories from Saturated Fat
Saturated Fat	2.66 g	Carbohydrates	43.67 g	Vitamin A	21.0 IU	Water ¹	23.79 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.00 g	Vitamin C	2.6 mg	Ash ¹	0.45 g	67.57%	Calories from Carbohydrates
								3.83%	Calories from Protein

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Emanuel County School Nutrition Program

000970 - WAFFLE APPLE-WICH : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Soy Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Thursday - 6/10/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902969 WAFFLE.....	150 EACH	1. TOAST WAFFLES. TOP ONE WAFFLE WITH CHEESE, HAM AND APPLE SLICES. COVER WITH SECOND WAFFLE. WRAP IN FOIL. SERVE WITH SYRUP.
902889 CHEESE, AMERICAN YELLOW, SLICED...	75 Slices	
902737 HAM SLICED.....	75 (6 SLICE)	
902197 APPLE FRESH.....	37 1/2 SMALL (2-3/4 dia)"	
902970 SYRUP PANCAKE 1 OZ.....	75 EACH CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	469 kcal	Cholesterol	80 mg	Sugars	*19.5* g	Calcium	194.47 mg	33.36%	Calories from Total Fat
Total Fat	17.38 g	Sodium	1366 mg	Protein	25.69 g	Iron	1.71 mg	11.08%	Calories from Saturated Fat
Saturated Fat	5.77 g	Carbohydrates	56.79 g	Vitamin A	340.2 IU	Water ¹	63.74 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.79 g	Vitamin C	3.4 mg	Ash ¹	0.14 g	48.46%	Calories from Carbohydrates
								21.93%	Calories from Protein

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Emanuel County School Nutrition Program

000971 - PANCAKES BERRY CREAM : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Alternate Recipe Name: BERRY CREAM PANCAKES				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Thursday - 6/10/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 75

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
051574 PANCAKES.....	75 Pancake	1. PLACE PANCAKE ON LINED SHEET PAN AND HEAT. 2. IN A SMALL MIXING BOWL, BEAT THE CREAM CHEESE, CONFECTIONER'S SUGAR AND VANILLA UNTIL SMOOTH. SPREAD DOWN THE CENTER OF EACH PANCAKE, TOP WITH STRAWBERRIES. FOLD PANCAKE OVER FILLING.
602060 Cream Cheese.....	4 lbs + 11 ozs	
019336 SUGARS,POWDERED....	1 qt + 3 cups	
002050 VANILLA EXTRACT.....	1 Tbsp + 1 5/8 tsp	
009316 STRAWBERRIES,RAW...	1 3/4 GALS (sliced)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	274 kcal	Cholesterol	59 mg	Sugars	*16.1* g	Calcium	58.01 mg	46.65%	Calories from Total Fat
Total Fat	14.23 g	Sodium	300 mg	Protein	5.73 g	Iron	0.63 mg	21.72%	Calories from Saturated Fat
Saturated Fat	6.62 g	Carbohydrates	32.88 g	Vitamin A	349.9 IU	Water ¹	*90.97* g	*0.07%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	3.07 g	Vitamin C	36.7 mg	Ash ¹	*0.25* g	47.91%	Calories from Carbohydrates
								8.35%	Calories from Protein

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Emanuel County School Nutrition Program

000972 - OATMEAL BREAKFAST BARS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Soy		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Wheat

Menu Date: Thursday - 6/10/2021
 Site:
 001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902849 OATS.....	2 qts + 2 cups	IN A MIXING BOWL, COMBINE THE OATS, BROWN SUGAR AND SALT. STIR IN REMAINING INGREDIENTS AND MIX WELL. PRESS INTO A GREASED SHEET PAN. BAKE AT 425° FOR 15-17 MINUTES OR UNTIL GOLDEN BROWN. COOL ON A WIRE RACK.
901764 SUGAR LIGHT BROWN.....	2 1/2 cups	
902217 SALT TABLE.....	2 1/2 tsp	
012155 WALNUTS,ENGLISH.....	3 3/4 CUPS (chopped)	
012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SH....	2 1/2 CUPS (shredded)	
902799 MARGARINE.....	1 3/4 cups + 2 Tbsp	
901100 ORANGE MARMALADE.....	1 3/4 cups + 2 Tbsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	176 kcal	Cholesterol	0 mg	Sugars	*8.8* g	Calcium	6.20 mg	51.34%	Calories from Total Fat
Total Fat	10.03 g	Sodium	132 mg	Protein	2.64 g	Iron	0.57 mg	16.65%	Calories from Saturated Fat
Saturated Fat	3.25 g	Carbohydrates	20.13 g	Vitamin A	301.2 IU	Water ¹	*0.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.48 g	Vitamin C	0.1 mg	Ash ¹	*0.15* g	45.82%	Calories from Carbohydrates
								6.01%	Calories from Protein

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Emanuel County School Nutrition Program

000973 - BACON CHEDDAR MUFFINS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Menu Date: Thursday - 6/10/2021

