



THE POWER OF PARTNERSHIP



the
scoop

Premier Healthy Operator's Guide
Featuring Nourish Products

Making your menu better across the board

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The Premier Healthy program is a game changing exclusive to the industry. At its heart is a suite of 15 key products that are nutritionally desirable and just as flavorful as their higher-fat, higher-calorie and higher-sodium counterparts. These aren't "lesser substitutions." They are tasty, versatile, permanent ingredient replacements that, when universally applied to your patient and cafeteria menus, can produce astounding improvements in nutritional value, flavor and consumer satisfaction.



| NUTRITIONAL IMPROVEMENT | | MENU APPLICATIONS | | | | | |
|--------------------------------------|--------------------|-------------------|------|-------|-----------|--------------|--------|
| PRODUCTS | PRODUCT # | GRILL | DELI | PIZZA | SALAD BAR | CHEF'S TABLE | ENTRÉE |
| Premium Chicken Breast Strips | 3680942 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Lower Sodium Ham with Natural Juices | 7978406 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Lower Sodium Bacon | 7978364 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Flour Dusted Alaskan Sole | 9799636 | ✓ | | | | ✓ | ✓ |
| Precooked Brown Rice & Quinoa Blend | 8750784 | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Kale Pesto | 8203448 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Greek Yogurt Cream Cheese | 3384068 5151309 | ✓ | ✓ | | ✓ | | |
| Superfood Salad | 7299640 | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Superfood Slaw | 9826181 | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Ancient Grainwich | 5791643 | ✓ | ✓ | | ✓ | ✓ | |
| Stir-Fry Base | 6107216 | ✓ | | | | ✓ | ✓ |
| Organic Sodium-Free Seasoning Blend | 3668570 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Brown Gravy Mix | 7545033 | ✓ | | | | ✓ | ✓ |
| Poultry Gravy Mix | 2591327 | ✓ | | | | ✓ | ✓ |

Administrators, boards of directors, consumers — everyone has been clamoring for a healthier menu. At the same time, your bottom line demands that ingredient costs are in line, recipes are appealing and customers are satisfied. It's finally easy for you to make that bridge.



PREMIER

THE POWER OF PARTNERSHIP

DELICIOUS, HEALTHY AND EASY TO MAKE, US FOODS® NOURISH PRODUCTS HELP YOU CREATE RECIPES OF CHOICE.

Your customers want flavorful, healthy food. You want to exceed their expectations while simplifying preparation. With the new line of Nourish products from US Foods, you and your customers can have it all. With on-trend options, including kale, Greek yogurt and superfoods, Nourish products provide satisfying, responsible nutrition, **including sodium levels that meet or exceed standards outlined by the American Heart Association.** These versatile, time- and labor-saving choices help you offer innovative dishes with pride – and confidence. They're created by the Premier culinary committee and US Foods chefs, which means they're tested, accurate and complete with recipe POS materials.

AND THERE'S MORE, EXCLUSIVELY FOR PREMIER MEMBERS:

Look for the many US Foods Nourish support materials designed exclusively for Premier members on FSDO at usfoods.com/usfpremiournourish and on Premier Connect. Go to Food and Nutrition > Vendor Promotions and News > US Foods Nourish. Additionally, you can access directly by visiting usfoods.com/usfpremiournourish.

▪ **Operator's Guide**

Provides comprehensive methodology for menuing and selling featured Scoop items.

▪ **Recipe Book**

Features chef-inspired recipes, created by and for Premier.

▪ **Retail Promotions**

Quick and easy, volume-boosting menu programs.

▪ **Product Videos**

Offer prep and serving suggestions for increasing plate appeal and easy preparation.

SPECIAL THANKS TO THE CULINARY COMMITTEE MEMBERS:

David Lott • Stan Hodes • Craig Mombert • Chris Martin • Bob Gilardi • Paula Williams • Scott C. Anderson
Matt Cervay • Steve Cerullo • Ryan McNulty • Ron DeSantis

FIVE WAYS THIS GUIDE BUILDS A BETTER MENU

1. Permanent ingredient replacements

First, all 15 of these products need to become standard inventory in your kitchen. That's easy. And it's just as easy to make them your go-to ingredients in every relevant recipe. Every time you do, you deliver a finished menu item that is lower in sodium, fat and/or calories, without any reduction in taste or appearance of the food. "Stealth health" at its finest!

2. Offer an enticing option at every station, every meal

You can't afford to abruptly drop a popular item from the menu, even if it's high in fat or sodium. But you CAN tap the versatile ingredients to offer an alternative right next to it. More will try it, more will prefer it and more will start to make smarter choices routinely.

3. Spotlight stealth door-busters in Special Menu Events

Healthy considerations aside, these ingredients are flavorful and satisfying. Add their nutritional value to the scene and you have natural winners for Special Menu Events – periodically breaking the cycle menu to transform popular stations like the deli or salad bar to showcase a specialty menu theme for a limited time. It's a treat for the customers, easy on the staff, a wow of a win for the nutrition-watchers and a boost for the bottom line. You'll find more on Special Menu Events in the "Breaking the Menu Cycle" and the "Station-by-Station" sections.

4. A refreshingly positive approach to a healthier menu

From the FDA to the diet fad du jour, the usual message is "don't eat this." With the wholesomeness and versatility of the ingredients, you unleash a huge, positive spin to a wide range of healthier eating options.

5. And a positive response to the historic issues of better-for-you menuing

"Do these ingredients taste good?" Yes. Excellent taste was a mandatory requirement for any ingredient to be accepted into the product line.

"Will customers buy these choices?" Yes. While the customers have long said they wanted healthier new choices, they usually didn't buy them for long. With the ingredients simply replacing nutritionally lesser counterparts, consumers are still getting the items they love – the food is just better for them. Plus the versatility of these ingredients opens the door to an array of truly exciting, satisfying new menu items.

"Will these products fit my menu?" Yes. No different prep required. In fact, wherever possible, the products are pre-mixed or pre-packaged to make them even easier to prepare than run-of-the-mill ingredients.

INSIDE THE CONCEPT

How this game-changing concept was made real

For years, healthcare food service operators have been pressured to enhance the nutritional value of their cafeteria and patient menus. The solution wasn't as easy as losing the fryer and adding more broccoli; these menus simply weren't appealing to consumers, which inevitably hits hard on sales and satisfaction surveys. US Foods® and Premier decided to change that.

The Goal: Develop a suite of key ingredients that could be used as tools by healthcare food service operators to build healthier AND tasty menu items for all day-parts for their café customers, associates and patients.

The Judges: US Foods product development professionals and nutritionists, Premier executives, committees and focus groups of key healthcare food service operators.

The Process: During a two-year period, dozens of nutritious ingredients in key product categories were evaluated. Proteins, pre-mixed greens, grains, gravies, seasonings and bases were repeatedly tested for taste, ease of prep and versatility. Food and labor costs were analyzed. If an ingredient fell short in any category, it didn't make the cut.

With our products short-listed, the last step was making sure that the procurement stream for each product was wide and deep enough to meet volume demands. With that confirmed, the list was further pared down to the leading ingredient in each key category.

- ✓ **TASTE**
- ✓ **EASE OF PREPARATION**
- ✓ **COST**
- ✓ **VERSATILITY**



The Result: A suite of 15 products, selected by your peers, that together have the power to build more nutritious, excellent tasting offerings across your menu board.

BREAKING THE CYCLE MENU

The best way to improve your cycle menu is to break it. Here's why you should.

The six-week cafeteria cycle menu is a remnant of patient dining practices from days past, when longer patient stays were the norm. For efficiencies in ordering and kitchen prep, the cafeteria menu largely matched the patient dining menu.

Patient dining has improved since then. Today's "Room Service" restaurant-style menus are all the rage and rightfully so. Patients, families and guests are delighted with the chance to order just what they want.

Yet the six-week cycle menu lives on in the cafeteria.

What's wrong with your current cycle menu? How many of these points apply?

- ___ Most healthcare dining services utilize a five- or six-week cycle menu that dictates the menu for every station in the cafeteria. Customer translation: "If I like a particular menu item, I'll have to wait six weeks for it to appear again."
- ___ Long menu cycles are a pain to construct. Instead of keeping in step with new food trends, it's more like slogging through a budget spreadsheet. The commitment to "just getting it done" overrides the thrill of creating an exciting menu.
- ___ Six-week cycles tend to be heavily populated with mediocre fillers. At best, they're a culinary compromise.
- ___ Once the six-week cycle menu is drafted, it's cumbersome to manage and inefficient to inventory. Some try to compensate for the long, uninteresting cycle with "monotony breakers." If it were done right in the first place, there wouldn't be any monotony to break!

The bottom line: six-week cycle menus are overdone and underwhelming. Now is the time to send them packing and the Healthy Operator's Guide is the tool to do it with, using a better-for-you foundation and a choice of two solutions:



OPTION 1:

Two-Week Cycle with Special Menu Events

Compress your six-week cycle to a two-week one, with customer favorites at its core and at least one new option at every station, every meal, every day. These 15 ingredients make this easier than ever.

Then gear up the menu with even more Special Menu Events at rotating stations. For these events, you'll feature a specialty themed menu at one of the stations in your café. It might be Cheesesteak Out at the Grill this week, Wrap This Way at the deli next week, Cobb Salad Festival at the salad bar the week after that.

While the Special Menu Event theme is running, (two days minimum, one week max), those menu items are the only ones served at that station. Ingredients, pre-prep and merchandising are geared for the limited menu. Service is much faster – cut from an average six-minute wait to less than 60 seconds! All with the same (or less) manpower. Since premium menus command higher prices, profitability climbs along with volume and customer satisfaction.

OPTION 2:

Sequential Menu Planning – Create Your Own Restaurant Row

Want to play in the big league? Scratch your cycle entirely. Work a few of the menu standards into the sequence, (e.g. burgers at the grill, ham & Swiss at the deli), but plan a steady flow of sequential Special Menu Events at all major stations. Look at each point of service as a separate restaurant. Make them compete, just like restaurants do. Get your customers saying, “There are so many good choices here today that I’m having a hard time deciding what I want!”

Elevating your server to a mini Restaurant Row takes a little more planning. Your team needs to know what's going to be on the menu at least two weeks ahead. There are orders to place, recipes to write, prep procedures to check, signs to print. And, of course, customers to inform of what great things await them this week. Customers also need to know; in fact, we want them to know what's on the menu. It's called marketing, and as an industry, we don't do enough of it.

As you'll see in the following Product and Station guides, the versatility of the ingredients can make better-for-you options a natural fit in most of your Special Menu Events.

PRODUCT-BY-PRODUCT GUIDE



PATUXENT FARMS® PREMIUM CHICKEN BREAST STRIPS

PRODUCT #: 3680942

CASE PACK: 2/5 LB.

PRODUCT FEATURES

- Whole muscle (not reconstituted)
- Fully pre-cooked
- Not seasoned
- Low sodium
- Unbreaded, unseasoned and recipe-ready



Fully cooked, moist, tender and ready for recipes at practically every station in the café. Use this spectacularly versatile product in the most popular menu application for all day-parts.

Our unseasoned Premium Chicken Breast Strips are easily the most versatile and cost-effective product you can add to your inventory. The list of menu applications is virtually endless. The short list includes fajitas, burritos, burrito bowls, quesadillas, stir-fries, chicken cheese steaks, stuffed pitas, tacos, nachos, pressed panini, wraps, deli chicken salads, entrée salads like Cobb and Caesar, plus other hot or cold entrée/exhibition style salads, pizzas, flatbreads, salad bar protein, composed salads, and comfort-food entrees like chicken à la king or chicken pot pie.

Instead Of This:

Traditional Burrito

- 1 each Flour tortilla, 13"
- 2 oz Traditional refried beans
- 2 oz White rice
- 2 oz Shredded Monterey Jack cheese
- 3 oz Cooked ground beef
- 1 tsp Fajita seasoning
- 1/2 oz Diced white onion
- 1/2 oz Diced tomato
- 2 oz Shredded Iceberg lettuce
- 1 oz Salsa

NUTRITIONAL INFORMATION

| | |
|----------------|---------------|
| Calories – 897 | Sodium – 2595 |
| Fat – 42 | Fiber – 6 |

Make This:

Burrito Bowl

- 2 oz Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 oz Black beans
- 1 1/2 oz Low fat mozzarella cheese
- 3 oz Patuxent Farms® Premium Chicken Breast Strips
- 1/2 oz Diced white onion
- 1/2 oz Diced tomato
- 2 oz Shredded Romaine lettuce
- 1 oz Salsa
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend

NUTRITIONAL INFORMATION

| | |
|----------------|--------------|
| Calories – 380 | Sodium – 667 |
| Fat – 11 | Fiber – 5 |



HARBOR BANKS® FLOUR DUSTED ALASKAN SOLE

PRODUCT #: 9799636

CASE PACK: 4/2.5 LB.

PRODUCT FEATURES

- Wild-caught
- Hand-cut



Consumers who expect to see this delicate white fish on fine dining menus will love seeing it in their on-site café. It's mild and flaky. And unlike its European cousins, this wild-caught Alaskan yellow-fin sole is harvested according to Alaska's tight sustainability standards..

The hand-cut, 3-oz. fillets are lightly seasoned with salt and pepper; and dusted with flour, partially par-fried, then individually frozen for ease of handling and prep. Simply bake, pan-fry or deep-fry from frozen. Baked or pan-sautéed, Alaska sole is a very tasty – and infinitely lighter – alternative to deep-fried fish.

It can be baked or fried. The taste is exceptional, so all the kitchen staff needs to do is cook and serve it. Use it in premium fish tacos, the ultimate fish sandwiches, upscale exhibition salads and trendy sole bowls or as a fashionable center-of-plate entrée served with sautéed Superfood Salad (veggies) and Rooster Potatoes.

Instead Of This:

Traditional Fish & Chip Platter

- 5 oz Breaded and fried cod fillet
- 8 oz Deep-fried French fries
- 1 ½ oz Tomato ketchup
- 2 ½ oz Tartar sauce
- ½ tsp Salt
- ½ tsp White pepper

Make This:

Alaskan Sole over Precooked Brown Rice & Quinoa Blend with Steamed Green Beans

- 1 each Harbor Banks® Flour Dusted Alaskan Sole, 3 oz.
- 4 oz Chef's Line® Precooked Brown Rice & Quinoa Blend
- ½ Tbsp Roseli® Kale Pesto
- ½ tsp Shallots
- 1 oz Sautéed red bell peppers, diced
- ½ tsp Chopped fresh garlic
- 1 tsp Extra virgin olive oil
- 4 oz Steamed green beans
- ⅛ tsp Monarch® Organic Sodium-Free Seasoning Blend

NUTRITIONAL INFORMATION

Calories – 932 Sodium – 2653
 Fat – 52 Fiber – 5

NUTRITIONAL INFORMATION

Calories – 461 Sodium – 603
 Fat – 18 Fiber – 7



PATUXENT FARMS® LOWER SODIUM HAM WITH NATURAL JUICES

PRODUCT #: 7978406
CASE PACK: 2/9 LBA.

PRODUCT FEATURES

- Natural, D-shaped ham
- Boneless
- Hardwood-smoked
- Natural juices
- Natural sea salt
- 45% lower sodium than USDA average



One of the most versatile “must-have” ingredients in the institutional kitchen — a natural, hardwood-smoked ham with all the flavor and practically half the sodium. This Patuxent Farms D-shaped, deli-faced ham includes one inside and outside muscle. It’s lower-sodium, hardwood-smoked with natural sea salt in an open net to preserve its natural juices. The result: full flavor with 45% less sodium than the USDA average of all hams.

Cutting back on sodium doesn’t mean cutting back on flavor. Make this your go-to-ham for premium sandwiches, center-of-plate entrées, carving station, pizza toppings and chopped in salads egg white omelets, and other better-for-you offerings.

Instead Of This:

Traditional Deli Ham and Cheese Sandwich

- 1 each Focaccia bread, sliced
- 4 oz Regular deli ham
- 1 oz Swiss cheese
- 1/4 cup Shaved Iceberg lettuce
- 2 slices Tomato
- 1 1/2 oz Regular mayo

Make This:

Lower Sodium Ham on Ancient Grainwich Roll

- 1 each Hilltop Hearth® Ancient Grainwich
- 4 oz Patuxent Farms® Lower Sodium Ham with Natural Juices
- 1 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1/2 cup Chopped Romaine lettuce
- 1 tsp Roseli® Kale Pesto (drizzle on top of sandwich)
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend

NUTRITIONAL INFORMATION

| | |
|----------------|---------------|
| Calories – 703 | Sodium – 1982 |
| Fat – 48 | Fiber – 4 |

NUTRITIONAL INFORMATION

| | |
|----------------|---------------|
| Calories – 365 | Sodium – 1036 |
| Fat – 12 | Fiber – 5 |



PATUXENT FARMS® LOWER SODIUM BACON

PRODUCT #: 7978364

CASE PACK: 15 LB.

PRODUCT FEATURES

- Naturally applewood-smoked
- 100% center-cut
- Outstanding bacon flavor
- 45% less sodium than our regular bacon
- Raw (18-22 count)



At last – full bacon flavor with practically half the sodium! Patuxent Farms Lower Sodium Bacon is 100% center-cut, naturally smoked with applewood for the taste that will satisfy all bacon lovers. And with 45% less sodium than our regular bacon, it will help satisfy nutritional goals of dining services, administration and consumers alike.

Cutting back on sodium doesn't mean cutting back on flavor. Use this healthier option for any recipe that calls for bacon – breakfast, burgers, BLTs and beyond. Ideal for better-for-you salads and adding a savory, smoky accent to soups, vegetables and other sides.

