

**K-5 K-8**  
**May 2017 Notes**

**NEW Items/Notes**

**Sysco # 0721060** Sweet Potato Waffle Fries (McCain)  
**3/4 cup (6 oz spoodle)** = 1/2 cup R/O Veg

Updated Fruit & Vegetable Serving Guide enclosed

**Sysco # 7070186** Pizza Cheese Quesadilla (The Max) 2 WGR/ 2 MMA  
(already on your Serving Guide in Recipe Book)

**Sysco # 4089757** Whole Grain Cinnamon Churro  
1 each is 1 WGR

**This product contains Eggs, Milk, Soy Beans, and Wheat– \*\*\*please provide the enclosed label your nurses**

**Sysco # 3771054** “Galaxy Swirl” Sorbet

**UPDATED RECIPE BOOK**

Login to the Employee Portal for the most up to date Recipe Book.  
This will include an updated Table of Contents.

### Fruit and Vegetable Serving Guide

Sysco #	Product	Brand	Serving Size	Equivalent
All meals are served with the vegetable of the day and 1 selection from Mac's Veggie Patch				
<b>Fresh Vegetables</b>				
	Carrot Sticks	Fresh	1/2 cup	1/2 c Red/Orange
	Broccoli	Fresh	1/2 cup	1/2 c Dark Green
	Red Pepper Strips	Fresh	1/2 cup	1/2 c Red/Orange
	Lettuce: Romaine or Arcadian Mix	Fresh	1 c	1/2 c Dark Leafy Green
	Lettuce: Iceberg	Fresh	1c	1/2 c Other
	Coleslaw	Maschio's Recipe	1/2 cup	1/2 c Other
<b>Hot Vegetables &amp; Soups</b>				
1919637	Vegetable Egg Roll	Minh	1 each	½ cup Other Vegetable
4063588	Battered French Fries	McCain	1/2 cup	1/2 c Starchy Vegetable
4313920	Smile Fries	McCain	4 pieces	1/2 c Starchy Vegetable
0298099	Redskin Wedge Cut Potato	Lamb Weston	1/2 cup	1/2 c Starchy Vegetable
0013553	Tater Tots	McCain	8 pieces	1/2 c Starchy Vegetable
0721060	Sweet Potato Crosstrax (Waffle) Fries	McCain	3/4 cup (6 oz spoodle)	1/2 c Red/Orange
8501310	Sweet Potato Tots	Lamb Weston	10 pieces	1/2 c Red/Orange
5656200	Sweet Potato Crinkle Fries	McCain	1/2 cup	1/2 c Red/Orange
0017354	Hash Brown Patties	McCain	2 patties	1/2 c Starchy Vegetable
1027309	Potato Wedges	Lamb Weston	1/2 cup	1/2 c Starchy Vegetable
6990972	Crinkle Cut Fries	Lamb Weston	1/2 cup	1/2 c Starchy Vegetable
4295669	Spiral Fries	McCain	1/2 cup	1/2 c Starchy Vegetable
8962201	Straight Cut French Fries	Lamb Weston	1/2 cup	1/2 c Starchy Vegetable
	Green Peas or Corn Kernels	USDA/ Sysco	1/2 cup	1/2 c Starchy Vegetable
1055417	Corn Cobette	Simplot	2 Pieces	1/2 c Starchy Vegetable
	Other Canned/Cooked Vegetable	USDA/ Sysco	1/2 cup	1/2 c Red/Orange (Carrots, Stewed Tomatoes), Beans or Other
4040390	Tomato Soup	Campbell's	8 oz.	1/2 c Red/Orange
4040374	Minestrone Soup	Campbell's	8 oz.	1/2 c Other Vegetable
<b>Fruit &amp; Juice</b>				
K-5, K-8 & 6-8: need to offer 1/2 cup of fruit / 9-12: need to offer 1 cup of fruit or 2 - 0.5 cup portions				
7014021	Strawberry Applesauce Cup	Peterson Farms	4.5 oz Container	1/2 c fruit
	Whole Fruit, Medium	Fresh	1 medium	1/2 c fruit
	Whole Fruit, Large	Fresh	1 large	1 c fruit
	Canned Fruit	USDA/ Sysco	1/2 cup	1/2 c fruit
	4 oz. 100% Fruit Juice	Ardmore	4 oz.	1/2 c fruit
<b>*If offering juice daily, 1 cup of fruit total must be offered with lunch</b> <b>Example: Student can take 1 - 4 oz Juice Cup AND 1/2 cup Peach Slices = 1 cup total offered</b>				

**\*NEW\* TIO PEPE'S® 51% Whole Grain Churros I/W 1.48 oz - Cinnamon**

Manufacturer's  
Product Code  
**41149**

## Nutrition Facts

Serving Size: 1 churro (42 G)  
Serving Per Container: 100

<b>Calories</b>	140		
<b>Calories from Fat</b>	35		
	<b>Per Serving</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	4g	6%	
Saturated Fat	1.5g	6%	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	75mg	3%	
<b>Total Carbohydrate</b>	23g	8%	
Dietary Fiber	1g	6%	
Sugars	6g		
<b>Protein</b>	3g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	2%	<b>Iron</b>	6%

## Ingredients:

Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oil (contains one or more of the following: Canola Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Wheat Starch, Soy Flour, Whey, Fructose, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate, Calcium Sulfate), Cinnamon, Monoglycerides, Salt, Natural Flavor, Eggs.

## Allergen Information:

Contains: Eggs, Milk, Soy Beans, Wheat

## Kosher Type:

OU - DAIRY

## Child Nutrition Statement:

The listed serving size contains 18.80g creditable grains of which 9.99g are whole grains. This provides 1 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

## Storage/ Handling:

Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

## Preparation Instruction:

Churros can be thaw and serve, but at ambient temp for 4 hours max. For heated churros: Option 1. Preheat oven to 375°F. Remove frozen product from wrapper and place on tray, then heat in convection oven 9 - 11 minutes. Heating times may vary depending on oven. Option 2: Place wrapped frozen product into a heated holding cabinet at approximately 150-160 degrees F. Frozen product will need 1 hour to become fully heated in the heating unit. Product will stay fresh 2 hours in the unit.

## Product Specifications:

UPC	SCC/GTIN	Case	Pack
073321411497	10073321411494	1	100

Case Dimensions					
Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
15.67	10.92	5.34	0.5288	9.7004	13

Pallet Dimensions		
Pallet Tier	Pallet High	Pallet Count
10	11	110

I certify that the nutritional information contained on this page is true and correct to the best of my knowledge.

**Kathleen Wong**  
Research and Development Director