Site:
001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 75 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
900238 BISCUIT MIX BUTTERMILK.....	3 qts + 1/2 cup	1. IN A LARGE BOWL, COMBINE THE BISCUIT MIX, MILK, OIL, AND EGG JUST UNTIL MOISTENED. FOLD IN CHEESE AND BACON. FILL GREASED MUFFIN CUPS THREE-FOURTHS FULL. 2. BAKE AT 375° FOR 20 MINUTES OR UNTIL GOLDEN BROWN. COOL FOR 10 MINUTES; REMOVE FROM PAN TO A WIRE RACK. 3. REFRIGERATE ANY REMAINING MUFFINS.
902816 MILK 1 %.....	1 qt + 1/8 cup	
902374 OIL CANOLA.....	1 1/2 cups + 1 Tbsp	
902114 EGG RAW WHOLE.....	6 1/4 large	
903078 CHEESE CHEDDAR YELLOW SHREDDED....	1 qt + 2 1/4 cups	
903130 BACON.....	50 STRIP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	244 kcal	Cholesterol	45 mg	Sugars	*1.4* g	Calcium	165.47 mg	65.42%	Calories from Total Fat
Total Fat	17.70 g	Sodium	481 mg	Protein	9.71 g	Iron	0.92 mg	24.60%	Calories from Saturated Fat
Saturated Fat	6.66 g	Carbohydrates	12.78 g	Vitamin A	256.5 IU	Water ¹	*3.16* g	6.16%	Calories from Trans Fat
Trans Fat ²	1.67 g	Dietary Fiber	0.67 g	Vitamin C	0.0 mg	Ash ¹	*0.04* g	21.00%	Calories from Carbohydrates
								15.94%	Calories from Protein

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Emanuel County School Nutrition Program

000974 - SANDWICH ROAST BEEF SUPREME : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: ROAST BEEF SANDWICH				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/14/2021
 Site:
 001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902894 SOUR CREAM.....	1 qt + 1 3/4 cups	IN A SMALL BOWL, COMBINE THE SOUR CREAM, SOUP MIX, HORSERADISH, SALT AND PEPPER. SPREAD OVER SIX SLICES OF BREAD; TOP WITH BEEF, LETTUCE AND REMAINING BREAD.
600157 Soup Mix, Onion, Dry.....	2/3 cup + 2 1/2 tsp	
002055 HORSERADISH,PREPARED.....	1/3 cup + 2 1/2 Tbsp	
902217 SALT TABLE.....	1 3/8 tsp	
902194 PEPPER BLACK.....	1 3/8 tsp	
902718 BREAD SLICED WG WHITE.....	138 Slices	
602081 ROAST BEEF, COOKED,SLICED, 6/2 LB....	138 Piece	
011251 LETTUCE,COS OR ROMAINE,RAW.....	69 leaf inner	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	326 kcal	Cholesterol	63 mg	Sugars	*5.5* g	Calcium	28.29 mg	22.92%	Calories from Total Fat
Total Fat	8.32 g	Sodium	1409 mg	Protein	28.82 g	Iron	1.51 mg	8.94%	Calories from Saturated Fat
Saturated Fat	3.24 g	Carbohydrates	35.03 g	Vitamin A	649.1 IU	Water ¹	*7.10* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.19 g	Vitamin C	0.7 mg	Ash ¹	*0.07* g	42.91%	Calories from Carbohydrates
								35.31%	Calories from Protein

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Emanuel County School Nutrition Program

000975 - TUNA PITA SANDWICH : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook		Y - Egg Y - Fish Y - Soy Y - Wheat		? - Milk ? - Peanut ? - Tree Nut ? - Shellfish

Menu Date: Monday - 6/14/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902692 TUNA CHUNK LIGHT CANNED IN WATER DRAI...	4 lbs + 5 ozs	1. IN A SMALL BOWL, COMBINE TUNA, PINEAPPLE, CARROT AND MAYONNAISE; MIX WELL. 2. CUT PITA BREAD IN HALF CROSSWISE. PLACE LETTUCE LEAF IN EACH PITA BREAD HALF. FILL EACH WITH 1/4 CUP TUNA MIXTURE. 3. MAKES 6 SANDWICHES.
902680 PINEAPPLE CANNED CRUSHED.....	5 lbs + 12 ozs	
799938 CARROTS,RAW.....	2 3/4 cups + 2 TBSP (shredded)	
902739 MAYONNAISE BULK REDUCED CALORIE.....	34 1/2 TABLESPOON	
018041 BREAD,PITA,WHITE,ENRICHED.....	34 1/2 pita, large (6-1/2" dia)	
011251 LETTUCE,COS OR ROMAINE,RAW.....	69 leaf inner	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	157 kcal	Cholesterol	15 mg	Sugars	*4.8* g	Calcium	34.69 mg	17.98%	Calories from Total Fat
Total Fat	3.14 g	Sodium	308 mg	Protein	9.43 g	Iron	1.32 mg	3.17%	Calories from Saturated Fat
Saturated Fat	0.55 g	Carbohydrates	22.98 g	Vitamin A	1293.1 IU	Water ¹	19.35 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.91 g	Vitamin C	0.8 mg	Ash ¹	0.65 g	58.42%	Calories from Carbohydrates
								23.97%	Calories from Protein

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Emanuel County School Nutrition Program

000976 - SALAD POWERHOUSE : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Alternate Recipe Name: POWERHOUSE SALAD				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/14/2021

Site:

001 Swainsboro High School

Size of Portion: 2 CUP

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	8 1/2 gals + 2 CUPS (chopped)	1. WASH AND CHOP/PREP LETTUCE, BROCCOLI, RED PEPPERS, TOMATOES AND CARROT. 2. PLACE ALL INGREDIENTS EXCEPT FOR DRESSING IN A BOWL. 3. DRIZZLE WITH DRESSING RIGHT BEFORE SERVING.
902910 BROCCOLI FLORETTTS RAW.....	1 gal + 1 1/4 CUPS (flowerets)	
901164 PEPPERS, RED STRIPS SWEET.....	1 gal + 1 1/4 cups	
901773 TOMATOES CHERRY.....	1 gal + 1 1/4 cups	
799938 CARROTS,RAW.....	2 qts + 1/2 CUP (shredded)	
012061 ALMONDS.....	1 qt + 1/4 CUP (slivered)	