Instead Of This:

Traditional Club Sandwich

- 3 each Toasted white bread slices
- 3 oz Regular deli turkey
- 3 oz Applewood-smoked bacon (3 slices)
- 1 oz Swiss cheese
- 1/2 cup Shaved Iceberg lettuce
- 2 slices Tomato
- 2 oz Regular mayo

NUTRITIONAL INFORMATION

Calories – 1267 Sodium – 3433
 Fat – 92 Fiber – 2

Make This:

Club Sandwich

- 3 each Toasted whole wheat bread
- 3 oz Oven-roasted, low-sodium deli turkey
- 3 oz Patuxent Farms® Lower Sodium Bacon
- 1 oz Alpine Lace Low Fat Swiss cheese
- 1/2 cup Romaine lettuce
- 2 slices Tomato
- 1 oz Low fat mayo
- 1 tsp Roseli® Kale Pesto

NUTRITIONAL INFORMATION

Calories – 561 Sodium – 1373
 Fat – 25 Fiber – 7



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ROSELI® KALE PESTO

PRODUCT #: 8203448

CASE PACK: 6/30 OZ.

PRODUCT FEATURES

- Low sodium
- Lower cost
- No pine nuts
- Great color



Pesto is a perennial favorite with consumers. The trends merge beautifully and tastefully with this versatile product. This flavorful blend of kale, basil, parmesan cheese and oil makes it a low in sodium, nut-free alternative to regular basil pesto. Kale is jam-packed with nutritional benefits. Our on-trend Kale Pesto – sourced from a family-owned company on the West Coast – is low in sodium and high in vitamin A.

Kale Pesto will prove its worth as a popular condiment and sauce ingredient at the grill, deli, entrée, salad bar, pizza and pasta stations. Use it as an unexpected condiment for grill and deli sandwiches. It is a terrific flavor enhancer for Panini and flatbreads. Feature it in a grilled chicken and mozzarella pizza. Add it to blue cheese or Low Fat Caesar salad dressing to create a completely new and delicious salad dressing. Drizzle a little Kale Pesto on the plate as a finishing touch.

Instead Of This:

Individual Pan Pizza or 8” Pizzetta

- 1 each 8” inch pizzetta or (individual pan pizza shell)
- 2 1/2 oz Cooked Italian sausage crumbles
- 2 oz Sautéed button mushrooms
- 2 oz Shredded mozzarella cheese
- 1 1/2 oz Traditional pizza sauce
- 1 Tbsp Vegetable oil
- 1/8 tsp Salt

Make This:

Whole-wheat Naan Pizza:

- 1 each Whole wheat Tandoori Naan
- 2 oz Sautéed button mushrooms
- 2 oz Patuxent Farms® Premium Chicken Breast Strips
- 1 1/2 oz Shredded Low Fat mozzarella cheese
- 1 Tbsp Roseli® Kale Pesto
- 1 tsp EVOO

NUTRITIONAL INFORMATION

Calories – 1183 Sodium – 2784
 Fat – 41 Fiber – 8

NUTRITIONAL INFORMATION

Calories – 618 Sodium – 1214
 Fat – 26 Fiber – 4



GLENVIEW FARMS® GREEK YOGURT CREAM CHEESE

PRODUCT #: 3384068

CASE PACK: 6/3 LB.

PRODUCT #: 5151309

CASE PACK: 100/1 OZ.

PRODUCT FEATURES

- 55% less fat than traditional Glenview Farms Cream Cheese
- 4 g of protein per serving



Sourced from a Vermont dairy, our Greek Yogurt Cream Cheese has half the fat of standard cream cheese, with a signature super-smoothness. It is protein-dense, boasting only 60 calories, 2g of saturated fat, 85 mg of sodium and 2 g of sugar per 2 Tbsp. serving.

This product has multiple uses in food production and menu development. Use it in sandwich spreads at the grill and deli, as a thickener in coulis and purees, as a stabilizer in sauces, as an ingredient in baking and as a noteworthy new spread for bagels or Ancient Grainwich buns.

- Greek Yogurt Cream Cheese makes a great base for savory sandwich condiments, e.g., cumin, lime and roasted red pepper coulis.
- Mix it with other products to make unique breakfast spreads, i.e., Greek Yogurt Cream Cheese with honey, raisins and chopped walnuts for a bagel spread.
- Build add-on sales during the breakfast day-part with mini breakfast sandwiches like toasted Ancient Grainwich minis with smoked salmon, capers, diced egg whites and Greek Yogurt Cream Cheese offered at the hot cereal station.
- Serve it on mini crostini with fresh tomato salsa or with bruschetta and vegetable toppings at the salad bar.

Instead Of This:

Traditional Sesame Seed Bagel

- 1 each Sesame-seed bagel (cut in half, toasted)
- 2 oz Traditional cream cheese

Make This:

Greek Yogurt Cream Cheese on Ancient Grainwich

- 1 each Hilltop Hearth® Ancient Grainwich (cut in half, toasted)
- 1 ½ oz Glenview Farms® Greek Yogurt Cream Cheese

NUTRITIONAL INFORMATION

Calories – 473 Sodium – 845
 Fat – 21 Fiber – 3

NUTRITIONAL INFORMATION

Calories – 251 Sodium – 349
 Fat – 9 Fiber – 4



CROSS VALLEY FARMS® SUPERFOOD SALAD

PRODUCT #: 7299640

CASE PACK: 4/2 LB.

PRODUCT FEATURES

- A flavorful blend of five superfoods
- Fresh cut
- Fully washed and ready to use



Rainbow kale, shaved Brussels sprouts, napa cabbage, red cabbage and radicchio make a blend of outstanding flavor and nutritional value. Our mix is fully washed, crisp and fresh-cut to the perfect size for salads, sandwiches and sautés, or to be whipped into a super smoothie.

This perfect blend of five superfood vegetables and leafy greens takes the guesswork out of ingredient quantities. Use it in stir-fries, as a base vegetable component in wraps, as a superfood side salad or as a veggie plate element. You can add it to clear vegetable broth for a delicious vegetarian soup, use as a plate base for center-of-plate entrées, mix it with ancient grains and/or proteins to create unique, seasonal superfood salads, and use it for smoothies.

Instead Of This:

Traditional Creamy Coleslaw – Side Salad

- 5 oz Coleslaw cabbage mix
- 1½ oz Coleslaw dressing

NUTRITIONAL INFORMATION

| | |
|----------------|--------------|
| Calories – 224 | Sodium – 383 |
| Fat – 15 | Fiber – 3 |

Make This:

Superfood Salad – Side Salad

- 1 cup Cross Valley Farms® Superfood Salad, lightly sautéed, then chilled
- ½ tsp Blended oil
- ½ oz Chef’s Line® Precooked Brown Rice & Quinoa Blend
- 1 tsp Sherry vinegar
- 1 tsp Lemon juice
- 1/8 tsp White pepper
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend

*Combine all ingredients

NUTRITIONAL INFORMATION

| | |
|---------------|-------------|
| Calories – 96 | Sodium – 37 |
| Fat – 3 | Fiber – 3 |



CROSS VALLEY FARMS® SUPERFOOD SLAW

PRODUCT #: 9826181

CASE PACK: 4/2 LB.

PRODUCT FEATURES

- Flavorful blend of six superfood vegetables
- Matchstick-cut, prewashed and ready to use
- Versatile option for slaws, sides, salads and stir-fries
- 16-day shelf life
- Available year-round



Six Superfood veggies packed with nutrients blend beautifully in this outstandingly flavorful and versatile matchstick slaw: kohlrabi (with taste and texture similar to broccoli stem or cabbage heart but milder and sweeter), Brussels sprouts, broccoli slaw, red cabbage, carrots and kale.

Freshly cut, prewashed and crispy clean, Superfood Slaw is ready to bring a colorful crunch to a wide variety of hot and cold dishes, from gourmet coleslaw to sides, salads and stir-fries.

Instead Of This:

Traditional Cobb Salad

- 1 cup Chopped Iceberg lettuce
- 1 cup Chopped Romaine lettuce
- 2 oz Diced deli turkey
- 2 oz Crumbled blue cheese
- 2 oz Diced avocado
- 2 oz Chopped hard-boiled egg
- 2 oz Applewood bacon pieces
- 1 oz Chiffonade fresh chives
- 1/8 tsp Salt
- 1/8 tsp White pepper
- 2 oz Traditional Ranch dressing

Make This:

3-Beet Superfood Cobb Salad

- 1 cup Cross Valley Farms® Superfood Slaw
- 1½ cups Mixed field greens
- 1½ oz Diced low-sodium, oven-roasted turkey
- 1½ oz Roasted red beets
- 1½ oz Roasted golden beets
- 1½ oz Roasted candy cane beets
- 1½ cup Diced Granny Smith apples
- 1½ oz Chopped egg whites
- 1½ oz Steamed parsley Rooster Potatoes
- ¼ cup Chiffonade fresh chives
- 1½ oz Roasted beet and honey vinaigrette

NUTRITIONAL INFORMATION

Calories – 894 Sodium – 3095
 Fat – 69 Fiber – 4

NUTRITIONAL INFORMATION

Calories – 375 Sodium – 717
 Fat – 6 Fiber – 11



US FOODS®
Nourish

HILLTOP HEARTH® ANCIENT GRAINWICH

PRODUCT #: 5791643

CASE PACK: 4/12/2 OZ.

PRODUCT FEATURES

- Excellent taste and texture
- Zero trans fat
- Good source of fiber



Multi-grain bagel bread is shaped into a sandwich roll that's packed with flavor and customer appeal before the fillings are even added. Soft crumb, crispy golden crust. Made with cracked wheat, millet, oat flakes, cracked rye, cornmeal, cracked hulled buckwheat, brown flax seed, cracked brown rice, cracked triticale, along with wheat bran, wheat germ and rolled oats. 4 g fiber, 220 g of sodium, under 3 g of fat and 31 g carbs max.

Hearty artisan breads. Multi-grain rolls. Topped bagels and bagel sandwiches. The Ancient Grainwich does them all one better, with a chewy texture, golden crust, outstanding nutrition and added cachet of ancient grains.

Instead Of This:

Traditional Breakfast — Bacon, Egg and Cheese Croissant

| | |
|----------|-------------------------|
| 1 each | Croissant |
| 1 each | Fried egg |
| 1/2 tsp | Blended oil |
| 2 strips | Bourbon bacon |
| 1 oz | Shredded Cheddar cheese |
| 1/8 tsp | Salt |
| 1/8 tsp | White pepper |

NUTRITIONAL INFORMATION

| | |
|----------------|---------------|
| Calories – 750 | Sodium – 1853 |
| Fat – 49 | Fiber – 1 |

Make This:

Egg White, Lower Sodium Bacon Breakfast Sandwich on Ancient Grainwich

| | |
|--------------|---|
| 1 each | Hilltop Hearth® Ancient Grainwich |
| 3 oz | Baked egg white rectangles |
| 1 tsp | Chiffonade fresh chives (baked into the egg white mixture) |
| 1 Tbsp | Diced tomatoes (baked into the egg white mixture) |
| 1/8 tsp | Monarch® Organic Sodium-Free Seasoning Blend |
| 1/8 tsp | White pepper |
| 1 1/2 strips | Patuxent Farms® Lower Sodium Bacon |
| 1 oz | Low fat mozzarella cheese |
| 1/4 cup | Fresh baby spinach (placed on the bottom of bun) |

NUTRITIONAL INFORMATION

| | |
|----------------|--------------|
| Calories – 367 | Sodium – 744 |
| Fat – 14 | Fiber – 4 |



CHEF'S LINE® PRECOOKED BROWN RICE & QUINOA BLEND

PRODUCT #: 8750784

CASE PACK: 4/2.5 LB.

PRODUCT FEATURES

- Pre cooked grains
- Organic ingredients
- Low sodium
- Whole grain ingredients
- Gluten-free grain blend



Whole and ancient grains are increasingly popular. But since they can also be challenging to cook, many people don't enjoy them as often as they'd like.

This hearty, flavor-packed Precooked Brown Rice & Quinoa Blend is ideal for everything from cold salads to hot stews and breakfast bowls. Use it in stir-fries instead of straight rice. Add it to broth or stock for savory soups. Use it in casseroles, wraps and protein salads. The versatility is as phenomenal as the nutritional value.

Instead Of This:

Traditional Chicken Club Wrap

- 1 each Traditional wrap, 13"
- 3 oz Grilled chicken breast, sliced
- 1/2 oz Roasted red peppers
- 1 tsp Vegetable oil
- 1/8 tsp Salt
- 1/8 tsp White pepper
- 1 1/2 oz Bourbon bacon (1 1/2 slices)
- 1 oz Julliened red onion
- 1 oz Blue Marble Jack cheese
- 1 1/2 oz Ranch dressing
- 1/2 cup Shredded Iceberg lettuce

Make This:

Chicken Breast Whole Wheat Wrap

- 1 each Whole wheat wrap, 13"
- 3 oz Patuxent Farms® Premium Chicken Breast Strips
- 1/2 oz Diced tomatoes
- 1 1/2 oz Chef's Line® Precooked Brown Rice & Quinoa Blend
- 1/2 tsp EVOO
- 1/2 oz Julliened sweet white onion
- 1 1/2 oz Roseli® Kale Pesto
- 1/2 tsp Lemon juice
- 1/2 cup Baby arugula
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend

NUTRITIONAL INFORMATION

Calories – 919 Sodium – 2235
 Fat – 51 Fiber – 3

NUTRITIONAL INFORMATION

Calories – 615 Sodium – 968
 Fat – 27 Fiber – 8



MONARCH® STIR FRY BASE

PRODUCT #: 6107216

CASE PACK: 4/5 GAL.

PRODUCT FEATURES

- Classic Asian flavor
- No added MSG
- Gluten-free



High-quality ingredients such as fresh ginger, garlic and gluten-free soy sauce add up to a world of flavor that's also lower in sodium (meets AHA sodium limit of 140 mg/15 ml). Simply add it to any stir-fry for the last five minutes of cooking.

Authentic Asian flavor was never faster, easier or healthier. This stir fry finishing sauce also makes a great dipping sauce for Asian chicken wings and crispy chicken tenders.

Instead Of This:

Stir-Fry Crispy Breaded Chicken and Vegetables

- 4 oz Breaded and fried chicken pieces
- 2 Tbsp Blended oil
- 2 oz Chopped green pepper
- 2 oz Chopped red bell pepper
- 1 oz Julienned scallions
- ¼ cup Pineapple chunks
- ¼ cup Button mushrooms
- 1 oz Water chestnuts
- 1½ cups White rice

Sweet and Sour Sauce

- 1 tsp Red wine vinegar
- 1½ tsp Soy sauce
- 1 Tbsp Brown sugar
- ¼ cup Pineapple juice
- ¼ cup Chicken stock
- 1 Tbsp Cornstarch

NUTRITIONAL INFORMATION

| | |
|-----------------|---------------|
| Calories – 1279 | Sodium – 2087 |
| Fat – 47 | Fiber – 4 |

Make This:

Stir-Fry Chicken and Vegetables

- 4 oz Patuxent Farms® Premium Chicken Breast Strips
- 1 Tbsp Vegetable oil
- 2 oz Chopped green pepper
- 2 oz Chopped red bell pepper
- 1 oz Julienned scallions
- ¼ cup Pineapple chunks
- ¼ cup Button mushrooms
- 1 oz Water chestnuts
- 1 cup Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 Tbsp Monarch® Stir Fry Base

NUTRITIONAL INFORMATION

| | |
|----------------|--------------|
| Calories – 598 | Sodium – 173 |
| Fat – 22 | Fiber – 7 |



MONARCH® ORGANIC SODIUM-FREE SEASONING BLEND

PRODUCT #: 3668570

CASE PACK: 3/19 OZ.



PRODUCT FEATURES

- Flavorful seasoning blend of natural herbs and vegetables
- Organic

This is the best salt replacement on the market today – a blend of vegetable flakes, dried herbs and other organic ingredients with the unique ability to bring out the savory flavor of foods without the drawbacks of high sodium.

The unique blend of dried onion, garlic, carrot, tomato, parsley with other vegetables and spices, also has a dash of citrus zest. The result is a salt substitute that helps bring out the flavor in a wide variety of dishes.

Organic Sodium-Free Seasoning Blend can be automatically substituted for regular sea and kosher salt in most recipes. It's an effective stealth-health initiative and part of the behind-the-scenes cooking techniques that you can put in place for the good health of all customers.

Instead Of This:

1 Tbsp Kosher salt

Make This:

1 Tbsp Monarch® Organic Sodium-Free Seasoning Blend

NUTRITIONAL INFORMATION

Calories – 0 Sodium – 6803
Fat – 0 Fiber – 0

NUTRITIONAL INFORMATION

Calories – 0 Sodium – 0
Fat – 0 Fiber – 0



MONARCH® BROWN GRAVY MIX

PRODUCT #: 7545033

CASE PACK: 6/13 OZ.

PRODUCT FEATURES

- Outstanding flavor
- Rich, smooth consistency
- Low sodium, a low fat food
- Easy to use



Full flavored, excellent consistency and color; yet with 50% less sodium than other leading gravy mixes. Easy to use: just add water, then whisk, boil and serve. A hearty, healthier ingredient for any dish calling for traditional brown gravy. Each time you use this gravy, you spare your customer 50% of the sodium in traditional meat gravies!

This gravy has excellent flavor and taste and can be used as a replacement for all beef and meat gravies. Use it for open-faced hot roast beef sandwiches, hot gravy over French fries, beef stews, pot roasts, roast beef with mashed potatoes and brown gravy. It is also great with Asian dishes like Egg Foo Yung.

Instead Of This:

Traditional Open-Faced Roast Beef Sandwich on Toasted White Bread with Mashed Potatoes and Traditional Beef Gravy

- 2 each White bread slices, toasted
- 4 oz Oven-roasted flank steak, sliced
- 2 1/2 oz Traditional beef gravy
- 4 oz Mashed potatoes
- 1 Tbsp. Butter
- 1 tsp Sour cream
- 1/8 tsp Salt
- 1/8 tsp White pepper
- 1 oz Water chestnuts
- 1 1/2 cups White rice

NUTRITIONAL INFORMATION

Calories – 1351 Sodium – 2700
Fat – 64 Fiber – 11

Make This:

Open-Faced Roast Beef Sandwich with Low Sodium Brown Gravy on Toasted Ancient Grainwich and Diced Roasted Sweet Potato

- 1 each Hilltop Hearth® Ancient Grainwich, sliced, toasted
- 4 oz Sautéed raw beef cuts
- 1 tsp Blended oil
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend
- 1/8 tsp White pepper
- 2 oz Monarch® Brown Gravy Mix
- 3 1/2 oz Diced, roasted sweet potatoes
- 1/2 tsp Blended oil
- 2 Tbsp Monarch® Stir Fry Base

NUTRITIONAL INFORMATION

Calories – 427 Sodium – 568
Fat – 13 Fiber – 7



MONARCH® POULTRY GRAVY MIX

PRODUCT #: 2591327

CASE PACK: 6/14 OZ.

PRODUCT FEATURES

- Outstanding flavor
- Rich, smooth consistency
- Low sodium, a low fat food
- Easy to use



Full flavored, excellent consistency and color, yet with 50% less sodium than other leading gravy mixes. Easy to use: just add water, then whisk, boil and serve. A hearty, healthier ingredient for any dish calling for traditional poultry gravy. Each time you use this gravy, you spare your customer 50% of the sodium in traditional meat gravies!

This gravy has excellent flavor and taste and can be used as a replacement for all poultry gravies. Use it for open-faced hot turkey sandwiches, turkey with stuffing, mashed potatoes and gravy and roast chicken. It is also great with chicken and turkey pot pies.

Instead Of This:

Traditional Roast Turkey, Bread Stuffing, Mashed Potatoes with Turkey Gravy and Jellied Cranberries

- 4 oz Oven-roasted turkey
- 3 oz Traditional bread stuffing
- 1/2 tsp Poultry seasoning
- 4 oz Mashed potatoes
- 1 Tbsp Butter
- 1/2 Tbsp Sour cream
- 2 1/2 oz Traditional turkey gravy
- 2 oz Sliced, jellied cranberry sauce
- 1/8 tsp Kosher salt
- 1/8 tsp White pepper

Make This:

Roast Turkey, Whole Wheat Stuffing with Low Sodium Poultry Gravy, Roasted Butternut Squash and Sautéed Brussels Sprouts with Chopped, Toasted Walnuts

- 4 oz Oven-roasted turkey
- 3 oz Low sodium, whole wheat bread stuffing
- 4 oz Roasted butternut squash cubes
- 1 1/2 oz Monarch® Poultry Gravy Mix
- 3 oz Sautéed shaved Brussels sprouts
- 1 tsp Blended oil
- 1/4 cup Chopped, toasted walnuts
- 1/8 tsp Monarch® Organic Sodium-Free Seasoning Blend
- 1/8 tsp White pepper

NUTRITIONAL INFORMATION

| | |
|-----------------|---------------|
| Calories – 1806 | Sodium – 6082 |
| Fat – 67 | Fiber – 13 |

NUTRITIONAL INFORMATION

| | |
|----------------|---------------|
| Calories – 681 | Sodium – 1060 |
| Fat – 29 | Fiber – 14 |

PRODUCT GUIDE: STATION APPLICATIONS AT A GLANCE

| Products | Grill | Deli | Entrées & Soups | Exhibition Hot & Cold | Pizza | Salad Bar | Breakfast |
|--|---|--|--|--|---|--|---|
| Premium Chicken Breast Strips <ul style="list-style-type: none"> ▪ Precooked ▪ Grill marked ▪ Not seasoned ▪ Low sodium ▪ Whole muscle | Fajitas Stir-fries Quesadilla Chicken Cheese Steak Stuffed pita Taco Nachos | Sandwich Wrap Deli salads | Stews Soups Comfort Open-faced sandwich | Pasta & chicken Burrito bowls Stir-fries Ethnic dishes Caesar Cobb Waldorf Chop chop Tex-mex California | Margherita pizza Naan pizza Calzones Flatbreads | Stand-alone ingredient Buffalo style chicken as stand-alone ingredient Composed salads component | Chicken n' biscuits Chicken n' waffles Chicken à la king Breakfast burrito |
| Flour Dusted Alaskan Sole <ul style="list-style-type: none"> ▪ Wild caught ▪ Hand cut ▪ Low fat ▪ Sustainable | Premium Fish taco Ultimate fish sandwich | | Center plate Alaskan sole bowls Sole rollups | Chef's table feature Entrée Exhibition salad | | | |
| Lower Sodium Ham With Natural Juices <ul style="list-style-type: none"> ▪ Natural, D-shaped ham ▪ Boneless ▪ Hardwood smoked ▪ Natural juices ▪ Natural sea salt ▪ 45% lower sodium than USDA average | | Sandwich Wrap Deli salads | | | Ingredient for pizza Naan Pizza Flatbreads Calzones | Stand-alone ingredient | Breakfast sandwich Omelets |
| Lower Sodium Bacon <ul style="list-style-type: none"> ▪ Naturally applewood smoked ▪ 100% center-cut pork ▪ Outstanding bacon flavor ▪ 45% less sodium than our regular bacon ▪ Raw (18-22 count) | | Sandwich Wrap Deli salads Clubs | Chicken Cordon bleu Mac & cheese | | Pizza Naan pizza Flatbreads Calzones | Stand-alone ingredient | Breakfast sandwich Self-service breakfast |

PRODUCT GUIDE:

STATION APPLICATIONS AT A GLANCE, CONT'D.

| Products | Grill | Deli | Entrées & Soups | Exhibition Hot & Cold | Pizza | Salad Bar | Breakfast |
|---|---|---|---|---|---------------------|---|---|
| Ancient Grainwich <ul style="list-style-type: none"> ▪ Excellent taste and texture ▪ Zero cholesterol, zero trans fat ▪ Reduced sodium ▪ Good source of fiber and iron | Grilled vegetable panini Grilled lower sodium ham and cheese | Deli sandwich Pressed panini Deli sandwich with chicken salad | Roll with entrée Dice and toast for croutons to garnish a soup | Roll with entrée salad | | Roll with salad bar Mini breakfast and lunch sandwich, add-on sales at salad bar Dice and toast for croutons to garnish a salad | Bagel substitute Breakfast sandwich |
| Greek Yogurt Cream Cheese <ul style="list-style-type: none"> ▪ Live active cultures ▪ Two times the protein ▪ 1/3 Less calories ▪ Fortified with fiber | Grill sandwich spread | Deli sandwich spread | Thickener for vegetable or fruit coulis Thickener for purees | Use as stabilizer for savory sauces, i.e., Cumin/ lime/ roasted red pepper coulis | | Mini crostini spreads Bruschetta base spread | Bagel spread Grainwich spread Unique breakfast spreads Mini breakfast sandwiches |
| Superfood Salad <ul style="list-style-type: none"> ▪ Rainbow Kale ▪ Shaved Brussels Sprouts ▪ Napa Cabbage ▪ Red Cabbage ▪ Radicchio | Stir-fries Side dish | Wrap element Superfood salad side Grab n' go side salads | Veggie plate element Superfood addition to veggie soups | Plate base for center plate entrée Superfood salad base Mix with ancient grains and/or proteins | | Base for seasonal superfood salads Mix with ancient grains Mix with salad greens | Smoothie ingredient |
| Precooked Brown Rice & Quinoa Blend <ul style="list-style-type: none"> ▪ Fully Cooked ▪ Low Fat ▪ Low Sodium ▪ High Fiber | Use in stir-fries instead of rice | Filler in wraps Grab n' go side salads | Addition to soups Side dish for entree | Plate base set for premium entrees | | Composed salad base component | Use in stir-fries instead of white rice |
| Superfood Slaw <ul style="list-style-type: none"> ▪ Kohlrabi ▪ Brussels Sprouts ▪ Broccoli Slaw ▪ Red Cabbage ▪ Carrots ▪ Kale | Stir-fries Side dish | Wrap element Superfood salad side Grab n' go side salads | Veggie plate element Superfood addition to veggie soups | Base for center plate entrée Superfood salad base Mix with ancient grains and/or proteins | | Seasonal superfood salads base Mix with ancient grains Mix with salad greens | Smoothie ingredient |
| Kale Pesto <ul style="list-style-type: none"> ▪ 2/3 Less Sodium ▪ No Pine Nuts ▪ Costs Less Than Basil Pesto ▪ High In Vitamin A | Grill sandwich condiment | Deli sandwich spread | Pasta sauce | Plate garnish Finishing ingredient | Used as pizza sauce | Unique salad dressings | |

PRODUCT GUIDE:

STATION APPLICATIONS AT A GLANCE, CONT'D.

| Products | Grill | Deli | Entrées & Soups | Exhibition Hot & Cold | Pizza | Salad Bar | Breakfast |
|--|---|---|---|--|-------------------------------|--|--|
| Stir Fry Base <ul style="list-style-type: none"> ▪ Ready To Use ▪ No MSG ▪ Gluten Free ▪ Not A Teriyaki Sauce ▪ Meets AHA Requirements On Sodium | Wing sauce Stir-fry finishing sauce | Dipping sauce for grab n' go oriental side salads | Asian entrees Dumpling dipping sauce | Premium Asian entrée finishing sauce | | Composed salad Salad dressing component | |
| Organic Sodium-Free Seasoning Blend <ul style="list-style-type: none"> ▪ Organic ▪ Blend Of Seasonings and Dried Vegetables ▪ Light Garlic Base With Lemon Notes | Could be used as a flavor-enhancing ingredient in house-made breading recipe for fried products | A dash to enhance flavor for subs, grinders and hoagies | Finishing seasoning for any dish to enhance flavor | Finishing seasoning for any dish to enhance flavor | Finishing seasoning for pizza | Used to flavor composed salads | Use as a salt substitute or replacement for all products and food preparations |
| Brown Gravy Mix <ul style="list-style-type: none"> ▪ Add Water, Heat and Serve ▪ No MSG ▪ Rich Smooth Consistency ▪ No Clumps ▪ Full Flavored Gravy ▪ Can Be Used For All Meat Dishes | Use on french fries for flavor profile change Open-faced roast beef sandwiches | | This gravy has excellent flavor and taste Use it as a replacement for all meat gravies Each time you use this gravy, you save your customer 50% less sodium than traditional gravies Use for beef stews, mashed potatoes and brown gravy Egg foo yung with brown gravy | | | | Home fries and brown gravy |
| Poultry Gravy Mix <ul style="list-style-type: none"> ▪ Add Water, Heat and Serve ▪ No MSG ▪ Rich Smooth Consistency ▪ No Clumps ▪ Full Flavored Gravy ▪ Can Be Used For Chicken and Turkey Dishes | Open-faced turkey sandwiches | | This gravy has excellent flavor and taste Use it as a replacement for all meat gravies Each time you use this gravy, you save your customer 50% less sodium than traditional gravies Turkey, stuffing, mashed potatoes and gravy Roast chicken and gravy Chicken and turkey pot pies | | | | |

STATION-BY-STATION GUIDE

HOW INGREDIENTS FIT INTO THE GRILL

You can make many popular menu items at your grill more nutritious and just as flavorful by substituting the below products for their higher-fat, higher-calorie and higher-sodium counterparts:

Premium Chicken Breast Strips

- Stir-fries, quesadillas, chicken cheese steaks, fajitas, stuffed pitas, tacos, nachos, burritos and burrito bowls, hot buffalo chicken wraps

Lower Sodium Ham with Natural Juices

- Ham and egg breakfast sandwich, quiches, frittatas, breakfast side dishes, grilled ham and cheese, Cubanos, ham bbq, ham and cheese burgers

Lower Sodium Bacon

- Bacon and egg breakfast sandwiches, quiches, frittatas, breakfast side dishes, grilled bacon and cheese sandwiches, bacon burgers

Flour Dusted Alaskan Sole

- Fish tacos, ultimate fish sandwiches, trendy sole bowls

Precooked Brown Rice & Quinoa Blend

- Burrito bowl, hot wrap, superfood side salad, side salad

Kale Pesto

- Sandwich topping, wrap condiment, great in a pasta sauce or salad dressing

Greek Yogurt Cream Cheese - Loaf

- Sandwich spread (blended with fresh vegetables), Greek Yogurt Cream Cheese sandwiches Greek Yogurt Cream Cheese – Portion Control
- Available in individual serving size usage for customers

Superfood Salad

- Side salads, grilled veggie side dishes, stir-fries

Superfood Slaw

- Side salads, grilled veggie side dishes, gourmet coleslaw, stir-fries, vegan tacos, Reubens, Rachels

Ancient Grainwich

- Use as the bread component for virtually any sandwich. Parlay the healthy benefits by teaming with other ingredients in this guide or cut into cubes and toast for a healthy alternative to run of the mill croutons on a salad or soup, e.g., grilled Lower Sodium Ham and egg sandwich, Low Sodium Bacon and egg sandwich, Kale Pesto grilled veggies sandwich, Low Sodium Ham, Kale Pesto Greek Yogurt Cream Cheese Sandwich

Stir Fry Base

- Stir-fry condiment, chicken wing dipping sauce, wrap condiment

Organic Sodium-Free Seasoning Blend

- Stir-fries, burger seasoning, chicken and beef cheese steak seasoning, fajita seasoning, grilled veggie seasoning

Brown Gravy Mix

- Baked French fry topper

Poultry Gravy Mix

- Gobbler sandwich topping, turkey melts

A NATURAL FOR SEQUENTIAL SPECIAL MENU EVENTS AT THE GRILL

The grill is a hot spot for lunch customers. Unfortunately, it can be a hot spot for lines, too. The typical made-to-order daily grill menu offers 18 to 25 items and a seven-minute wait, on average. If there are more than six people in a line, customers tend to go elsewhere.

This makes the grill a natural spot for a sequential Special Menu Event (see “Breaking the Menu Cycle”). Running a limited, specialized menu set for one, two or three days (even a week), depending on the size of the facility, is a treat for customers. Whether the menu set is Cheese Steak Out, Fajita Fest, Burger Blitz, Burrito Bowls, Breakfast Clubs, Wrap Stars or Pita Panwiches, those are the only items served at the grill during that event. Service is swifter, manpower needs are often reduced and sales and customer satisfaction usually soar.

These products are a healthy part of the action. They are tasteful fits with a huge array of popular menu items, while satisfying your goal of offering at least one better-for-you option at every station. For example, during your Cheese Steak Out event, offer a California Chicken Cheesesteak Hoagie along with your Philly Cheese Steak.

Some Special Menu Event concepts, like the Burrito Bowl, will be dominated by these products and other ingredients.

SAMPLE “SPECIAL MENU EVENT” BURRITOS AND BURRITO BOWLS

Featured Menu Items

- Grilled chicken – (Use Premium Chicken Breast Strips)
- Grilled Alaskan Sole (Sole Bowl)
- Fried chicken breast pieces
- Grilled beef
- Fried fish pieces (Tilapia or Cod)

Cheeses:

- Shredded Cheddar
- Shredded Low Fat Mozzarella
- Shredded Pepper Jack

Dressings:

- Chipotle mayo
- Green onion sour cream
- Kale Pesto
- Roasted Pepper and Greek Yogurt Cream Cheese Coulis

Burrito & Burrito Bowl Toppings :

- Chorizo
- Black beans
- Precooked Brown Rice & Quinoa Blend
- Diced sweet white onion
- Diced tomatoes
- Diced green and red peppers
- Diced cucumber
- Diced scallions
- Whole kernel corn
- Shredded Iceberg and Romaine lettuce
- Fresh Salsa – mild and medium
- Fresh cilantro
- Fresh lime wedges
- Organic Sodium-Free Seasoning Blend

Extras:

- Guacamole

PREPARATION AND SERVICE

- Exclusive grill menu offer: Burritos and bowls are the only menu items being offered at the grill during this event.
- Run for a minimum of three days.
- While the toppings will remain the same, the two protein portions of the menu will change each day.
- Sample menu combinations include:
 - Grilled chicken and beef
 - Grilled chicken and spicy fried chicken
 - Grilled Alaskan Sole and fried fish
 - Grilled beef and grilled chicken
 - Grilled fish and blackened fish
- Never offer more than two featured proteins.
- Customers can choose a burrito or a burrito bowl.
- Set a premium price for the burrito and burrito bowls.
- Always charge extra for guacamole.

PORTION SIZE:

Burrito bowls offer the same ingredients and quantities, simply dressed and served in a bowl rather than in a tortilla.

- 2 oz. protein
- 2 oz. black beans
- 2 oz. white or brown rice
- Three additional toppings
- One dressing



CHEF TIP:
OFFER BOTH 6" AND 12" FLOUR TORTILLAS

LUNCH MENU SUGGESTIONS

SEQUENTIAL MENU PLANNING AT THE GRILL

Feel free to add your own ideas to the following list of sequential special menu event themes for the grill.

Grill Special Events Menu Options

- All About Cutlets
- The Naturals – Crispy and grilled chicken sandwiches
- Angus Burgers
- Pulled Pork BBQ
- Pita Panwiches
- Ultimate Grilled Cheese
- Cubans
- Wurst Works
- Sliders
- Meatball Subs
- Melts and Flatbreads
- Crispy and grilled fish sandwich
- Reubens and Rachels
- Great American Regional ¼ Hot Dogs
- Smash Burgers
- Chicken Parm. sandwiches
- Popcorn chicken and shrimp bowls
- Quesadillas

The next chart features Fajitas, Cheese Steaks and Burger Days. We have provided several menu descriptions for grilled sandwiches to be served for each of these special events. We have also provided a list of interesting side dishes that complement those grilled sandwiches. It is easy to see how any one of these exciting menus could stand alone at the grill as an exclusive menu offer.