000020R DRESSING RANCH 1 OZ.....	69 (1 OZ)	
902739 MAYONAISE BULK REDUCED CALORIE...	1 qt + 1/4 cup	
900116 DRESSING MIX RANCH.....	5/8 PACK	
903134 MILK BUTTERMILK.....	1 qt + 1/4 cup	

*Nutrients are based upon 1 Portion Size (2 CUP)

Calories	188 kcal	Cholesterol	5 mg	Sugars	*13.7* g	Calcium	206.13 mg	45.93%	Calories from Total Fat
Total Fat	9.61 g	Sodium	273 mg	Protein	8.52 g	Iron	5.08 mg	6.91%	Calories from Saturated Fat
Saturated Fat	1.45 g	Carbohydrates	24.01 g	Vitamin A	43177.7 IU	Water ¹	*458.53* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.46 g	Vitamin C	54.1 mg	Ash ¹	*3.14* g	50.99%	Calories from Carbohydrates
								18.09%	Calories from Protein

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Emanuel County School Nutrition Program

000977 - CRUNCHY APPLE RINGS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/14/2021

Site:

001 Swainsboro High School

Size of Portion: SERVING

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902197 APPLE FRESH.....	69 MEDIUM (3 dia)"	1. SLICE APPLE INTO RINGS.
051540 Peanut Butter, Smooth...	1 qt + 1/4 cup	2. SPREAD PEANUT BUTTER ONTO APPLE RINGS.
902594 TRAIL MIX.....	2 qts + 1/2 cup	3. TOP WITH THE TRAIL MIX.
		4. 3 RINGS EQUAL A SERVING.

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	215 kcal	Cholesterol	7 mg	Sugars	*1.3* g	Calcium	11.65 mg	40.51%	Calories from Total Fat
Total Fat	9.66 g	Sodium	80 mg	Protein	12.24 g	Iron	63.90 mg	6.98%	Calories from Saturated Fat
Saturated Fat	1.67 g	Carbohydrates	32.35 g	Vitamin A	99.3 IU	Water ¹	*167.73* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	12.34 g	Vitamin C	15.5 mg	Ash ¹	*7.43* g	60.26%	Calories from Carbohydrates
								22.81%	Calories from Protein

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Emanuel County School Nutrition Program

000978 - EVERYDAY FRUIT SALAD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Monday - 6/14/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902258 FRUIT COCKTAIL CND LT SYRUP SOL & LIQUID....	2 1/2 gals + 3 cups	1.DRAIN THE FRUIT COCKTAIL.
902168 Oranges- Fresh.....	17 1/4 each,2-5/8"dia	2.PEEL AND SECTION THE ORANGE.
902197 APPLE FRESH.....	17 1/4 MEDIUM (3 dia)"	3. DICE THE APPLE.
902588 BANANA FRESH.....	17 1/4 EACH	4. DICE THE BANANA.
019296 HONEY.....	1 qt + 1/4 cup	5. COMBINE THE FRUITS; ADD HONEY AND STIR. REFRIGERATE AN HOUR OR MORE TO DEVELOP FLAVOR.

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	195 kcal	Cholesterol	0 mg	Sugars	*28.6* g	Calcium	15.49 mg	1.06%	Calories from Total Fat
Total Fat	0.23 g	Sodium	27 mg	Protein	0.82 g	Iron	0.27 mg	0.28%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	48.94 g	Vitamin A	352.7 IU	Water ¹	91.67 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.19 g	Vitamin C	18.3 mg	Ash ¹	0.54 g	100.15%	Calories from Carbohydrates
								1.68%	Calories from Protein

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Emanuel County School Nutrition Program

000979 - HASH BROWN STACKER : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/15/2021

Site:

001 Swainsboro High School

Size of Portion: 1 EACH

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
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Emanuel County School Nutrition Program

<p>011391 POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRI... 011282 ONIONS,RAW..... 903058 PICKLE SLICES..... 000711 BEEF GROUND 80/20 RAW TO COOK & DRAIN..... 902194 PEPPER BLACK..... 903078 CHEESE CHEDDAR YELLOW SHREDDED..... 901734 KETCHUP TOMATO HEINZ..... 083730 MUSTARD YELLOW GALLON.....</p>	<p>69 patty,oval(3x1.5x.5) 2 cups + 1 TBSP (chopped) 2 3/4 cups 4 lbs + 2 1/4 OZS (RAW WGT YIELD INCL) 2 3/4 tsp 1 qt + 2 7/8 cups 1 1/2 cups + 1/2 Tbsp 1 1/2 cups + 1/2 Tbsp</p>	<p>PLACE 25 HASH BROWN PATTIES ON A SHEET LINED WITH PARCHMENT PAPER AND LIGHTLY COATED WITH PAN RELEASE SPRAY.</p> <p>BAKE: CONVENTIONAL OVEN: 375° FOR 15-18 MINUES. CONVECTION OVEN: 375° FOR 10 MINUTES.</p> <p>IN A LARGE POT, ADD ONIONS AND PICKLES THAT HAVE BEEN CHOPPED. SAUTE UNCOVERED OVER MEDIUM-HIGH HEAT FOR 1-2 MINUTES UNTIL TRANSLUCENT.</p> <p>ADD BEEF AND PEPPER. COOK UNCOVERED OVER MEDIUM-HIGH HEAT FOR 3-4 MINUTES. STIR OFTEN UNTIL MEAT IS WELL DONE.</p> <p>DRAIN MEAT. SET ASIDE.</p> <p>ASSEMBLE: USING A #30 SCOOP, PORTION 2 TBSP BEEF MIXTURE ON TOP OF EACH HASH BROWN PATTY. SPRINKLE 1 TBSP PLUS 1 TSP CHEESE ON TOP OF BEEF MIXTURE.</p> <p>BAKE: CONVENTIONAL OVEN: 375° FOR 15-18 MINUES. CONVECTION OVEN: 375° FOR 10 MINUTES.</p> <p>DRIZZLE 1 TSP KETCHUP AND MUSTARD OVER EACH PATTY.</p> <p>HOLD FOR HOT SERVICE 135°</p> <p>SERVE 1 HASH BROWN STACKER</p>
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	221 kcal	Cholesterol	39 mg	Sugars	*1.6* g	Calcium	175.20 mg	61.14%	Calories from Total Fat
Total Fat	15.02 g	Sodium	374 mg	Protein	9.95 g	Iron	0.65 mg	27.48%	Calories from Saturated Fat
Saturated Fat	6.75 g	Carbohydrates	11.17 g	Vitamin A	231.0 IU	Water ¹	*20.51* g	0.04%	Calories from Trans Fat
Trans Fat ²	0.01 g	Dietary Fiber	1.03 g	Vitamin C	2.3 mg	Ash ¹	*0.40* g	20.21%	Calories from Carbohydrates
								18.00%	Calories from Protein