LUNCH MENU SUGGESTIONS

SEQUENTIAL MENU PLANNING AT THE GRILL

| GRILL MENU CATEGORY | MENU ITEM | MENU ITEM DESCRIPTION |
|---------------------|--|---|
| FAJITAS | Grilled Chicken Fajitas | Premium Grilled Chicken Breast Strips With Tri-Colored Sautéed Peppers, Sautéed Sweet White Onions, Shredded Low Fat Mozzarella, Low Fat Lime-Infused Sour Cream, Fresh Cilantro and A Dash Of Organic Sodium-Free Seasoning Blend, Whole Wheat Tortilla. |
| | Grilled Beef Fajitas | Grilled Beef Cuts With Tri-Colored Sautéed Peppers, Sautéed Sweet White Onions, Shredded Low Fat Mozzarella, Low Fat Lime-Infused Sour Cream, Fresh Cilantro And A Dash Of Organic Sodium-Free Seasoning Blend, Whole Wheat Tortilla. |
| | Grilled Fish Fajitas | Grilled Alaskan Sole With Tri-Colored Sautéed Peppers, Sautéed Sweet White Onions, Shredded Low Fat Mozzarella, Low Fat Lime-Infused Sour Cream, Diced Scallions And A Dash Of Organic Sodium-Free Seasoning Blend, Whole Wheat Tortilla. |
| | <i>Side Dishes</i> | <i>Spanish Rice, Vegetarian Refried Beans, Guacamole (Extra Charge)</i> |
| CHEESE STEAK | Sautéed Beef Cheese Steak | Sautéed Beef Cuts With Grilled Red And Green Peppers, Sautéed Onions And Shredded Low Fat Mozzarella Cheese, With A Dash Of Organic Sodium-Free Seasoning Blend On A Steak Roll. |
| | Sautéed Chicken Cheese Steak | Sautéed Beef Cuts With Grilled Red And Green Peppers, Sautéed Onions And Shredded Low Fat Mozzarella Cheese With A Dash Of Organic Sodium-Free Seasoning Blend On A Steak Roll. |
| | Sautéed Veggie Cheese Steak | Grilled Veggie Burger With Sautéed Red And Green Peppers, Onions And Shredded Low Fat Mozzarella Cheese With A Dash Of Sodium-Free Seasoning Blend On A Steak Roll. |
| | <i>Side Dishes</i> | <i>House Baked Fries, Superfood Slaw, Bourbon-Molasses Baked Beans</i> |
| BURGER DAYS | Pat LaFrieda ¼-lb. Premium Angus Burger | Angus Burger With Marbled Blue And Jack Cheeses, Lower Sodium Bacon, Sautéed Mushrooms And Onion Marmalade On A Whole Wheat Burger Bun. |
| | Turkey Burgers | Turkey Burger With Lower Sodium Bacon, Arugula And Pickled Onions With Kale Pesto On A Whole Wheat Burger Bun. |
| | Stuffed Turkey Burgers | Turkey Burger (Ground Turkey Breast, Quinoa And Flax Seed) With Diced Butternut Squash, Cauliflower Florets, Brussels Sprouts And Cranberries Topped With Mushroom Yogurt Aioli On A Whole Wheat Ciabatta. |
| | Veggie Burgers | Veggie Burger (3 Grain, Corn, Pepper And Black Bean) With Cucumber And Low Fat Dill Sour Cream, Pickled Red Onion And Arugula On Whole Wheat Ciabatta. |
| | <i>Side Dishes</i> | <i>Sweet Potato Fries, Superfood Slaw, Bourbon-Molasses Baked Beans</i> |



TIPS AND OTHER TRICKS

- Substitute Organic Sodium-Free Seasoning Blend for all kitchen applications except baking.
- Use only trans-fat free canola fryer oil. Filter no less than every other day.
- Promote sustainability for a green grill and adjust pricing accordingly.
- All burgers are cooked fresh; never hold in water.

Sauces – Salsas – Condiments For The Grill and Deli

- Olive Sweet Pepper Relish
- Sweet Tomato Relish
- Jalapeño Ketchup
- Southwest Dijon
- Lime Cumin Sour Cream
- Buffalo Sauce
- Tzatziki Sauce
- Caramelized Onion Jam
- Grilled Pineapple Salsa
- Black Bean Salsa
- Pico de Gallo
- Roasted Corn and Tomato Salsa
- Roasted Red Pepper Hummus
- White Bean Hummus with Roasted Red Pepper and Parsley
- Cauliflower Hummus with Artichoke, Lemon and Capers
- Carrot Hummus with Curry and Capers
- Roasted Beet Hummus
- Kale Pesto and Parmesan Hummus
- Black Bean Hummus with Fire-Roasted Tomatoes, Red Onion and Cilantro
- Roasted Tomato Hummus with Pecorino and Thyme
- Roasted Red Pepper Low Fat Mayo
- Low Fat Chipotle Mayo
- BBQ Low Fat Mayo
- Kale Pesto Low Fat Mayo
- Carolina-Style BBQ Sauce
- Kansas City-Style BBQ Sauce
- Korean BBQ Sauce
- Texas-Style BBQ Sauce
- Hoisin Peanut Sauce
- Adobo Sauce
- Greek Yogurt Cream Cheese and Cucumber Spread
- Greek Yogurt Cream Cheese and Roasted Pepper Spread
- Greek Yogurt Cream Cheese and Chipotle Spread
- Butternut Squash Greek Yogurt Cream Cheese Spread
- Roasted Tomato Greek Yogurt Cream Cheese Spread
- Black Bean Greek Yogurt Cream Cheese Spread
- Dill and Pickled Red Onion Greek Yogurt Cream Cheese Spread
- Greek Yogurt Cream Cheese Spread



HOW INGREDIENTS FIT INTO THE DELI

You can make many popular menu items at your deli more nutritious and just as flavorful by substituting the below products for their higher-fat, higher-calorie and higher-sodium counterparts.

Premium Chicken Breast Strips

- Wraps, Prestini Panini, deli sandwiches, ingredient for stuffed pitas

Lower Sodium Ham with Natural Juices

- Wraps, deli sandwiches, stackers, country club sandwiches, ham salad

Lower Sodium Bacon

- Wraps, deli sandwiches, country club sandwiches, panini, Focaccia sandwiches

Precooked Brown Rice & Quinoa Blend

- Ingredient for interesting side salads, major ingredient in vegetarian wraps

Kale Pesto

- Dressing for wraps and stuffed pitas, Pita Panwich condiment

Greek Yogurt Cream Cheese

- Blended with raw and/or roasted vegetables to produce a sandwich spread, stand-alone spread for bagels, Grainwich 9-Grain Rolls, fruit and Greek yogurt dessert parfaits

Superfood Salad

- Filler for wraps, side salad ingredient

Superfood Slaw

- Filler for wraps, side salad ingredient

Ancient Grainwich

- Mini deli sandwiches for breakfast and lunch, dinner roll, catering applications, team with Greek Yogurt Cream Cheese as a substitute for bagel and cream cheese

Stir Fry Base

- Dressing for Asian wraps

Organic Sodium-Free Seasoning Blend

- Seasoning for side salads and veggie-based wraps



THE DELI GETS A REFRESH

In some cafés, the deli is the most popular food station. In others, it has been all but eliminated or relegated to self-service.

In all cases, the fate of the deli can be directly attributed to the quality of the menu and the style of the service.

The potential is there. Take it to the max with sequential Special Menu Events (more details are in the “Breaking the Cycle Menu” section).

The deli is a natural for this format. Running a limited, specialized deli menu for two or three days in a row (even a week, depending on the size of the facility) is exciting for customers and will quickly breathe new life into the station.

Whether the deli menu concept is All About Focaccia, Wrap This Way, Country Clubs, Stackers, Subs and Hoagies, Prestini Panini, Protein Salads Sandwiches or Midtown Corned Beef and Pastrami, your customers will be delighted with the improved quality of the menu offer.

Our products should be an integral part of your deli menu planning. They replace their higher-fat and higher-sodium counterparts, while satisfying your goal of offering at least one better-for-you option at every station. For example, during your Subs and Hoagies event, offer a California Chicken and Portobello Sub along with your Classic Italian Hoagie. Incidentally, that Classic Italian Hoagie can be served with less sodium by using Lower Sodium Ham with Natural Juices and Organic Sodium-Free Seasoning Blend.

Customers quickly get into the rhythm of sequential Special Menu Events. The on-site culinary team and deli servers quickly adapt to the change in menu design. And since many of the deli concepts require that deli sandwiches can be made in advance, service is faster and less hectic.

FOUR EASY STEPS TO A SEQUENTIAL SPECIAL MENU EVENTS FORMAT

1. Pick a deli menu concept that best suits your customer base.
2. Choose two or three sandwich recipes from that deli concept and menu format.
3. Preset the deli station to offer those sandwiches exclusively.
4. Have fun turning the deli into the cafe’s #1 attraction for its limited-time run.
5. Move right onto the deli’s next Special Event theme.

Add sequential menu planning and exciting deli concepts into your menu mix and you’ll find yourself running one of the most popular delis in town. You’ll enjoy increases in profitability, selling price, check average, customer participation and customer satisfaction, all while reducing serving time and labor cost.

Don’t worry! Don’t be afraid to convert the current made-to-order deli to sequential menu concepts. There are plenty of them. Here are a few to give you an idea of the broad customer appeal and the potential for the deli to stand alone as a profitable station. Again, the key is to offer only a few of the sandwiches — three at the most — from the concept you select, each day. Do less, and do it better!

SEQUENTIAL DELI MENU CONCEPTS

WRAP THIS WAY

| | |
|--|---|
| Turkey Club Wrap | Applewood-smoked turkey breast, lower sodium bacon, shredded iceberg lettuce, red onion, diced tomato and crumbled blue cheese with low fat ranch dressing in a whole wheat wrap. |
| Turkey Garden Wrap | Applewood-smoked turkey breast, peppery arugula, diced fresh tomato, julienned cucumber and sliced avocado with ranch dressing in a spinach wrap. |
| Turkey Pesto Wrap | Applewood-smoked turkey breast, cheddar cheese with mixed greens with sweet basil-pesto mayo in a whole wheat wrap. |
| Cordon Bleu Wrap | Lower Sodium Ham With Natural Juices, applewood-smoked deli turkey breast, shredded Swiss cheese, chopped baby spinach and ranch dressing in a whole wheat wrap. |
| Cuban Wrap | Lower Sodium Ham With Natural Juices with Genoa salami, shredded Swiss cheese, dill pickle coins and yellow mustard in a traditional wrap. |
| London Wrap | Lower Sodium Ham With Natural Juices, sliced Granny Smith apples, roasted chopped walnuts, caramelized onions and Dijon mustard in a whole wheat wrap. |
| Chicken Caesar Bacon Wrap | Roasted Premium Chicken Breast Strips, Lower Sodium Bacon, julienned romaine, Parmesan cheese, chopped black olives and hard-boiled egg with Caesar dressing in a traditional wrap. |
| Buffalo Chicken Wrap | Roasted Premium Chicken Breast Strips, diced celery, shredded iceberg lettuce, chopped tomato and crumbled blue cheese with buffalo sauce in a spinach wrap. |
| Sundried Tomato And Chicken Wrap | Roasted Premium Chicken Breast Strips with sundried tomatoes, julienne bibb lettuce, diced plum tomatoes, Lower Sodium Bacon pieces with kale pesto dressing in a sundried tomato wrap. |
| Corn, Black Bean, Sweet Potato, Braised Kale Wrap With Lime, Cilantro Yogurt Dressing | Sauteed corn, black bean, sweet potato, braised kale in a spinach wrap with pickled red onion and Poblano peppers, lime-cilantro yogurt dressing. |
| Portobello And Roasted Pepper Wrap | Grilled Portobello mushroom, roasted red pepper, blue marble jack cheese and arugula with red pepper aioli in a whole wheat wrap. |

PREPARATION AND SERVICE

WRAPS – OFFER TO PRESS THE WRAPS FOR CUSTOMERS.

- Offer two or three wraps from menu above.
- Produce inventory of wraps in advance.
- Make 20 of each wrap to start.
- Cut and place wraps on serving pans or attractive platters with the cut side of the wrap facing the customer.
- Customers can have the wrap as is or pressed.

SIDE SALADS

- Set the fourth cold well with a variety of salads.
- Offer house-made chips.



DELI CONCEPT AND MENU RECOMMENDATIONS

| DELI MENU CATEGORY | MENU ITEM | MENU ITEM DESCRIPTION |
|---------------------------------|---|---|
| PRESSED WRAPS | Roast Beef, Bacon and Gorgonzola | Grilled beef cuts, Lower Sodium Bacon, caramelized onions, Gorgonzola cheese crumbles, roasted red peppers, arugula and gorgonzola dressing in a whole wheat wrap. |
| SUBS | Turkey and Fresh Mozzarella | Oven-roasted turkey breast, low fat mozzarella, oven-roasted tomato, basil, fresh baby spinach and Kale Pesto on Ancient Grainwich. |
| PROTEIN SALAD SANDWICHES | Thyme-Roasted Veggie Salad Sandwich | Thyme-roasted eggplant, broccoli rabe, zucchini, yellow squash, grape tomatoes, red onion; and asparagus with Feta cheese and sundried tomato jam on a hoagie roll. |
| STACKERS | Hearty Veggie Stack | Roasted carrots, parsnips, golden beets, fingerling potatoes and turnip with red pepper-Greek Yogurt Cream Cheese coulis. |
| PRESTINI PANINI | Eggplant, Roasted Peppers and Mozzarella | Crispy fried eggplant with roasted peppers, low fat mozzarella cheese, fresh basil, Kale Pesto, cracked black pepper and olive oil on whole wheat flatbread. |
| DELI FEATURE | Low Sodium Deli Ham 'N' Havarti | Low Sodium Ham with Natural Juices with Havarti cheese, roasted sweet white onion, mixed greens and Dijon mayo on Ancient Grainwich. |
| ALL ABOUT FOCACCIA | California Steak Focaccia | Thin slices of Angus top round London broil with diced red onion, sliced tomato, shredded lettuce, Provolone and horseradish-ranch spread. |



DELI TIPS AND TRICKS

- How the deli station is set for service is as important as the products that are served. The deli should be preset to enhance service speed.
- When you set up mise en place ingredients or display your menu offerings, always give the spotlight to your better-for-you items.
- Deli sandwiches that are made in advance for a specific deli menu concept should always be cut in half and the cut side of the sandwich should be facing the customer.
- Ingredients should be placed in the deli case or cold table in the same order as a typical deli sandwich is served.
- Condiments heavily used during the service (e.g. mustards, aiolis, dressings, spreads) can be put in squeeze bottles for speed and convenience.
- If an item is not on that day's deli menu, eliminate that product from the deli station setup. If a non-menus product is on display, customers may ask for it in their sandwich, which will slow the ordering and sandwich assembly process.
- Keep your deli station setups simple, uncluttered and attractively displayed.
- "Abundance" is a good word to describe how a deli station should be merchandised. Be sure to fill service vessels to the top with stacked-high deli meats and cheeses.
- If the deli concept requires that a deli sandwich be built in front of the customer, then all deli meats should be shaved or sliced, portioned and stacked into the appropriate serving vessel.
- Do not use doilies or paper sheets between meats.
- Offer herb-roasted or grilled, then chilled vegetables in deli menu planning.
- Offer standard cheeses like American, Provolone, Swiss and Muenster in deli menu development but be sure to utilize premium cheese options like Blue Marble Jack, White Cheddar Horseradish, Habanero Jack, Goat, Smoked Gouda, Sharp Cheddar, fresh Mozzarella, low-fat Mozzarella and Dilled Havarti.
- Sandwich spreads, aiolis, flavored mayonnaise, flavor-infused mustards, house-made tapenades, vegetable Greek yogurt coulis and a variety of vegetable hummus spreads add value and great taste.
- Use Organic Sodium-Free Seasoning Blend instead of salt in virtually all spread, condiment and dressing recipes.
- Produce should be seasonal and look fresh and appetizing.
- Always use a premium selection of breads, rolls and artisanal breads, including the Ancient Grainwich.
- Depending on the deli concept, artisanal breads and rolls should be on display and easily accessible.
- Utilize whole wheat and multigrain rolls as the default bread/roll choice.
- Composed Superfood Salad and/or Superfood Slaw in a variety of interesting recipes should be offered as delicious and better-for-you side salads with all deli concepts.
- Consider offering house-made seasoned baker chips and/or whole wheat pita chips.
- Remove all clutter from the area.

HOW INGREDIENTS FIT INTO YOUR SALAD BAR

You can make many popular menu items at your Salad Bar more nutritious and just as flavorful by substituting the below products for their higher-fat, higher-calorie and higher-sodium counterparts.

Premium Chicken Breast Strips

- Stand-alone ingredient for salad bar, protein ingredient for composed salads

Lower Sodium Ham with Natural Juices

- Stand-alone ingredient for salad bar, protein ingredient for composed salads

Lower Sodium Bacon

- Stand-alone ingredient for salad bar, protein ingredient for composed salads

Precooked Brown Rice & Quinoa Blend

- Stand-alone ingredient for salad bar, protein ingredient for composed salads

Kale Pesto

- Ingredient in house-made salad dressings, mixed with EVOO for salad dressing, topping for roasted vegetables served as side salads and composed salads

Greek Yogurt Cream Cheese - Loaf

- Stand-alone ingredient for the breakfast fruit and yogurt bar, topping for toasted bagels and Grainwich
- Available in individual serving size usage for customers

Superfood Salad

- Mixed with Salad Green at the Beginning of the Salad Bar, Ingredient in Composed Salads, combined with Brown Rice and Quinoa Blend for side and composed salads

Superfood Slaw

- Mixed with salad green at the beginning of the salad bar, ingredient in composed salads, combined with Brown Rice and Quinoa Blend for side and composed salads

Ancient Grainwich

Use as a breakfast sandwich or component to a fruit bar. Cube and toast for healthy croutons

Stir Fry Base

- Dressing ingredient for Asian composed salads and wraps

Organic Sodium-Free Seasoning Blend

- Seasoning for composed and side salads



SALAD BAR — NO LONGER FORGOTTEN

It's usually one of the most visible stations. It should be one of the most colorful ones, too. Yet in most hospital cafés, the salad bar is The Forgotten Station. While the grill, deli and entrée station keep things sizzling with dynamic cycle menus, the ingredients (and customers) at the salad bar rarely vary.

THE TIME IS RIPE

In the highly competitive healthcare industry, food quality is now a selling point – not just in patient dining, but in the café where it can help attract and retain staff. Add the fact that nutrition awareness is higher than ever, and you find the salad bar at the epicenter of wellness initiatives and the movement toward healthier, tastier hospital food for patients, visitors and staff.

The good news: The salad bar is your single biggest opportunity to improve the overall image of your café, boost your profits, and at the same time lead the way toward healthier eating. The great news: This can be one of the easiest major station transitions that you've ever experienced. Here's how.

1. Incorporate products into composed salads recipes.

Creative composed salads are the centerpiece of any salad bar worth its sodium-free seasoning blend. Since self-ops are challenged to find good culinary talent while containing or reducing labor costs, it's nice to have a good part of the solution already in the bag(s). Partnering with Premier, US Foods® and Cross Valley Farms® have developed two new pre-cut vegetable mixes: Superfood Salad, a mix of rainbow kale, shaved Brussels sprouts, napa cabbage, red cabbage and radicchio; and Superfood Slaw, a mix of Brussels sprouts, kohlrabi, broccoli slaw, red cabbage, carrots and kale. Both should be standards in every café kitchen. Every ingredient in the mix is a bona fide superfood. They're fresh, flavorful, versatile, pre-washed, pre-cut and ready to toss. Please keep in mind that these two new superfood salad mixes are just the latest additions to Cross Valley Farms outstanding lineup of pre-cut-prewashed produce. Shaved Brussels Sprouts, Shredded Kale Salad, Napa Cabbage Blend, Baby Kale Trio, Heirloom Spinach Blend are already part of the mix.

2. Keep it seasonal and fresh.

Produce in season is fresher, less expensive and better tasting. So change your standard cut vegetables and fruits with the seasons, four times a year. Seasonal choices, ranging from watermelon in summer and roasted butternut squash in the winter, keep the salad bar fresh and interesting. They also keep reminding your customers that their dining services are operated by a culinary team that stays current.



COMPOSED SALADS

SEQUENTIAL SAMPLE MENU

Keep the recipes simple. Countless outstanding salads can be made with six ingredients or fewer.

The sample menu in this section will give you a taste of the possibilities. A beautiful platter of roasted fresh asparagus topped with chopped hardboiled egg and drizzled with olive oil and balsamic vinaigrette couldn't be easier to prepare, and your customers will love the taste.

Composed Salads – Vegetable

- Napa cabbage, apples and cider vinaigrette
- Green beans, spinach and beet salad
- Spinach, pancetta and honey mustard dressing
- Broccoli rabe, grilled onions and pine nuts
- Boston Bibb, jicama, oranges and almonds
- Roasted shaved Brussels sprouts
- Green cabbage, apples and cider vinaigrette
- Roasted shaved Brussels sprouts, fennel, red onion and walnuts
- Asparagus, cucumber, melon and watercress
- Sprouts, pancetta and caramelized onions



Composed Salads – Tomato

- Tomato, red onion, arugula and shredded kale
- Parmesan-roasted plum tomato
- Haricots verts, teardrop tomatoes and shallots
- Tomato, heirloom spinach and crumbled Feta cheese with sundried tomato and basil
- Balsamic shaved Brussels sprouts with roasted garlic and sun-dried tomatoes
- Parmesan-roasted plum tomato
- Fennel, artichoke, plum tomato and watercress
- Tricolor tomato and heirloom spinach salad
- Grilled tomato with basil oil and red onion



Composed Salads – Pasta and Grains

- Saffron potato, tricolor Israeli couscous and quinoa with toasted almonds
- Potato, tomato, olive and frisee
- Potatoes, capers, red onion and spinach
- Penne with English peas, Parmesan and plum tomatoes
- Tri color Israeli couscous salad with dried fruit and pecans
- Grilled chicken, shiitakes, red curry vinaigrette
- Roasted Yukon gold, carrot, beet and sage
- Baby shrimp, asparagus, Portobello and pasta
- Pasta, broccoli rabe, olives, chili flakes, garlic oil



EXHIBITION-STYLE SALADS: TAKING THE SALAD BEYOND THE SALAD BAR

If you are currently offering exhibition-style, hot and/or cold entrée salads at a Chef's Table or Display Cooking counter in your servery, we don't have to tell you how popular and profitable these salads can be. If you are not offering them, you should be. Like our other Special Event Menus, these wonderful salads can easily be offered for two or three consecutive days during lunch.

Exhibition Style Salads – Special Event Menus

- Chef Salads
- Insalata Caprese
- Salad Nicoise
- Taco Salad
- Buffalo Chicken Salad
- Caesar Salad
- Kyoto Teriyaki Salad
- Trio Salad: Egg, Chicken, Tuna
- Bachelor Salad
- Harvest Salad
- Chopped Salad

When you review the list of different Cobb Salads highlighted in the next chart, notice how many better-for-you products earn a place in the menu descriptions. The following chart is a list of creative Cobb Salads for two- or three-day Cobb Salad Festival. When you feature one of the exhibition salads Special Event Menus, never offer more than three salads. Two is the perfect number and you'll have customers coming back for more.



CHEF'S TABLE EXHIBITION-STYLE SALADS

SEQUENTIAL COBB SALAD MENUS

| COBB SALAD FESTIVAL | |
|---------------------------|--|
| CALIFORNIA COBB | Avocado, roast turkey, hard-boiled egg, Lower Sodium Bacon, tomato, scallion, cheddar cheese on a bed of chopped Romaine and Superfood Salad with low-fat Blue cheese dressing. |
| MEDITERRANEAN COBB | Premium Chicken Breast Strips, Kalamata olives, cherry tomatoes, red onion, fresh basil, artichokes, roasted peppers, cucumber and crumbled Feta cheese on a bed of chopped Romaine and Superfood Salad with balsamic vinaigrette. |
| NEW ORLEANS COBB | Cajun shrimp, black-eyed peas, jalapeno peppers, pickled okra, Lower Sodium Ham with Natural Juices on a bed of chopped Romaine and Superfood Salad with crumbled Blue cheese and Tabasco vinaigrette. |
| NEW ENGLAND COBB | Chopped marinated clams or mussels, shrimp, chorizo sausage, corn, diced new potatoes, sundried tomatoes on a bed of Bibb lettuce with Ranch dressing. |
| NEW MEXICO COBB | Premium Chicken Breast Strips, Lower Sodium Bacon, corn, avocado, tomato, red onion, roasted red peppers and Cheddar cheese on a bed of chopped Romaine and Superfood Salad with Chipotle vinaigrette. |
| LOW COUNTRY COBB | Fried chicken, Bourbon baked beans, roasted kernel corn, Superfood Slaw and biscuit croutons on a bed of chopped Romaine and Superfood Salad with BBQ vinaigrette. |
| CUBAN COBB | Diced Lower Sodium Ham with Natural Juices, pulled pork, dill pickles, fried plantains, Swiss cheese, pickled red onion on a bed of chopped Romaine and Superfood Salad with mustard vinaigrette. |
| PITTSBURGH COBB | Grilled flank steak, sautéed peppers and onion, button mushrooms, tomatoes, crumbled blue cheese, French fries and roasted red pepper on a bed of chopped Romaine and Superfood Salad with Worcestershire and beef au jus vinaigrette. |
| MANHATTAN COBB | Pastrami, caramelized onions, Swiss cheese, dill pickles, Superfood Slaw, tomatoes on a bed of chopped Romaine and Superfood Salad with rye croutons and low-fat Thousand Island dressing. |

PREPARATION AND SERVICE

COBB SALAD — ADD 1/3 SUPERFOOD SALAD MIX TO 2/3 CHOPPED ROMAINE FOR THE COBB SALAD BASE.

- Offer two or three varieties of Cobb Salads each day you run the event.
- Display only the mise en place for the salads you intend to serve. Make all three salads and display at the point of service.
- Please accommodate any customers who would like to change the ingredients on their Cobb Salads, as long as the ingredients are already on display at the exhibition salad station.

BREAD AND ROLLS

- Offer the Ancient Grainwich with every Cobb Salad.
- Consider a combo price pairing the Cobb Salad with a cup of soup or a healthy beverage.



SALAD BAR TIPS AND TRICKS

- The easiest way to change pricing on the salad bar is to change the salad bar. Offer a themed salad bar special once a month and you change the concept, enhance your customers' perception, and unlock the pricing by offering themed choices at a different price per ounce.
- Convert a section of the current salad bar to a special theme for one week per month.
- Popular themes:
 - Southwestern
 - Antipasto
 - Mediterranean
 - Crudités
 - Ancient Grains and Legumes
 - Superfoods
- Condition customers to frequent change to salad bar pricing.
- Along with your standard purchased dressings, offer at least one new house-made "Dressing of the Week/Month."
- Using fresh herbs in the preparation of any salad makes a huge difference in the taste of the finished salad. Fresh herbs are aromatic and impart flavors that are hard to duplicate without them.
- Organic Sodium-Free Seasoning Blend is a great substitute for salt in salad and dressing preparations.
- Offer house-made Ancient Grainwich.
- Offer a minimum of three greens – spring mix, chopped iceberg, Romaine and fresh baby spinach.
- Always use fresh vegetables whenever possible – never canned or frozen anything except for corn, peas and beans.
- Always blanch fresh cauliflower, broccoli florets and fresh green beans.
- Don't overdress the salads!
- Don't garnish composed salads.

SUPERFOOD SALAD MIX IT UP

One stealthy way to incorporate these produce mixes into your daily salad bar is to mix them in with the chopped Romaine lettuce that's placed at the beginning of the salad bar.

1/3 Superfood Salad + 2/3 Chopped Romaine



THE FRESHNESS AND FIBER FACTOR

The following is a list of other Cross Valley Farms® premixed salad ingredients that will add a freshness and fiber factor to every menu item in which they're included.

| PRODUCT | PRODUCT NAME | A-CODE | PACK | DESCRIPTION |
|---|--------------------------------|---------|-----------|---|
|  | SHAVED BRUSSELS SPROUTS | 7734825 | 2/5 lb. | A versatile mix for adding texture and flavor to a wide range of salads. Pre-washed and ready to go. |
|  | SHREDDED KALE SALAD | 7835812 | 4/1.5 lb. | Fresh cut, de-stemmed and delivered in a breathable bag. Pre-washed in Smartwash solution. Cello bag includes shredded cabbage and matchstick carrots. |
|  | NAPA CABBAGE BLEND | 7965122 | 4/2.5 lb. | Fresh, pre-washed in Smartwash solution. Cello bag includes shredded cabbage and matchstick carrots. |
|  | BABY KALE TRIO | 8634883 | 3/1 lb. | Originally from Tuscany and still a staple in true Italian salads. The combination of Baby Black Kale, Baby Scarlet Kale and Wild Arugula delivers a delicate yet robust flavor. |
|  | HEIRLOOM SPINACH BLEND | 8634859 | 2/2 lb. | Colorful and tasty blend of red and green varieties. Vibrant color, smooth texture and all the nutritional benefits of conventional spinach, the Heirloom Spinach Blend makes a perfect addition to a wide range of salads, pastas and prepared dishes. |

HOW INGREDIENTS FIT INTO ENTRÉES AND SOUPS

Premium Chicken Breast Strips

- Tacos, enchiladas, chicken à la king, pasta with chicken dishes, Asian stir-fries, bakes, stews, one-pot dishes

Lower Sodium Ham with Natural Juices

- Mac & Cheese, ham and beans, soups and stews

Lower Sodium Bacon

- Quiche, omelets, bacon-wrapped meatloaf, stir-fries, pasta dishes, bakes, scallop dishes

Flour Dusted Alaskan Sole

- Entrée, tacos, fried fish and chips

Precooked Brown Rice & Quinoa Blend

- Side vegetable, stir-fry component, soup ingredient, warm muesli for breakfast

Kale Pesto

- Dressing for side salads and vegetable side dishes, pasta sauce ingredient, salad base here

Superfood Salad

- Side dish vegetable ingredient, soup ingredient

Superfood Slaw

- Side dish vegetable ingredient

Ancient Grainwich

- Roll with entrée, Cubed and toasted for a garnish to soups

Stir Fry Base

- Asian stir-fry sauce

Brown Gravy Mix

- Open-faced roast beef sandwiches, gravy for beef, pork and lamb dishes, gravy for potatoes

Poultry Gravy Mix

- Open-faced roast turkey sandwiches, gravy for roast turkey and chicken dishes, gravy for potatoes and bread stuffing

Organic Sodium-Free Seasoning Blend

- Seasoning for cooked entrées and roasted vegetables



MOVE OVER, ENTREES...

More people across the spectrum of age groups and ethnicities seek to eat more nutritious foods, especially at breakfast and lunch. As more flavor-packed options highlight the healthcare café's lunch menus, the traditional heavy entrée at the steam table is losing ground.

Salads, soups and sandwiches are usually winning over the lunch crowd. If they aren't, either the entrées are truly exceptional (seldom the case) or woefully underpriced; or the daily menu offerings at the grill, deli, soup station and salad bar are not up to par.

Losing the entrée station is not a bad thing. Think of the production labor that goes into the daily production of entrees typically served in four or five steam table pans. It's certainly disproportionate to the level of sales that station actually generates, not to mention its lack of overall profitability.

...BUT NOT TOO FAST.

Step 1.

The solution is easy but requires patience. First, don't make any changes to your entrée menu. Even mediocre ones still have enough of a following that dropping items would be negatively received. Keep it running as is, but focus on improving the other points of service in your café. Use Sequential Menuing™ to create a steady flow of exciting Special Menu Events for your other food stations. Have the Chef or lead cook concentrate his or her energies on planning and preparation for those food stations, instead of the entrée station, for a period of six months. Watch sales at those stations grow along with customer satisfaction. At the same time, you will see a drop in entrée sales.

Step 2.

Once sales begin to drop off at the entrée station, replace your entrée cycle menu with sequential menu planning. Instead of making and serving two entrées per day, only make one very popular entrée. At the same time, channel your team's culinary talents into creating exciting recipes for additional vegetable menu offerings. These new (seasonal when possible) vegetable recipes should be complementary to your main entrée. Offer vegetable medleys: Any three vegetables and/or starch for a fixed value price.

Conclusion:

This shift in menu planning and food preparation will lead your customers to make healthier food choices for breakfast, lunch and dinner. They will change their eating habits because they want to, not because they were forced to. And they will feel better about it in every respect.

HOW INGREDIENTS FIT INTO YOUR CHEF'S TABLE

You can make many popular menu items at your Exhibition Cooking station more nutritious and just as flavorful by substituting the below products for their higher-fat, higher-calorie and higher-sodium counterparts:

Premium Chicken Breast Strips

- Stir-fries, fajitas, stuffed pitas, tacos, nachos, burritos and burrito bowls, hot Buffalo chicken wraps, pasta sautéés, hot protein entrée salads, savory crepes, roasted veggie sautéés

Lower Sodium Ham with Natural Juices

- Lunch and dinner quiches, frittatas, omelets, Mac and Cheese, pasta sautéés, hot protein entrée salads, ingredient in burritos and burrito bowls

Lower Sodium Bacon

- Lunch and dinner quiches, frittatas, omelets, Mac and Cheese, pasta sautéés, hot protein entrée salads, ingredient in burritos and burrito bowls

Flour Dusted Alaskan Sole

- Fish tacos, ultimate fish sandwiches, ingredient in trendy sole bowls, fajitas

Precooked Brown Rice & Quinoa Blend

- Burrito bowl, sole bowls, hot wrap, fajita, roasted veggie sautéés, hot superfood side salad, side salad

Kale Pesto

- Pasta sauce, veggie sauté dressing

Greek Yogurt Cream Cheese

- Sandwich spread (blended with fresh vegetables), Greek Yogurt Cream Cheese sandwiches

Superfood Salad

- Side salads, grilled veggie side dishes, stir-fries

Superfood Slaw

- Side salads, grilled veggie side dishes, gourmet coleslaw, stir-fries, vegan tacos

Ancient Grainwich

- Use as the bread component for virtually any exhibition entrée

Stir Fry Base

- Stir-fry sauce, dipping sauce, roasted veggie sauté seasoning

Brown Gravy Mix

- Carved roast beef gravy

Poultry Gravy Mix

- Carved roast turkey gravy

Organic Sodium-Free Seasoning Blend

- Stir-fry seasoning, hot entrée salad seasoning, fajita seasoning, roasted veggie sauté seasoning

Action stations, a.k.a. Chef's Tables, are profitable. No question. Healthcare cafés offering daily exhibition cooking will tell you they are their most popular and profitable stations. Customers love the freshness and the show, watching their sizzling dish made quickly right in front of them.

Healthcare cafés WITHOUT exhibition cooking will give you two reasons why they don't do it.

- **#1: “Labor is tight and setting up an exhibition cooking station takes a lot of planning and preparation.”**
- **#2: “It's too much work for one day's menu.”**

It's true that Chef's Tables CAN take too long to plan or set up – when FSDs and Chefs overcomplicate the menu with features that have too many ingredients and take too many steps or too long to prepare.