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Emanuel County School Nutrition Program

000980 - BBQ PORK SALAD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/15/2021

Site:
001 Swainsboro High School

Size of Portion: 2/3 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	10 lbs + 13 ozs	CHOP LETTUCE, CHOP APPLE AND DRAIN MANDARIN ORANGES. HEAT BBQ. COMBINE FIRST SIX INGREDIENTS IN LARGE BOWL. DRIZZLE WITH VINAIGRETTE; SERVE IMMEDIATELY.
990117 MANDARIN ORANGES CND LT SYRUP DRND.....	17 1/4 CAN 11 OZ	
990016 PORK BBQ BROOKWOOD PROCESSED.....	1 gal + 1 1/4 cups	
012061 ALMONDS.....	1 gal + 1 1/4 CUPS (whole)	
902197 APPLE FRESH.....	17 1/4 MEDIUM (3 dia)"	
901115 PEA POD,CHINESE,RAW.....	2 qts + 1/2 CUP (whole)	
799985 DRESSING, BALSAMIC VINAIGRETTE, LOW FAT...	1 qt + 1/4 cup	

*Nutrients are based upon 1 Portion Size (2/3 CUP)

Calories	458 kcal	Cholesterol	36 mg	Sugars	*19.2* g	Calcium	165.81 mg	56.43%	Calories from Total Fat
Total Fat	28.69 g	Sodium	304 mg	Protein	18.36 g	Iron	3.97 mg	9.18%	Calories from Saturated Fat
Saturated Fat	4.66 g	Carbohydrates	35.91 g	Vitamin A	7339.6 IU	Water ¹	*114.56* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	7.81 g	Vitamin C	30.7 mg	Ash ¹	*1.60* g	31.40%	Calories from Carbohydrates
								16.05%	Calories from Protein

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Emanuel County School Nutrition Program

000981 - CHILI LIME ROASTED CHICKPEAS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Tuesday - 6/15/2021

Site:

001 Swainsboro High School

Size of Portion: 1/3 CUP

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902648 BEANS GARBANZO (CHICKPEAS) CANNED W/SALT....	23 #300 CAN	PREHEAT OVEN TO 400°. LINE SHEET PAN WITH FOIL. SPREAD 2 CANS (15 OZ EACH) OF RINSED DRAINED AND PATTED DRY BEANS IN A SINGLE LAYER, REMOVING ANY LOOSE SKINS. BAKE UNTIL VERY CRUNCHY, 40-45 MINUTES, STIRRING EVERY 15 MINUTES. MEANWHILE WHISK TOGETHER THE REST OF THE INGREDIENTS. REMOVE BEANS FROM OVEN, LET COOL 5 MINUTES. DRIZZLE WITH OIL MIXTURE, SHAKE PAN TO COAT. COOL COMPLETELY.
902374 OIL CANOLA.....	1 1/3 cups + 1 1/2 Tbsp	
900532 CHILI POWDER.....	2/3 cup + 2 1/2 tsp	
900717 CUMIN GROUND.....	1/3 cup + 2 1/2 Tbsp	
903131 LIME ZEST.....	3 Tbsp + 2 1/2 tsp	
009161 LIME JUC,CND OR BTLD,UNSWTND.....	2/3 cup + 2 1/2 tsp	
902217 SALT TABLE.....	2 Tbsp + 2 5/8 tsp	

*Nutrients are based upon 1 Portion Size (1/3 CUP)

Calories	173 kcal	Cholesterol	0 mg	Sugars	3.6 g	Calcium	29.74 mg	36.86%	Calories from Total Fat
Total Fat	7.07 g	Sodium	495 mg	Protein	7.23 g	Iron	1.95 mg	1.69%	Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	22.89 g	Vitamin A	3.6 IU	Water ¹	2.44 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.99 g	Vitamin C	2.0 mg	Ash ¹	0.06 g	53.03%	Calories from Carbohydrates
								16.74%	Calories from Protein

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Emanuel County School Nutrition Program

000817 - APPLE COLESLAW :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook		Y - Egg Y - Soy		? - Milk ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Wheat

Menu Date: Tuesday - 6/15/2021

Site:

001 Swainsboro High School

Size of Portion: 1/2 CUP

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
011109 CABBAGE,RAW.....	1 gal + 1 1/4 CUPS (shredded)	SHRED CABBAGE. DRAIN PINEAPPLE AND CORE AND DICE APPLES. THEN COMBINE ALL INGREDIENTS, COVER AND REFRIGERATE 1 HOUR OR MORE BEFORE SERVING.
902197 APPLE FRESH.....	17 1/4 MEDIUM (3 dia)"	
902680 PINEAPPLE CANNED CRUSHED.....	8 lbs + 10 ozs	
902739 MAYONNAISE BULK REDUCED CALORIE....	1 qt + 2 1/2 cups	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	131 kcal	Cholesterol	7 mg	Sugars	*7.0* g	Calcium	17.83 mg	49.23%	Calories from Total Fat
Total Fat	7.18 g	Sodium	149 mg	Protein	0.34 g	Iron	0.28 mg	9.85%	Calories from Saturated Fat
Saturated Fat	1.44 g	Carbohydrates	16.41 g	Vitamin A	41.7 IU	Water ¹	55.06 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.53 g	Vitamin C	9.0 mg	Ash ¹	0.20 g	49.99%	Calories from Carbohydrates
								1.04%	Calories from Protein

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Emanuel County School Nutrition Program

000982 - WILD BLUEBERRY CRISP : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Soy Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Tuesday - 6/15/2021

Site:

001 Swainsboro High School

Size of Portion: 1/2 CUP

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
051371 BLUEBERRIES, FROZEN, CULTIVATED, IQF...	9 lbs + 12 ozs	PRE-HEAT OVEN TO 350°. SPRAY A 2" PAN WITH COOKING SPRAY. MEASURE 16 CUPS OF BLUEBERRIES AND ADD TO PAN. TOSS BLUEBERRIES WITH 4 TABLESPOONS OF FLOUR. IN ANOTHER BOWL, MIX FLOUR, OATS, SUGARS AND MARGARINE UNTIL CRUMBLY. SPREAD EVENLY OVER THE BLUEBERRIES. SPREAD EVENLY OVER THE BLUEBERRIES. BAKE AT 350° FOR ABOUT 30 MINUTES UNTIL 135° IS REACHED, GOLDEN ON TOP AND BUBBLY. PORTION IN 1/2 CUP SERVINGS.
903084 FLOUR WHOLE WHEAT.....	1/2 cup + 1 7/8 tsp	
902849 OATS.....	2 lbs + 2 1/2 ozs	
903084 FLOUR WHOLE WHEAT.....	1 lb + 1 1/4 ozs	
901764 SUGAR LIGHT BROWN.....	3 1/8 cups + 1 1/2 Tbsp	
902134 SUGAR GRANULATED.....	1 cup + 1 Tbsp	
902217 SALT TABLE.....	2 1/4 DASH	
002025 NUTMEG,GROUND.....	2 1/8 tsp	
902799 MARGARINE.....	1 lb + 1 1/4 ozs	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	215 kcal	Cholesterol	0 mg	Sugars	*13.5* g	Calcium	7.76 mg	29.92%	Calories from Total Fat
Total Fat	7.15 g	Sodium	62 mg	Protein	3.50 g	Iron	0.86 mg	10.55%	Calories from Saturated Fat
Saturated Fat	2.52 g	Carbohydrates	36.03 g	Vitamin A	409.9 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.93 g	Vitamin C	1.6 mg	Ash ¹	*0.00* g	67.02%	Calories from Carbohydrates
								6.51%	Calories from Protein

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Emanuel County School Nutrition Program

000983 - SWEET BBQ CHICKEN DRUMSTICKS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Soy Y - Wheat		? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Wednesday - 6/16/2021

Site:

001 Swainsboro High School

Size of Portion: 2 DRUMSTICKS

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
903083 CRANBERRY SAUCE CANNED.....	2/3 #10 Can	1. MIX TOGETHER TOMATO PASTE, CRANBERRY SAUCE, VINEGAR, BROWN SUGAR, WORCESTERSHIRE SAUCE, SALT, PEPPER, CHILI POWDER, AND ONION POWDER IN SMALL SAUCEPAN OVER MEDIUM HEAT. WHISK UNTIL SMOOTH AND HEATED THROUGH. 2. SET ASIDE FOR USE ON BBQ CHICKEN OR AS A DIPPING SAUCE. 3. TOSS CHICKEN WITH OIL, SALT AND PEPPER. PREHEAT OVEN TO 400°. 4. LAY CHICKEN EVENLY AND FLAT ON LINED SHEET PAN AND BAKE FOR 30 MINUTES. REMOVE FROM OVEN AND BRUSH CHICKEN WITH BBQ SAUCE. PLACE BACK IN OVEN AND COOK FOR 5-10 MINUTES UNTIL INTERNAL TEMPERATURE REACHES 165° AND SAUCE HAS CARAMELIZED.
902793 TOMATO PASTE WITHOUT SALT ADDED...	2 lbs + 1 1/8 ozs	
902568 VINEGAR APPLE CIDER.....	1 1/3 cups + 1/2 Tbsp	
901764 SUGAR LIGHT BROWN.....	1/2 cup + 7/8 tsp	
902965 WORCESTERSHIRE SAUCE.....	1/3 cup + 1/2 tsp	
902217 SALT TABLE.....	1 3/8 tsp	
902194 PEPPER BLACK.....	1 3/8 tsp	
900532 CHILI POWDER.....	1 3/8 tsp	
990339 GARLIC POWDER.....	5/8 tsp	
903139 ONION POWDER.....	5/8 tsp	
900437 CHICK DRUMSTICK IQF MED RTC.....	27 lbs + 10 ozs	

*Nutrients are based upon 1 Portion Size (2 DRUMSTICKS)

Calories	312 kcal	Cholesterol	184 mg	Sugars	*11.0* g	Calcium	0.30 mg	35.24%	Calories from Total Fat
Total Fat	12.24 g	Sodium	227 mg	Protein	34.52 g	Iron	1.95 mg	8.77%	Calories from Saturated Fat
Saturated Fat	3.05 g	Carbohydrates	16.52 g	Vitamin A	206.6 IU	Water ¹	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.91 g	Vitamin C	2.5 mg	Ash ¹	*0.00* g	21.14%	Calories from Carbohydrates
								44.18%	Calories from Protein