THE SOLUTION

Plan the menus right and your Chef's Table can be profitable AND easy. It can be offered daily in large facilities and even the smallest operation can make it a regular part of the menu sequence.

The Five Essentials:

1. Feature menu items with ingredients that can be mostly prepped in advance. “Exhibition-style cooking” is actually a misnomer. If you do it right, you aren't really cooking anything. The concept is really “combine, heat and serve.” Pasta sautés, stir-fries, tacos, crepes and omelets are just a few of the themes that fill that bill beautifully.
2. These versatile ingredients can be worked into a variety of display cooking menus and recipes. Picture the popularity of a pasta sauté with whole-wheat penne with grilled Premium Chicken Breast Strips, sautéed Cremini mushrooms and shredded parmesan in a Kale Pesto and EVOO sauce. Or an Asian stir-fry with grilled Premium Chicken Breast Strips, sautéed with Superfood Salad (90% cabbage based) in a Stir Fry Base, served over Precooked Brown Rice & Quinoa Blend.
3. Prep your ingredients in advance: Blanch your broccoli, cauliflower or green beans; roast your potatoes or other veggies; cook grains and pastas al dente. Precook your proteins, finish your sauces. Hold the ingredients hot/warm for service per HACCP guidelines. Customers will still enjoy the aromas, sizzling sounds and pageantry of their meal being finished right in front of them, with a speed that any upscale restaurant would be proud to emulate.
4. Limit customer choices. Limit choices to only a few options that the station attendant needs to accommodate. If you keep your menu simple enough, more than one order can often be sautéed at the same time in each skillet. Move additional toppings and condiments downstream from the serving station proper so that customers can customize their finished dish themselves. Tricks like these can double service speed and boost your profits accordingly.
5. Run each menu theme for at least three days in a small unit, a week in a large one.

HOT STUFF: SEQUENTIAL MENUING AT THE CHEF'S TABLE

The Chef's Table is the perfect spot for higher-end sequential menuing but the themes can run the gamut from comfort to haute cuisine, with plenty of twists in between. With the versatility of these 15 ingredients fitting right in, many items will be door busters, but the menu can go beyond stealth health to a wide variety of Special Menu Events, each running several days in a row. A few ideas to prime the pump:

A Sampling of Chef's Table Themes

- Pasta Sautés
- Chic Sautés (Chef's Choice)
- Veggie Stir-Fries
- Roasted Veggie Medleys
- Texas Two-Step Tacos
- Savory Crepes
- Not Your Granny's Pierogis
- Brunch Omelets
- Asian Stir-Fries
- Korean Tacos
- Crazy Curry Days
- Mac and Cheese Medley
- Food Truck Fare
- Wings and Things

The Chef's Table is a great spot for Special Menu Events with ethnic twists, fun themes or even both of the same. For example, Not Your Granny's Pierogis could feature at least three different pan-fried pierogis each day. Varieties may include traditional mashed potatoes and cheddar, sauerkraut, savory onion and mushroom; topped with each customer's choice of spicy grilled onions, chopped Lower Sodium Bacon, low-fat sour cream, plain sauerkraut or all of the above.

Mac and cheese medleys can bring trendy twists to a comfort-cooking classic. How does a roasted asparagus, grilled onion and cheddar mac 'n' cheese sound? Or roasted serrano pepper and habanero jack mac? Or a sun-dried tomato, roasted artichoke and feta mac or a sautéed 3-mushroom medley with roasted cauliflower and asiago cheese? Meat lovers will dig into (lower sodium) diced ham, sautéed mushroom and cheddar mac, or Lower Sodium Bacon, grilled Buffalo chicken strip and blue marble jack mac. Take it Italian with pepperoni, diced tomato, chopped fresh basil and mozzarella.

Pasta Sautés offer infinite variety. In fact, some institutional cafés have a station devoted to this Special Menu Event alone. This sampling will give you a taste of the potential in sequential menuing.



Pasta Sauté: Special Menu Event Themes

- Orecchiette with Pistachio and Kale Pesto
- Spaghetti with Premium Chicken Breast Strips, Sautéed Mushrooms, Kale Pesto and EVOO
- Fusilli with Zucchini and Creamy Roasted Garlic Sauce
- Linguini with White Clam Sauce
- Premium Chicken Breast Strips with Lower Sodium Bacon and Parmesan over Penne
- Fresh Tomato, Turkey Sausage and Pecorino Penne
- Shrimp Scampi with Linguini
- Farfalle with Creamy Wild Mushroom Sauce
- Herb-Roasted Chicken, Mushrooms, Caramelized Onions and Light Marsala Cream Sauce
- Gnocchi and Italian Sausage, Basil and Tomato Vodka Cream Sauce
- Roasted Chicken and Bow Tie Pasta with Marinara Sauce
- Bucatini with Mushrooms, Kale Pesto and Parmesan
- Spaghetti, Turkey Bolognese
- Asparagus and Premium Chicken Breast Strips, Carbonara (made with Lower Sodium Bacon) over Fettuccine
- Turkey Sausage, Tomato and Arugula Fettuccine
- Penne Pasta with Asparagus, Lower Sodium Bacon and Pine Nuts
- Sun Dried Tomato, Artichoke over Angel Hair
- Penne with Sausage, Eggplant and Feta, with Marinara Sauce

Side Salads

- Marinated Roasted Mushrooms
- Marinated Fresh Vegetables
- Roasted Asparagus
- Marinated Tomato and Cucumber
- Caesar
- Marinated Mediterranean Vegetables



PASTA SAUTÉ: PREPARATION AND SERVICE

PASTE SAUTÉ – PREPARED RIGHT IN FRONT OF THE CUSTOMERS

- Select your pasta dish, choosing one from the list above or create one of your own.
- Serve only one pasta dish each time you offer Pasta Sauté at the Chef's Table.
- Set up the exhibition station with only the mise en place you will need for that dish.
- Arrange all ingredients in the order you will use them in prep.

90% of the cooking at an exhibition cooking station takes place in the kitchen before service begins. The Chef or server who's running the station is simply combining and reheating the ingredients for customers.

- The pasta should be precooked and held warm in a steam table pan (coated lightly with EVOO).

- The pasta sauce should be held hot.
- All proteins should be fully cooked.
- Vegetables should be blanched, roasted or sautéed.
- Since you will be making only one pasta dish, the Chef can prepare more than one order at a time.
- At a minimum, two skillet should be used for service. Three are preferable.
- Induction burners are the preferred heat source.
- When introducing a new menu item, always introduce a new (HIGHER) price.

SIDE SALADS

- Offer at least two choices of side salad.
- A small salad is a perfect complement to any type of pasta dish.
- Garlic bread stick and grated parmesan cheese should be available for customers.

TIPS AND TRICKS FOR THE CHEF'S TABLE

- Use at least two (preferably three) high-capacity induction cooking units.
- Limit the total number of ingredients in each dish.
- Create ordering steps designed to speed custom ordering decisions.
- Actively involve the customer with choices on limited levels.
- Everyone will appreciate maximum freshness and minimum waste.

Chef's Table display cooking is one of the most popular food stations in any healthcare cafe. It has the highest perceived value for customers. Therefore, your menu's selling prices should be set at a premium. With right pricing (usually in the \$6-\$8 range), this popular station will also be the most profitable.



HOW INGREDIENTS FIT INTO YOUR PIZZA STATION

You can make many popular menu items at your pizza station more nutritious and just as flavorful by substituting the below products for their higher-fat, higher-calorie and higher-sodium counterparts:

Premium Chicken Breast Strips

- Pizza, flatbread, Naan Pizza topping

Lower Sodium Ham with Natural Juices

- Pizza, flatbread, Naan Pizza topping, calzone and stromboli filling

Lower Sodium Bacon

- Pizza flatbread, Naan Pizza topping, calzone and stromboli filling

Kale Pesto

- Pizza sauce mixed with EVOO

Superfood Salad

- Side salads, grilled veggie side dishes, stir-fries

Superfood Slaw

- Side salads, grilled veggie side dishes, gourmet coleslaw, stir-fries, vegan tacos

Organic Sodium-Free Seasoning Blend

- Hot entrée salad seasoning, fajita seasoning, roasted veggie sauté seasoning

SALES AND PROFITABILITY ARE GETTING COLD AT THE CAFÉ PIZZA STATION.

Pizza is one of the most popular and profitable products on the retail street. Yet in most healthcare cafeterias, sales and profitability at the pizza station have gotten cold.

HERE'S HOW IT GOT HERE.

Moderately self-sustaining, the pizza station is seldom a priority for the foodservice staff. The product is often prepared well in advance of service. Self-service stations are often neglected. Mediocre quality and improper serving temperatures turn off customers. Pizza becomes a choice of last resort. Low volume aside, pizza at \$2 a slice is unprofitable. And that's before the staff discount is applied! Some cafés try to get the numbers back in line by using a pizza shell rather than fresh dough, further reducing quality.

TURN YOUR PIZZA STATION INTO A FLAT-OUT WINNER.

Tandoori Naan is among the most flavorful of all ethnic flatbreads. Traditionally made in a 900°F clay oven (called a tandoor), this staple of Indian cuisine boasts a unique flavor and chewy-crisp texture that make it the perfect foundation for a world-class pizza. Tandoori Naan is available in traditional and whole-wheat.

Instead of buying a \$2.00 slice of so-so pizza, customers will gladly pay \$4.99 for a top-quality individual Naan Pizza. If pizza is currently offered self-service, position Naan Pizza as a major new product introduction. And SERVE it. The new product and service style add up to a new event that will draw customer attention to the station. It only takes a second to serve a Naan Pizza. Simply slice the pizza in half before plating to make the finished product easier for customers to eat. Once Naan Pizza has been properly introduced to the customer base, you can return to a labor-saving self-service format.

FLATBREAD PIZZAS are another option. Flatbreads arrive in your unit frozen, fully baked. All the kitchen staff has to do is slack them out, add toppings, heat and serve.

The financial magic of flatbread pizzas lies in the thinness of the crust. Since the crust is so thin, the flavor of the finished product can be overpowered by too many toppings. A sprinkling of flavorful toppings is all your customers will need to enjoy the flavor and satisfaction of the pizza experience with a fraction of the calories.

On top of low product cost, simple assembly and short cooking time, trendy Flatbread Pizzas have the highest perceived value of any pizza product in the country. Customers will pay a premium price for them.

As with Naan Pizza, roll out your Flatbread Pizzas as an exclusive event for at least one week, changing the topping options daily.

MAKE DELICIOUS, MORE NUTRITIOUS PIZZA

Kale Pesto, Premium Chicken Breast Strips, Lower Sodium Ham (with natural juices) and Lower Sodium Bacon are all better-for-you alternatives. Lower Sodium Ham with Natural Juices and Low Sodium Bacon are better than their alternatives. The hint of oregano and other herbs in your Sodium-Free Seasoning Blend works perfectly as a seasoning for pizza and pizza sauces. Work these and the other products into your pizza recipes.

Pizzas make a natural platform showcasing other better-for-you ingredients, too. Fresh vegetables, along with whole grains and olive oil are all better-for-you ingredients. Fresh tomatoes nutritional value skyrockets when they're heated. That makes pizza sauce a great delivery system for nutrition (remember to keep the sodium content to a minimum).



ROLLING SEQUENTIAL MENU PLANNING INTO YOUR PIZZA STATION

The pizza station is one of the easiest to convert to sequential menu planning. Each of the following 12 concepts has the ability to stand on its own as an exclusive menu offer. If your regular pizza had a following, you can even bring that into the sequence – this time with profitable pricing. If you were serving eight-cut slices, bump them up to the six-cut size, and bump up the price accordingly.

Pizza, Naan Pizza And Flatbreads – Special Events Menu

- Naan Pizza
- Flatbread Pizza
- Stromboli
- French Bread Pizza
- Individual Pan Pizza
- Calzones
- Bread Sticks
- Rustic Pizzas
- Traditional Pizza (Six- and Eight-Cut)
- Deep Dish Pizza
- Build Your Own
- Fire-Roasted Pizza
- Thin Crust Pizza

1. Choose the pizza menu concepts that will most appeal to your customer base. Each will be the only item served at your pizza station during its event.
2. Determine the number of days or weeks you will run each exclusive offer: two-day minimum, one-week maximum.
3. Plug your Special Pizza Menu Event sequence into your calendar spread sheet.
4. Et voilà! You're ready to roll!

Naan Pizza – Special Events Menu

- Chicken and Spinach Florentine with Kale Pesto
- Italian Sausage, Cremini Mushrooms and Four Cheese
- Vegetable Supreme and Low Fat Mozzarella
- Vine Ripened Tomato, Basil and Fresh Mozzarella
- Artichoke, Sautéed Mushroom, Kalamata Olive and Goat cheese
- Pepperoni and Mozzarella
- Fontina Cheese, Kale Pesto and Cremini Mushrooms
- Sautéed Mushroom and Mozzarella
- Fresh Bruschetta with Lower Sodium Ham and Tomato
- Portabello, Plum Tomato and Fresh Mozzarella
- Four Cheese Naan Pizza
- Spinach, Caramelized Onion and Feta
- Tomato, Mozzarella, Basil and Kale Pesto

Side Salads

- Superfood Salad
- Superfood Slaw
- Broccoli Slaw
- Marinated Roasted Mushrooms
- Marinated Fresh Vegetables
- Marinated Tomato and Cucumbers
- Caesar Salad
- Great Northern Beans with Marinated Artichokes and Capers
- Roasted Asparagus
- Marinated Mediterranean Vegetables



Preparation And Service

- Naan Pizzas are extremely popular. The Naan Pizza Special Event Menu can be run for up to a week before changing the menu offer. Smaller facilities can run it for two or three days.
- Offer a minimum of two varieties of Naan Pizza. Larger operations should offer three or four Naan Pizza varieties daily. (Feel free to create your own Naan Pizza combinations).
- Naan Pizza is an exclusive pizza offer. When serving Naan Pizza from the Special Event Menu sequence, no other pizza will be available at the pizza station.
- Naan Pizza can be offered self-service. However, serving them will add value by improving service speed and the Naan Pizzas can be cut in half before plating.
- Don't be afraid to push pricing for Naan Pizzas.
- Their perceived value is quite high.
- When introducing a new menu item, always introduce a new (HIGHER) price.

Side Salads

- Offer at least two choices of side salad.
- A small salad is a perfect complement to pizzas of all types.

Eating a salad daily, even a small salad, may be one of the healthiest and simplest eating habits your customers can adopt.

Serving a fresh seasonal side salad for quick pickup at the pizza station is a great way to encourage healthy dining.

TIPS AND TRICKS FOR PIZZA

- The easiest way to change pricing at the pizza station is to change the style of pizza and pizza products being offered at that station.
- Condition customers to frequent menu and price changes through the use of sequential menuing.
- Consider making your own pizza sauce. This is one good way of controlling the amount of sodium in the finished pizza sauce.
- Using fresh herbs in the preparation of your pizza sauce and pizza toppings will enhance the finished product. Fresh herbs are aromatic and impart flavors that are hard to duplicate without them.
- Organic Sodium-Free Seasoning Blend is a great substitute for salt in pizza sauce and toppings.
- Use fresh vegetables whenever possible – never canned or frozen anything except for corn, peas and beans.
- Always blanch fresh cauliflower and broccoli florets before you use them as pizza toppings.
- This will cut down on cook time and improve the flavor and texture of the finished product.
- Superfood Slaw and Superfood Salad can be used as a pizza topping base for veggie, chicken and Lower Sodium Ham with Natural Juices pizzas.
- Ancient Grainwich can be used to make garlic croutons that can add crunch to a fully baked pizza.
- Introducing new product offers at the pizza station uses a time-honored marketing tactic to solve pricing problems. With the introduction of every new product, there is an opportunity to raise a selling price.
- Naan Pizza is not quite as filling as an individual pan pizza and its product cost is lower, yet it commands a higher selling price. This makes Naan Pizza and Flatbread Pizza much more profitable than traditional sliced pizza or individual pan pizza.
- Naan Breakfast Pizza is a great way to introduce a new popular product at breakfast. It can be served with fried eggs or scrambled. The menu combinations are virtually endless.

HOW INGREDIENTS FIT INTO BREAKFAST

You can make many popular breakfast menu items more nutritious and just as flavorful by substituting the below products for US Foods® Nourish products for their higher-fat, higher-calorie and higher-sodium counterparts:

Premium Chicken Breast Strips

- Chicken à la King and waffles

Lower Sodium Ham with Natural Juices

- Breakfast sandwiches, scrambles, quiches, omelets, stratas, side dishes

Lower Sodium Bacon

- Breakfast sandwiches, scrambles, quiches, omelets, stratas, side dishes

Kale Pesto

- Breakfast wraps dressing

Greek Yogurt Cream Cheese

- Stand-alone ingredient for the breakfast fruit and yogurt bar, topping for toasted bagels and Grainwich

Ancient Grainwich

- Roll component on breakfast fruit bar and lunch salad bar, substitute for bagels, Grainwich smoked salmon and Greek Yogurt Cream Cheese spread

Brown Gravy Mix

- Roll component on breakfast fruit bar and lunch salad bar, substitute for bagels, Grainwich smoked salmon and Greek Yogurt Cream Cheese spread

Poultry Gravy Mix

- Chicken and biscuits gravy, chicken and waffle gravy

Organic Sodium-Free Seasoning Blend

- Roll component on breakfast fruit bar and lunch salad bar, substitute for bagels, Grainwich smoked salmon and Greek Yogurt Cream Cheese spread



A FRESH START FOR YOUR BREAKFAST BUSINESS

The morning lesson: Only 20% of McDonalds' sales come from the breakfast day-part. But those sales generate 40% of McDonalds' store-level profits.

To most healthcare cafeterias, breakfast is a nuisance they have to take care of while getting ready for lunch. By doing so, they're missing the most important profit opportunity of the day. You already have all the ingredients for a retail-worthy breakfast program:

1. ROBUST TRAFFIC FOR MORNING COFFEE:

You're probably already drawing heavy morning traffic of hospital employees grabbing their morning coffee.

2. CUSTOMER DEMAND FOR MORE:

Breakfast customer profiles among hospital employees cover the range. You have the:

- Time-strapped who need to grab something quick
- Health-conscious looking to start the day on a solid nutritional foundation
- Fill-seekers hankering for a hearty meal
- Light eaters looking for a little something

3. INCREASED NUTRITION AWARENESS:

One of the outstanding features of your refreshed breakfast program is the inclusion of the products and many other better-for-you menu components. These ingredients, properly prepared, will attract new customers to your breakfast program.

4. LOW COSTS:

Factor generally low ingredient costs into the mix and you have your single easiest and most lucrative opportunity to build a healthier bottom line.

JUST ADD INGREDIENTS AND A DASH OF MARKETING

Within this product suite is an array of menu opportunities to satisfy all four customer groups. In fact, with just breakfast sandwiches and breakfast burritos, your grill alone can appeal to all of them. (See Breakfast Burritos in the Grill section.)

Lower Sodium Bacon, Lower Sodium Ham with Natural Juices, Sodium-Free Seasoning Blend, Poultry Gravy Mix, Greek Yogurt Cream Cheese, Ancient Grainwich and Premium Chicken Breast Strips are all healthy products that are used extensively at breakfast. Combine these great products with egg whites, turkey sausage, vegetarian breakfast sausage patties and seasonal fresh fruits and vegetables, and your breakfast recipe development is off to a healthy start.

Post 8.5" x 11" news about your breakfast specials at the café entrance and coffee station in the morning, at the café exit during the rest of the day. Also, get word about your breakfast into the message mix on monitors throughout the hospital.

MINI BREAKFAST SANDWICHES WITH A HEALTHY TWIST

Looking for add-on sales at the hot cereal station? Feature Ancient Grainwich with Greek Yogurt Cream Cheese, plain or with smoked salmon and fresh dill. Or with Nutella and sliced banana, or with country egg salad with watercress. Wrap these mighty minis individually in cello and serve them up on a chilled platter next to steel-cut hot oatmeal.

For the fill-seekers looking for a hearty start, offer Chicken à la King over whole wheat toast. Our poultry gravy makes this dish easy to prepare and irresistible for your customers.

BREAKFAST MENU SUGGESTIONS AT THE GRILL

| GRILL MENU CATEGORY | MENU ITEM | MENU ITEM DESCRIPTION |
|-----------------------------|--|--|
| BREAKFAST WRAPS | Traditional Breakfast Wrap | Scrambled eggs, Lower Sodium Bacon, shredded Cheddar and hash brown potatoes in a whole wheat wrap. |
| | Steak and Cheese Breakfast Wrap | Scrambled eggs, grilled beef cuts, caramelized onions and peppers, low fat shredded mozzarella and hash brown potatoes in a whole wheat wrap. |
| | City Slicker Breakfast Wrap | Scrambled egg whites, Lower Sodium Ham with Natural Juices, sautéed mushrooms, onions, peppers, and diced tomatoes in a whole wheat wrap. |
| BREAKFAST SANDWICHES | Low Sodium Ham with Natural Juices, Egg and Cheese on Ancient Grainwich | Fried egg with a dash of Organic Sodium-Free Seasoning Blend, Lower Sodium Ham and American cheese on Ancient Grainwich. |
| | Low Sodium Bacon, Egg and Cheese on Ancient Grainwich | Fried egg with a dash of Organic Sodium-Free Seasoning Blend, Lower Sodium Ham with Natural Juices and American cheese on Ancient Grainwich. |
| | Low Sodium Bacon, Egg and Cheese on Ancient Grainwich | Fried egg white with a dash of Organic Sodium-Free Seasoning Blend, Low Sodium Ham with Natural Juices and low fat mozzarella cheese with Kale Pesto on Ancient Grainwich. (Can substitute Turkey sausage for low sodium ham or bacon) |
| | Egg and Cheese on Ancient Grainwich | Fried egg with low fat mozzarella cheese with Kale Pesto on Ancient Grainwich. |

PUTTING SEQUENTIAL MENUING™ TO WORK FOR BREAKFAST.

The following chart is a short list of sequential Special Menu concepts for breakfast. Each one of these breakfast menu concepts is a proven winner, with the marketing legs to run for several days in a row.

1. Choose the breakfast Special Events Menu concepts that will most appeal to your customer base. Each will be the only item served at grill or entrée station during this event.
2. Determine the number of days or weeks you will run each exclusive offer: two-day minimum, one-week maximum.
3. Plug your breakfast special menu event sequence into your production calendar spread sheet.
4. Your breakfast strategy is served!

BREAKFAST SPECIAL MENU EVENT CONCEPTS

Hot Breakfast

- Omelets To Order
- Eggs Benedict
- Waffles – Sweet and Savory
- French Toast – Sweet and Savory and Stuffed
- Multi-Grain Pancakes Festival
- Sunrise Crepes – Sweet and Savory
- Breakfast Burritos
- Steak and Egg Sandwiches
- Breakfast Prestini Panini
- Hash It Out
- Breakfast Sliders
- Chicken and Waffles
- Breakfast Egg and (lower sodium) Bacon English Muffin Sandwiches
- Breakfast Pizza
- Breakfast Wraps
- Huevos Rancheros Festival
- Skillets and Scrambles
- English and Irish Breakfasts
- Flatbread Mini Breakfast Bites
- Spicy Chicken and Egg
- Breakfast Sandwich
- Breakfast Tacos
- Egg and Cheese
- Flatbread Fold-Overs
- All About Quiche
- A Lotta' Frittatas
- Breakfast Bagelwiches
- Chicken and Biscuits
- Breakfast Egg (lower sodium)
- Ham and Biscuit Sandwiches
- Breakfast Quesadillas

Beverages And Sides

- Fresh Squeezed Juices
- Perfect Parfaits – Organic Yogurt
- Seasonal Fresh Fruit Cup
- Steel Cut Oats – Oatmeal
- Quinoa and Faro – Hot Cereal
- Savory Breakfast Muffins and Biscuits
- Cinnamon Minis
- Real Home-Fried Rooster Potatoes and Onions
- Hash Browns
- Lower Sodium Bacon
- Turkey Sausage Patty
- Veggie Breakfast
- Sausage Pattie
- Mini Breakfast Sandwiches on Ancient Grainwich
- Fresh Fruit and Organic Yogurt Bar

TAKE HUEVOS RANCHEROS...

... as an example of how a Special Menu Event works in sequential menuing. Nutritionally, it's a home run. Some salsa recipes call for cumin, which is classified as a superfood spice. Turkey in turkey sausage and vegetarian sausage also qualify as superfoods. Guacamole has always been at the top of the superfoods list.

Simply decide which Huevos Rancheros menu you will be serving, then select interesting side dishes that complement that dish.

HEUVOS RANCHEROS SPECIAL EVENTS MENU

Menu Description

- Traditional Huevos Rancheros with fried eggs, refried beans, Chorizo sausage, sautéed red onion, shredded Colby Jack cheese with a dollop of sour cream and guacamole on a warm flour tortilla.
- Veggie Huevos Rancheros with fried eggs, sautéed yellow and green peppers, zucchini, diced red onion and refried black beans topped with a dollop of sour cream, salsa and fresh cilantro served on a warm flour tortilla.
- Scrambled Huevos Rancheros on corn tortilla with low fat shredded mozzarella cheese, a spoonful of vegetarian black bean-topped, crumbled Lower Sodium Bacon, diced red onion, tomato and avocado with chopped fresh cilantro.
- Ranch-style scrambled eggs with Lower Sodium Bacon crumbles, sautéed onions, peppers and adobo sauce on a warm corn tortilla.
- Huevos Rancheros with chipotle vegetarian black bean sauce and avocado salsa served on a warm flour tortilla.
- Huevos Rancheros with black beans, savory roasted tomatoes rancho and cilantro cream sauce on a warm flour tortilla
- Huevos Rancheros with fried egg, veggie refried beans, red and green Pico de Gallo and guacamole with crumbled Queso on a warm corn tortilla.
- Huevos Rancheros with fried egg, pulled pork, refried beans, salsa rojo, tomatillo Pico de Gallo and low fat shredded mozzarella cheese on a warm flour tortilla.
- Huevos Rancheros with fried or scrambled eggs, grilled chipotle chicken over black beans and chopped Romaine with ranchero salsa and low fat sour cream on a warm corn tortillas.
- Ranch-style scrambled eggs with chorizo, sautéed onions, peppers and adobo sauce on a warm corn tortilla.
- Huevos Rancheros with fried eggs, pinto beans, Queso cheese, Spanish rice, sliced avocado and shredded iceberg lettuce served on a warm flour tortilla.

Breakfast Side Dish

- Seasonal Fresh Fruit Salad
- South of the Border Home Fries with diced Chorizo, Onion, Ancho Chili and Cilantro
- Spicy Guacamole
- Rosemary Home Fries with Lower Sodium Bacon, Parmesan and Parsley



Preparation And Service

- We recommend serving only one style of Huevos Rancheros at a time.
- We suggest offering our Traditional version of Huevos Rancheros and one other recipe on the same breakfast menu. This will cut down on preparation and increase your speed.
- It's important to prepare your mise en place well ahead.
- Set up your Huevos Rancheros mise en place for speed.
- Any style of cooked egg can be used for Huevos Rancheros
- When sautéing sweet white onions, add a little ground cumin for more flavor.
- Use a little chipotle pepper instead of the serrano peppers for more heat.
- Possible Huevos Rancheros garnishes: shredded Jack cheese or crumbled Queso fresco; diced avocados, sour cream, chopped cilantro, fresh lime segments, fresh lime slices.
- This station can be set up at the grill or at the Chef's Table and prepared exhibition-style.
- You should run this promotion a minimum of two days and in larger facilities, a week.
- Consider offering a "South of the Border" weeklong breakfast promotion featuring Huevos Rancheros, Breakfast Burritos and Breakfast Tacos.

Huevos Rancheros for breakfast, lunch or dinner makes any day better!

Whether scrambled or fried, Huevos Rancheros just might be the perfect meal — fit, filling, healthy and super fresh. It's South of the Border comfort food at its best!

BREAKFAST TIPS AND TRICKS

- Breakfast is the fastest-growing grab n' go segment.
- Think small when it comes to scones, cinnamon buns and Danish. Customers want a little something sweet in the morning. Help them make the right choices by keeping portion size small.
- Offering seasonal fresh fruit with Greek and organic yogurt at the salad bar or in takeout fruit cups are must-haves for your breakfast menu offer.
- Make every attempt to bake your muffins fresh each day. Keep them small.
- Bagels with Greek Yogurt Cream Cheese spreads are a definite winner.
- Have interesting toppings for self-service hot cereals and ancient grains: dried fruits, nuts and honey.
- Offer a premium brand of fresh brewed coffee.

PRODUCT ORDERING GUIDE

PRODUCT NUMBER, PACK SIZE AND BRAND

| US # | Product | Pack | Brand |
|---------|---|-----------|-----------------|
| 3680942 | Premium Chicken Breast Strips - Precooked - Grill marked - Not seasoned - Low sodium - Whole muscle | 2/5 lb. | Patuxent Farms® |
| 9799636 | Flour Dusted Alaskan Sole - Wild caught - Hand cut - Low fat - Sustainable | 4/2.5 lb. | Harbor Banks® |
| 7978406 | Lower Sodium Ham with Natural Juices - Natural, D-shaped ham - Boneless - Hardwood smoked - Natural juices - Natural sea salt - 45% lower sodium than USDA average | 2/9 lba. | Patuxent Farms |
| 7978364 | Lower Sodium Bacon - Naturally applewood smoked - 100% center cut pork - Outstanding bacon flavor - 45% less sodium than our regular bacon - Raw (18-22 count) | 15 lb. | Patuxent Farms |
| 5791643 | Ancient Grainwich - Fully baked - Thaw and serve - 9-grain mix - 10-day shelf life - Great taste - Low sodium - High fiber | 4/12 ct. | Hilltop Hearth® |
| 3384068 | Greek Yogurt Cream Cheese - Live active cultures - Two times the protein - 1/3 less calories - Fortified with fiber | 6/3 lb. | Glenview Farms® |
| 5151309 | Greek Yogurt Cream Cheese | 100/1 oz. | Glenview Farms |
| 3668570 | Organic Sodium-Free Seasoning Blend - <i>Organic</i> - <i>Blend of seasonings and dried vegetables</i> - <i>Light garlic base with lemon notes</i> | 3/19 oz. | Monarch® |

PRODUCT ORDERING GUIDE

PRODUCT NUMBER, PACK SIZE AND BRAND

| US # | Product Description | Pack | Brand |
|---------|---|------------|---------------------|
| 7299640 | Superfood Salad - Fresh cut - All natural - Rainbow kale - Shaved Brussels sprouts - Napa cabbage - Red cabbage - Radicchio | 4/2 lb. | Cross Valley Farms® |
| 8750784 | Precooked Brown Rice & Quinoa Blend - Fully cooked - Low fat - Low sodium - High fiber | 4/2.5 lb. | Chef's Line® |
| 9826181 | Superfood Slaw - Brussels sprouts - Kohlrabi - Broccoli slaw - Red cabbage - Carrots - Kale | 4/2 lb. | Cross Valley Farms |
| 8203448 | Kale Pesto - 2/3 less sodium - No pine nuts - Costs less than basil pesto - High in vitamin A - Frozen | 6/30 oz. | Roseli® |
| 6107216 | Stir Fry Base - Ready to use - No MSG - Gluten Free - Made with fresh, high quality ingredients | 4/0.5 gal. | Monarch® |
| 7545033 | Brown Gravy Mix - Add water, heat and serve - No MSG - Rich smooth consistency - No clumps - Full flavored gravy - Can be used for all meat dishes | 6/13 oz. | Monarch |
| 2591327 | Poultry Gravy Mix - Add water, heat and serve - No MSG - Rich smooth consistency - No clumps - Full flavored gravy - Can be used for chicken and turkey dishes | 6/14 oz. | Monarch |

QUALITY ASSURANCE STANDARDS

- Cook all meats and potentially hazardous foods to at least the minimum safe internal temperatures as follows: Chicken / Mixtures – 165°F, Pork – 145°F, Beef – 145°F, Fish – 145°F, Rice – 145°F, Potatoes – 145°F, Ground Beef – 160°F.
- Take and record temperatures of all potentially hazardous foods before placing into service line and every 60 minutes during service.
- Hold all hot foods in service line greater than 140°F. If standard cannot be maintained, pull the item and reheat to an internal temperature of 165°F in less than one hour before placing back on service line. If reheating is not accomplished in less than one hour, discard item.
- Potentially hazardous foods that are cold must be kept at 40°F or below during service. Proper use of ice baths must be maintained.
- Hold all the food for customer self-service behind the sneeze guard.
- Stir sauces frequently during service to distribute heat. Turn meats and vegetables to better distribute heat.
- Frequently change utensils during service period with clean replacement utensils.



RECIPES

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Alaskan Sole Panzanella Salad

Servings: 25

Serving size: 1 sole panzanella salad

INGREDIENTS

| | |
|-------|---|
| 25 ea | Harbor Banks® Flour Dusted Alaskan Sole |
| 3 T | Garlic, minced |
| 6 ea | Red Bell Peppers, julienned |
| 2 ea | Red Onions, julienned |
| 6 ea | Zucchini, half moons |
| 4 ea | Focaccia Loaves, cubed and toasted |
| 3 pts | Assorted Mini Heirloom Tomatoes |
| 3 oz | Basil, julienned |
| 5 c | Monarch® Balsamic Vinaigrette |
| 1 c | Low-Fat Parmesan Cheese, shredded |



PREPARATION

1. Prepare Flour Dusted Alaskan Sole per cooking instructions (bake or pan sear).
2. Sauté garlic, peppers, onions and zucchini.
3. Place sautéed vegetables, toasted focaccia, basil and balsamic vinaigrette in a mixing bowl and toss lightly.
4. Place 2 c. of mixed ingredients onto a plate and serve with one portion Flour Dusted Alaskan Sole. Garnish with assorted mini heirloom tomatoes and shredded low-fat Parmesan cheese.

Asian Super Slaw

Servings: 25

INGREDIENTS

| | |
|-----|------------------------------------|
| 4 c | Cross Valley Farms® Superfood Slaw |
| ¼ t | Soy Sauce |
| ¼ t | Lemon Juice |
| ¼ t | Vegetable Oil |
| 2 T | Ginger, grated |
| 2 T | Rice Wine Vinegar |
| 4 T | Harvest Value® Honey |
| 2 t | Sesame Oil |
| 2 t | Sesame Seeds |



PREPARATION

1. Whisk all ingredients together.
2. Pour over Superfood Slaw; mix to combine and serve.

Asian Superfood Salad with Mandarin Segments and Sesame

Servings: 25

Serving size: 8 oz. of Superfood Salad with vinaigrette, toasted almonds and mandarin oranges

INGREDIENTS

- 13 lbs Cross Valley Farms® Superfood Salad
- 4½ lbs Toasted Almonds, sliced
- 3 qts Mandarin Oranges
- 2½ qts Sesame/Honey/Soy Vinaigrette
- 1½ qts Soy Sauce
- 1 pt Sesame Oil
- 1 pt Honey



PREPARATION

1. Prepare sesame honey vinaigrette.
2. Lightly toss 8 oz. of Superfood Salad with 3 oz. of toasted, sliced almonds, 3 oz. of mandarin oranges and 3 oz. of vinaigrette.
3. Substitution note: 2½ qts. of Monarch® Stir Fry Base.