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Emanuel County School Nutrition Program

000984 - FISH STICK TACOS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Egg Y - Fish Y - Soy Y - Wheat		? - Milk ? - Peanut ? - Tree Nut ? - Shellfish

Menu Date: Wednesday - 6/16/2021

Site:

001 Swainsboro High School

Size of Portion: 2 TACO

Number of Portions: 69

A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
601977 FISH COD NUGGET.....	276 NUGGET	LAY FISH ON A LINED SHEET PAN AND HEAT UNTIL CRUNCHY AND TEMPERATURE HAS BEEN REACHED.
902877 TORTILLA FLOUR WHOLE GRAIN.....	69 EACH	
902739 MAYONNAISE BULK REDUCED CALORIE.....	2 qts + 1/2 cup	HEAT FLOUR TORTILLAS UNTIL WARM.
902865 CILANTRO.....	1 1/3 cups + 1 1/2 Tbsp	
990074 TACO SEASONING MIX MILD.....	1 1/3 cups + 1 1/2 Tbsp	IN MEDIUM BOWL, COMBINE MAYONNAISE, CILANTRO AND TACO SEASONING MIX; MIX WELL.
011251 LETTUCE,COS OR ROMAINE,RAW.....	1 gal + 1 1/4 CUPS (shredded)	
902257 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 qts + 3 1/2 CUPS (chopped)	CAREFULLY CUT EACH WARM FISH STICK INTO SMALLER PIECES.
901578 TACO SAUCE.....	69 PACKET	SPREAD ONE SIDE OF EACH FLOUR TORTILLA WITH MAYONNAISE MIXTURE. TOP HALF OF EACH WITH WARM FISH STICKS PIECES, LETTUCE AND TOMATO. FOLD UNTOPPED SIDE OVER FILLING. SERVE WITH TACO SAUCE.
		2 TACOS = A SERVING.

*Nutrients are based upon 1 Portion Size (2 TACO)

Calories	501 kcal	Cholesterol	39 mg	Sugars	*0.1* g	Calcium	100.25 mg	42.29%	Calories from Total Fat
Total Fat	23.54 g	Sodium	1288 mg	Protein	18.58 g	Iron	3.17 mg	7.91%	Calories from Saturated Fat
Saturated Fat	4.40 g	Carbohydrates	51.25 g	Vitamin A	1856.4 IU	Water ¹	39.47 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.78 g	Vitamin C	6.2 mg	Ash ¹	0.22 g	40.91%	Calories from Carbohydrates
								14.83%	Calories from Protein

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Emanuel County School Nutrition Program

000985 - GLAZED CARROTS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Soy		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Wheat

Menu Date: Wednesday - 6/16/2021
 Site:
 001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
901747 CARROTS RAW BABY.....	13 7/8 BAG	PLACE CARROTS IN A SUACEPAN; ADD WATER TO COVER. BRING TO A BOIL. REDUCE HEAT; COVER AND COOK FOR 8-10 MINUTES OR UNTIL CRISP TENDER. DRAIN AND SET ASIDE. IN THE SAME PAN, COMBINE BUTTER, BROWN SUGAR AND SALAD DRESSING MIX UNTIL BLENDED. ADD CARROTS. COOK AND STIR OVER MEDIUM HEAT FOR 5 MINUTES OR UNTIL GLAZED.
902799 MARGARINE.....	3 1/3 cups + 2 Tbsp	
901764 SUGAR LIGHT BROWN....	3 1/3 cups + 2 Tbsp	
900116 DRESSING MIX RANCH....	1 2/3 cups + 1 Tbsp	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	171 kcal	Cholesterol	0 mg	Sugars	*11.2* g	Calcium	38.35 mg	46.29%	Calories from Total Fat
Total Fat	8.80 g	Sodium	974 mg	Protein	1.69 g	Iron	0.54 mg	18.94%	Calories from Saturated Fat
Saturated Fat	3.60 g	Carbohydrates	22.09 g	Vitamin A	7046.2 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.25 g	Vitamin C	6.4 mg	Ash ¹	*0.00* g	51.65%	Calories from Carbohydrates
								3.95%	Calories from Protein

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Emanuel County School Nutrition Program

000986 - BROCCOLI TOMATO SALAD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Wednesday - 6/16/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902910 BROCCOLI FLORETTES RAW.....	1 1/2 gals + 1 3/4 CUPS (flowerets)	CUT BROCCOLI INTO SMALLER PIECES, SLICE TOMATOES IN HALF AND SLICE ONIONS INTO VERY THIN SLICES.
901773 TOMATOES CHERRY.....	1 qt + 1/4 cup	
903078 CHEESE CHEDDAR YELLOW SHREDDED.....	1 qt + 1/4 cup	MIX BROCCOLI , TOMATOES, CHEESE, ONIONS, SUNFLOWER KERNELS AND POPPY SEEDS IN A LARGE BOWL.
901096 ONIONS,RED,RAW.....	2 1/8 cups + 1/2 TBSP (sliced)	
012537 SUNFLOWER SD KRNL,DRY RSTD,W/SALT....	1/2 cup + 1 7/8 tsp	STIR TOGETHER DRESSING, MUSTARD AND SUGAR UNTIL WELL BLENDED. POUR OVER BROCCOLI MIXTURE; TOSS TO COAT. REFRIGERATE AT LEAST 4 HOURS OR OVERNIGHT.
002033 POPPY SEED.....	1/4 cup + 1 tsp	
902974 RASPBERRY VINAIGETTE.....	2 1/8 cups + 1/2 Tbsp	
900745 DIJON MUSTARD-FRANCE.....	2 Tbsp + 2 5/8 tsp	
902134 SUGAR GRANULATED.....	1/4 cup + 1 tsp	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	88 kcal	Cholesterol	15 mg	Sugars	*2.3* g	Calcium	123.97 mg	57.36%	Calories from Total Fat
Total Fat	5.59 g	Sodium	144 mg	Protein	4.77 g	Iron	0.40 mg	31.95%	Calories from Saturated Fat
Saturated Fat	3.12 g	Carbohydrates	5.28 g	Vitamin A	607.7 IU	Water ¹	*28.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.66 g	Vitamin C	17.4 mg	Ash ¹	*0.36* g	24.09%	Calories from Carbohydrates
								21.74%	Calories from Protein

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Emanuel County School Nutrition Program

000987 - MARSHMALLOW FRUIT SALAD : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook		Y - Milk		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Wednesday - 6/16/2021

Site:
001 Swainsboro High School

Size of Portion: .50 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902571 PINEAPPLE TIDBITS.....	5 CAN 20 OZ	DRAIN ALL FRUIT, THEN COMBINE THE FRUIT, PECANS AND SOUR CREAM. FOLD IN WHIPPED TOPPING AND MARSHMALLOWS. COVER AND REFRIGERATE UNTIL SERVING.
902258 FRUIT COCKTAIL CND LT SYRUP SOL & LIQUID....	4 lbs + 10 ozs	
990117 MANDARIN ORANGES CND LT SYRUP DRND.....	5 CAN 11 OZ	
902866 PECAN PIECES.....	1 qt + 7/8 cup	
902894 SOUR CREAM.....	1 qt + 7/8 cup	
902858 WHIPPED TOPPING.....	3 qts + 1/4 cup	
900098 MARSHMALLOWS MINI.....	3 qts + 2 3/4 cups	

*Nutrients are based upon 1 Portion Size (.50 CUP)

Calories	347 kcal	Cholesterol	11 mg	Sugars	*26.2* g	Calcium	38.73 mg	63.52%	Calories from Total Fat
Total Fat	24.48 g	Sodium	29 mg	Protein	2.54 g	Iron	0.57 mg	33.77%	Calories from Saturated Fat
Saturated Fat	13.02 g	Carbohydrates	32.03 g	Vitamin A	229.5 IU	Water ¹	0.57 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.50 g	Vitamin C	2.8 mg	Ash ¹	0.24 g	36.93%	Calories from Carbohydrates
								2.93%	Calories from Protein

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Emanuel County School Nutrition Program

000988 - SUNDAY MORNING BRUNCH : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation		Y - Milk Y - Soy Y - Wheat		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish

Menu Date: Thursday - 6/17/2021

Site:
001 Swainsboro High School

Size of Portion: 3/4 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902718 BREAD SLICED WG WHITE.....	69 Slices	COOK AND DRAIN SAUSAGE. DICE THE BREAD. LAYER BREAD, SAUSAGE AND CHEESE IN LIGHTLY SPRAYED 2" PAN. MIX EGGS WITH SALT , MILK, MUSTARD AND SOUP. POUR ON TOP OF BREAD, SAUSAGE, AND CHEESE LAYER. LEAVE IN COOLER OVERNIGHT. BAKE AT 350° FOR 45 MINUTES.
007956 SAUSAGE,BF,FRSH,CKD.....	8 lbs + 10 ozs	
903078 CHEESE CHEDDAR YELLOW SHREDDED....	1 gal + 1 1/4 cups	
902114 EGG RAW WHOLE.....	103 1/2 large	
902217 SALT TABLE.....	2 Tbsp + 2 5/8 tsp	
902816 MILK 1 %.....	2 qts + 1/2 cup	
901065 MUSTARD,POWDER/DRY.....	2 Tbsp + 2 5/8 tsp	
902832 SOUP CREAM OF MUSHROOM.....	5 lbs + 7 ozs	

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	642 kcal	Cholesterol	426 mg	Sugars	*4.2* g	Calcium	492.48 mg	62.00%	Calories from Total Fat
Total Fat	44.19 g	Sodium	1654 mg	Protein	38.33 g	Iron	3.48 mg	29.25%	Calories from Saturated Fat
Saturated Fat	20.85 g	Carbohydrates	22.33 g	Vitamin A	1086.3 IU	Water ¹	*85.90* g	1.15%	Calories from Trans Fat
Trans Fat ²	0.82 g	Dietary Fiber	1.02 g	Vitamin C	4.4 mg	Ash ¹	*1.99* g	13.93%	Calories from Carbohydrates
								23.90%	Calories from Protein

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Emanuel County School Nutrition Program

000883 - STRAWBERRY CHEESECAKE PARFAITS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Thursday - 6/17/2021

Site:
001 Swainsboro High School

Size of Portion: 1/2 CUP Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
001037 CHEESE, RICOTTA, PART SKIM MILK...	1 gal + 1 1/4 cups	COMBINE RICOTTA AND THE NEXT THREE INGREDIENTS UNTIL BLENDED. PLACE 1/3 CUP BERRIES INTO EACH OF FOUR PARFAIT CUPS. TOP EACH WITH 1/4 CUP OF RICOTTA MIXTURE. REPEAT LAYERS, BEGINNING AND ENDING WITH BERRIES. SPRINKLE EACH PARFAIT WITH 2 TABLESPOONS OF GRAHAM CRACKER PIECES.
001287 YOGURT, GREEK, PLN, LOWFAT.....	1 gal + 1 1/4 cups	
902134 SUGAR GRANULATED.....	1 1/3 cups + 1 1/2 Tbsp	
002050 VANILLA EXTRACT.....	2 1/8 tsp	
009316 STRAWBERRIES, RAW.....	4 1/4 gals + 1 CUP (sliced)	
902272 GRAHAM CRACKERS.....	1 lb + 1 1/4 ozs	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	223 kcal	Cholesterol	25 mg	Sugars	*14.5* g	Calcium	262.14 mg	27.25%	Calories from Total Fat
Total Fat	6.76 g	Sodium	108 mg	Protein	14.37 g	Iron	1.22 mg	15.13%	Calories from Saturated Fat
Saturated Fat	3.75 g	Carbohydrates	27.60 g	Vitamin A	431.3 IU	Water ¹	*244.19* g	*0.14%*	Calories from Trans Fat
Trans Fat ²	*0.03* g	Dietary Fiber	3.60 g	Vitamin C	98.1 mg	Ash ¹	*1.73* g	49.45%	Calories from Carbohydrates
								25.76%	Calories from Protein

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Emanuel County School Nutrition Program

000990 - PEANUT BUTTER SMORES SANDWICH : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Thursday - 6/17/2021

Site:
001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902718 BREAD SLICED WG WHITE.....	69 Slices	SPREAD 2 TBSP PEANUT BUTTER ON EACH SLICE OF BREAD. PLACE BREAD ON LINED SHEET PAN. TOP WITH 1 TBSP CHOCOLATE CHIPS AND 2 TBSP MARSHMALLOWS. BROIL 4-5 INCHES FROM HEAT UNTIL LIGHTLY BROWNED, 30-60 SECONDS.
051540 Peanut Butter, Smooth.....	2 qts + 1/2 cup	
902800 Chocolate Chips, Semi-Sweet, Gel....	1 qt + 1/4 cup	
900098 MARSHMALLOWS MINI.....	2 qts + 1/2 cup	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	344 kcal	Cholesterol	0 mg	Sugars	*8.4* g	Calcium	4.54 mg	50.85%	Calories from Total Fat
Total Fat	19.43 g	Sodium	269 mg	Protein	9.41 g	Iron	1.43 mg	13.54%	Calories from Saturated Fat
Saturated Fat	5.17 g	Carbohydrates	35.82 g	Vitamin A	0.0 IU	Water ¹	*0.10* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.61 g	Vitamin C	0.0 mg	Ash ¹	*0.17* g	41.68%	Calories from Carbohydrates
								10.95%	Calories from Protein

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Emanuel County School Nutrition Program

000989 - PB&J APPLE & RAISIN SANDWICH : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Menu Date: Thursday - 6/17/2021

Site:
001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902718 BREAD SLICED WG WHITE.....	69 Slices	SPREAD THE PEANUT BUTTER ON THE BREAD.
902197 APPLE FRESH.....	34 1/2 MEDIUM (3 dia)"	SLICE THE APPLE VERY THINLY.
051540 Peanut Butter, Smooth.....	2 qts + 1/2 cup	
009297 RAISINS,GOLDEN,SEEDLESS...	1 qt + 1/4 CUP ((not packed))	PLACE 1/2 MEDIUM APPLE (SLICES), 1 TBSP RAISINS AND 1/8 TSP OF CINNAMON ON TOP OF PEANUT BUTTER.
903137 CINNAMON,GROUND.....	2 Tbsp + 2 5/8 tsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	333 kcal	Cholesterol	0 mg	Sugars	*10.6* g	Calcium	15.25 mg	41.55%	Calories from Total Fat
Total Fat	15.36 g	Sodium	265 mg	Protein	9.75 g	Iron	1.68 mg	7.28%	Calories from Saturated Fat
Saturated Fat	2.69 g	Carbohydrates	42.17 g	Vitamin A	50.1 IU	Water ¹	*79.24* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.43 g	Vitamin C	4.6 mg	Ash ¹	*0.33* g	50.71%	Calories from Carbohydrates
								11.72%	Calories from Protein

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Emanuel County School Nutrition Program

000991 - CHEWY GRANOLA BARS : TID	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service		Y - Milk Y - Soy		? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Wheat

Menu Date: Thursday - 6/17/2021
 Site:
 001 Swainsboro High School

Size of Portion: 1 EACH Number of Portions: 69 A - SWAINSBORO HIGH LUNCH

Ingredients	Measures	Instructions
902849 OATS.....	2 qts + 3 1/2 cups	IN LARGE BOWL, COMBINE ALL INGREDIENTS AND MIX WELL. SPREAD INTO A GREASED SHEET PAN. BAKE AT 350° FOR 20-25 MINUTES OR UNTIL EDGES ARE BROWN. COOL ON WIRE RACK. USE A KNIFE TO CUT INTO SQUARES. STORE IN AIRTIGHT CONTAINER.
051475 Fruit Mix, Dried.....	5 3/4 ozs	
901764 SUGAR LIGHT BROWN.....	1 3/4 cups + 2 1/2 Tbsp	
902799 MARGARINE.....	1 3/4 cups + 2 1/2 Tbsp	
019350 SYRUPS,CORN,LT.....	1 3/4 cups + 2 1/2 Tbsp	
902800 Chocolate Chips, Semi-Sweet, Gel.....	3/4 cup + 3 1/2 Tbsp	
012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SH....	3/4 cup + 3 1/2 TBSP (shredded)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	173 kcal	Cholesterol	0 mg	Sugars	*15.1* g	Calcium	2.43 mg	37.47%	Calories from Total Fat
Total Fat	7.20 g	Sodium	59 mg	Protein	2.17 g	Iron	0.48 mg	16.20%	Calories from Saturated Fat
Saturated Fat	3.11 g	Carbohydrates	26.35 g	Vitamin A	333.3 IU	Water ¹	*2.34* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.55 g	Vitamin C	0.0 mg	Ash ¹	*0.08* g	60.95%	Calories from Carbohydrates
								5.02%	Calories from Protein

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