BBQ Chicken Strip Flatbread

Servings: 25

Serving size: 1 naan flatbread topped with 3 oz. of Premium Chicken Breast Strips

INGREDIENTS

- 4½ lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- 25 ea Whole Wheat Naan Flatbread
- 1½ qts BBQ Sauce
- 2 lbs Low-Fat Mozzarella Cheese, shredded
- 1 lb Red Onions
- 1 lb Green Bell Peppers
- 1 T Red Pepper Flakes
- 1 lb Low-Fat Parmesan Cheese, shredded



PREPARATION

1. Combine 3 oz. of cooked Premium Chicken Breast Strips with 1 oz. of BBQ sauce to coat the chicken.
2. Spread 1 oz. of BBQ sauce on flatbread, top with shredded low-fat mozzarella cheese, 3-oz. portions of BBQ chicken per individual, 1 T. of sliced bell peppers and 1 T. of onions.
3. Sprinkle red pepper flakes and low-fat shredded Parmesan cheese on top.
4. Send through impinger pizza oven or bake at 425°F for 7–9 minutes until cheese is bubbly and golden.
5. Cut flatbread into individual portions.

Chicken, Spinach and Mushroom Strata with Kale Pesto

Servings: 25

INGREDIENTS

- 16 oz Hilltop Hearth® Ancient Grainwich, cubed
- 1 lb White Mushrooms, sliced
- 18 oz Patuxent Farms® Premium Chicken Breast Strips, diced
- 8 oz Onions
- 6 oz Roseli® Kale Pesto
- 60 oz Cholesterol-Free Egg Mix
- 60 oz 2% Milk
- 1½ t Nutmeg
- 2 t Salt
- 2 t Black Pepper
- 9 oz Mozzarella Cheese
- 8 oz Fresh Spinach
- Oil Spray



PREPARATION

1. Combine milk, egg mix, salt, pepper, nutmeg, Kale Pesto and set aside.
2. Sauté onions with oil spray until lightly caramelized. Add mushrooms and cook until tender. Drain any water from pan and allow to cool.
3. Mix spinach, onions, mushrooms, bread cubes and chicken. Spray a casserole dish with oil spray and pour in mixture. Gently pour in custard mixture. Bake at 300°F for 1–2 hours in a regular oven in a sheet pan of water.
4. Place mozzarella cheese on the strata during the last 10 minutes of baking. Cool 15 minutes before cutting into 18 pieces.

Chicken Salad with Brown Rice and Quinoa

Servings: 25

Serving size: 8 oz., including 4 oz. of Premium Chicken Breast Strips, 4 oz. of grain blends

INGREDIENTS

- 6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked and chopped
- 5 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 lbs Cucumbers, diced
- 3 T Fresh Dill, chopped
- 2 lbs Cross Valley Farms® Superfood Salad
- 2 T Red Wine Vinaigrette
- 5 oz Roseli® Kale Pesto
- 1 c Pine Nuts
- 6 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1 T Lemon Juice



PREPARATION

1. Coat Superfood Salad with vinaigrette; place 1 oz. of mixture on bottom of serving dish.
2. Combine diced cucumber, Greek Yogurt Cream Cheese, fresh dill, Kale Pesto and cooked Premium Chicken Breast Strips.
3. Prepare Precooked Brown Rice & Quinoa Blend per package instructions to internal temperature of 165°F; then cool.
4. Layer 4 oz. of chicken salad over 4 oz. of Precooked Brown Rice & Quinoa Blend. Garnish with toasted pine nuts.

Additional Recipe Ideas:

Wrap: Combine 2 oz. each of cooked grain mixture, chicken salad mixture and Superfood Slaw into a whole-wheat wrap.
Sandwich: Portion chicken salad mixture on whole-grain bread and serve as a traditional deli sandwich.

Chicken Strip Fajitas

Servings: 25

Serving size: 6 oz., including 4 oz. of Premium Chicken Breast Strips, 2 oz. of peppers and onions

INGREDIENTS

- 6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- ¼ c Fajita Seasoning
- 4 lbs Peppers and Onions, julienned
- 25 ea Flour Tortillas
- 1 qt Fresh Salsa
- 1 qt Low-Fat Sour Cream
- 4 ea Fresh Limes, quartered
- 4 T Fresh Cilantro, chopped
- 4 T Extra Virgin Olive Oil



PREPARATION

1. Dust Premium Chicken Breast Strips with fajita seasoning and sauté in EVOO with peppers and onions over high heat.
2. Warm flour tortillas on griddle or steamer; set aside.
3. Serve chicken fajitas on warm tortillas with fresh salsa, low-fat sour cream, lime wedges and freshly chopped cilantro.

Deviled Eggs with Low-Sodium Crispy Bacon Topping

Servings: 25

Serving size: 6 halves

INGREDIENTS

- 75 ea Eggs, hard-boiled and peeled
- 6 c Low-Fat Mayonnaise
- 5 c Patuxent Farms® Lower Sodium Bacon, finely diced
- 1 T White Pepper
- Parsley Leaves as Garnish, if desired

PREPARATION

1. Cut eggs in half and gently place yolks into a mixing bowl. Combine yolks, low-fat mayonnaise and ¾ total amount Lower Sodium Bacon. Fill bottom of egg with remaining chopped bacon.
2. Using a pastry bag, pipe yolk mixture back into eggs. Garnish with additional bacon topping and a sprig of parsley, if desired.



Double the Bacon BLT Sandwich on Sourdough

Servings: 1

INGREDIENTS

- 3 ea Hilltop Hearth® Sourdough Bread Slices
- 3 ea Cross Valley Farms® Iceberg Lettuce Leaves
- 6 ea Patuxent Farms® Lower Sodium Bacon, cooked pieces
- 4 ea Cross Valley Farms® Tomato Slices
- 3 oz Monarch® Aioli Flavored with Real Bacon

PREPARATION

1. Toast slices of Sourdough Bread.
2. Layer Iceberg Lettuce, Tomato, then Lower Sodium Bacon. Add Aioli Flavored with Real Bacon spread on all three slices of bread.



Egg White Breakfast Sandwich

Servings: 12

INGREDIENTS

- 2 qts Glenview Farms® Scrambled Egg White Mix
- 2 c Shredded Carrots
- 2 c Colby Jack Cheese
- 12 oz Glenview Farms® Greek Yogurt Cream Cheese
- 3 c Fresh Spinach
- 2 tsp Olive Oil
- 12 ea Hilltop Hearth® Ancient Grainwich
Monarch® Organic Sodium-Free Seasoning Blend

PREPARATION

1. Chop fresh spinach, shred carrots.
2. Heat olive oil in sauté pan. Sauté spinach and carrots. Add liquid egg mixture and heat; do not over-scramble.
3. Add cheese at the end of cooking; season with salt and pepper if desired.
4. Toast or griddle Ancient Grainwich; spread 1 oz. of Greek Yogurt Cream Cheese on top and bottom of carrier.
5. Fill with 6 oz. of cooked egg-and-cheese mixture. Wrap in deli paper to grab and go or serve plated with a choice of fresh sides.
6. For a more complete meal, serve with freshly sliced tomatoes dusted with Organic Sodium-Free Seasoning Blend or with fresh fruit on the side.



Fire-Pit Mahi Sticks with Smoky Bacon

Servings: 25

Serving size: 3 pieces

INGREDIENTS

- 75 ea Patuxent Farms® Lower Sodium Bacon Slices
- 75 ea Harbor Banks® Island Style Mahi Mahi Pieces
- 6¼ c Metro Deli® Caramelized Balsamic Onion Jam

PREPARATION

1. Wrap a slice of Lower Sodium Bacon around each piece of Island Style Mahi Mahi. Secure with a toothpick.
2. Deep-fry until bacon is crispy and fish is cooked through.
3. Serve with 2 oz. of Caramelized Balsamic Onion Jam.



Flour Dusted Alaskan Sole Tostadas

Servings: 25

Serving size: 2 Alaskan sole tostadas, including pineapple salsa, crunchy slaw, lemon-pepper aioli

INGREDIENTS

- 25 ea Harbor Banks® Flour Dusted Alaskan Sole
- 50 ea 6" Corn Tortilla
- 3 qts del Pasado™ Garden Fresh Salsa
- 6 lbs Cross Valley Farms® Superfood Slaw

Lemon-Pepper Aioli (makes two quarts)

- 1¾ qts Low-Fat Mayonnaise
- 5 T Lemon
- 5 tsp Dijon Mustard
- 1 T Garlic
- 3 T Black Pepper
- 2 c Pineapple Tidbits

PREPARATION

1. Prepare lemon-pepper aioli by blending the following: low-fat mayonnaise, lemon juice, lemon zest, Dijon mustard, minced garlic and black pepper. Combine salsa with pineapple tidbits.
2. Fry corn tortillas until crispy.
3. Prepare Flour Dusted Alaskan Sole per cooking instructions (bake or pan-sear).
4. Mix 4 oz. of Superfood Slaw with 2 oz. of aioli per serving (two tostadas).
5. Cut sole into strips and place on tostadas. Top with pineapple salsa and slaw mix.



Fried Green Tomato and Smoky Ghost Pepper Jack Sandwiches

Servings: 25

INGREDIENTS

- 12 ea Green Tomatoes, large, sliced 1/3"-thick
 - Kosher Salt
 - Freshly Ground Pepper
- 10 ea Eggs, large
- 6 c All-Purpose Flour
- 3 T Garlic Powder
- 1 T Paprika
- 12 c Panko (Japanese breadcrumbs)
- 3 c Vegetable Oil
- 25 ea Ciabatta Rolls, split
- 50 ea Patuxent Farms® Lower Sodium Bacon, cooked slices, crispy
- 50 ea Glenview Farms® Smoky Ghost Pepper Jack Cheese Slices



PREPARATION

1. Using paper towels, pat tomatoes dry, then season with salt and pepper. Whisk eggs in a shallow medium bowl. Whisk flour, garlic powder and paprika together in another shallow medium bowl. Place panko in a third shallow medium bowl.
2. Working in batches, dredge tomatoes in flour, then egg, and then in panko.
3. Fry tomatoes until golden-brown and crisp, about 3 minutes per batch. Transfer to a paper towel-lined baking sheet to drain.
4. Preheat broiler. Place one slice of Smoky Ghost Pepper Jack Cheese onto each side of cut rolls, and put on a baking sheet. Broil until cheese is melted, about 2 minutes. Build sandwiches with rolls, cooked Lower Sodium Bacon and fried green tomatoes.

Ginger Chicken Stir-Fry with Rice Noodles

Servings: 25

Serving size: 8 oz., including 5 oz. of chicken, 3 oz. of noodles and vegetables

INGREDIENTS

- 7³/₄ lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- 1 qt Monarch® Stir Fry Base
- 3 lbs Pancit/Rice Noodles
- 2 T Fresh Ginger, minced
- 2 lbs Asian Stir-Fry Vegetables
- 1 T Fresh Garlic, chopped
- 2 T Rykoff Sexton® Rice Bran Oil
- 2 T Sesame Seeds, toasted
- 3 T Green Onions



PREPARATION

1. Prepare noodles per package instructions. Toss with Rice Bran Oil once cooked.
2. Sauté ginger, garlic and fully cooked chicken breast strips. Combine Asian stir-fry vegetables with Stir Fry Base; sauté vegetables al dente.
3. Combine with cooked noodles and garnish with toasted sesame seeds and green onions.

ADDITIONAL RECIPE IDEAS

Substitute pancit/rice noodles with Chef's Line® Precooked Brown Rice & Quinoa Blend.

Grilled Chicken Breast with Kale Pesto-Dressed Brown Rice and Quinoa

Servings: 25

Serving size: 8 oz., including 4-oz. chicken breast, 4 oz. of kale pesto-dressed brown rice and quinoa blend

INGREDIENTS

- 2 c Roseli® Kale Pesto
- 6 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 6¹/₄ lbs Patuxent Farms® Premium Chicken Breast Strips
- 2 T Shallots, minced
- 1 lb Butternut Squash, diced
- 2 lbs Red Bell Peppers, diced
- 1 T Fresh Garlic, chopped
- 3 T Extra Virgin Olive Oil
- 3 c Roasted Corn or Seasonal Vegetable
- Monarch® Organic Sodium-Free Seasoning Blend



PREPARATION

1. Season Premium Chicken Breast Strips with Organic Sodium-Free Seasoning Blend to taste.
2. Prepare Precooked Brown Rice & Quinoa Blend per cooking instructions on packaging.
3. Sauté red bell peppers and add Precooked Brown Rice & Quinoa Blend to sauté pan, sautéing rice and quinoa for approximately 9 minutes. Add butternut squash, vegetables, garlic and chopped shallots in EVOO. Combine with Kale Pesto.
4. Serve chicken over 4-oz. side of seasonal vegetables, Kale Pesto and sautéed Precooked Brown Rice & Quinoa Blend.

Grilled Chicken Breast with Greek Spaghetti Squash Casserole

Servings: 4

INGREDIENTS

- 4 ea Chicken Breast, fully cooked
- 1 ea Spaghetti Squash
- 4 oz Glenview Farms® Greek Yogurt Cream Cheese
- 1 oz Lemon Juice
- 1 t Extra Virgin Olive Oil
- 2 oz Red Onion, minced
- 2 oz Fresh Garlic, minced
- 1 T Fresh Tarragon
- 2 oz White Wine or Vegetable Stock



PREPARATION

1. Steam spaghetti squash, keeping flesh firm. Chill to touch. Using a fork, make strands spaghetti-like.
2. Sauté red onion, garlic and tarragon in extra virgin olive oil until tender.
3. Deglaze pan with white wine/vegetable stock.
4. Mix above with spaghetti squash. Add Greek Yogurt Cream Cheese and lemon juice. Combine gently and place in baking pan.
5. Place in 375°F oven, uncovered, and bake until golden.
6. Slice cooked chicken breast or serve whole if desired.

Grilled Chicken Kale Pesto Penne Pasta Bake

Servings: 25

Serving size: 10 oz., including 4 oz. of Premium Chicken Breast Strips, 6 oz. of penne pasta with Kale Pesto

INGREDIENTS

16 oz Roseli® Kale Pesto
6 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
2 T Fresh Garlic, chopped
3 T Extra Virgin Olive Oil
1 pt White Cooking Wine
2 lbs Whole Wheat Penne Pasta
1 lb Mushrooms, sliced
1 lb Yellow Squash, sliced into half moons
1 lb Chickpeas
1 lb Mini Heirloom Tomatoes, halved
1 qt Vegetable Stock
8 oz Low-Fat Parmesan Cheese, shredded
6 oz Low-Fat Mozzarella Cheese, shredded



PREPARATION

1. Sauté Premium Chicken Breast Strips, garlic and vegetables in EVOO. Deglaze with white wine and vegetable stock; then combine with Kale Pesto.
2. Cook pasta in salted water, drain (do not rinse) and combine with pesto wine sauce, chicken breast strips and chickpeas.
3. Place mixture in hotel pan, combine with both cheeses, and bake at 350°F till bubbly and thoroughly heated. Fold in sliced mini heirloom tomatoes just before serving.
4. Serve 10 oz. of pasta bake with crusty, warm French bread or Hilltop Hearth® Ancient Grainwich.

Grilled Vegetable Panini on Ancient Grainwich

Servings: 25

Serving size: 1 sandwich

INGREDIENTS

25 ea Hilltop Hearth® Ancient Grainwich
50 ea Provolone Cheese, sliced
5 lbs Grilled Vegetables (3 oz. per sandwich), sliced
10 oz Roseli® Kale Pesto
20 oz Chef's Line® Hummus



PREPARATION

1. Combine Kale Pesto and hummus as a spread. Spread both sides of Ancient Grainwich with Kale Pesto spread.
2. Fill sandwich with 3 oz. of grilled vegetables and sliced provolone cheese.
3. Heat panini press; griddle top and bottom of sandwich. Cut and serve with chips or your favorite side dish.

Ham, Goat Cheese and Arugula Sandwich

Servings: 1

INGREDIENTS

- 4 oz Patuxent Farms® Lower Sodium Ham with Natural Juices
- ½ c Fresh Arugula
- 2 oz Goat Cheese
- 2 oz Stone-Ground Mustard
- 2 ea Hilltop Hearth® Wheatberry Bread Slices
- 2 ea Tomato Slices
- 1 oz English Cucumber
- 1 T Vinaigrette



PREPARATION

1. Shave ham thinly, crumble goat cheese and reserve. Slice tomatoes and cucumbers and reserve.
2. Lightly toss arugula with vinaigrette and set aside.
3. Begin building the sandwich by spreading mustard between two slices of bread. Then, neatly arrange ham between the two slices.
4. On one piece of the sandwich, layer the following: arugula, crumbled goat cheese, tomato slices and cucumber slices. Then, gently place the remaining half of the sandwich on top.
5. Gently cut on a bias and garnish with your accompaniment of choice. Serve immediately.

Hot Brown Sandwich with Brown Gravy

Servings: 25

Serving size: 1 open-faced sandwich topped with 3 oz. of turkey, 3 oz. of brown gravy and additional ingredients

INGREDIENTS

- 25 ea Hilltop Hearth® Potato Hamburger Buns or Sliced Pullman Loaf Bread
- 2 ½ qts Monarch® Brown Gravy Mix, prepared
- 4 ½ lbs Jennie-O® Oven Roasted Turkey Breast
- 1 ½ lbs Low-Fat Parmesan Cheese, shredded
- 1 c Pimentos
- 50 ea Bacon Slices
- 4 T Fresh Parsley
- 6 ea Vine-Ripened Tomatoes



PREPARATION

1. Slice Oven Roasted Turkey Breast, toast Potato Hamburger Bun or sliced pullman loaf bread, prepare gravy per package instructions, cook bacon, dice pimentos and chop parsley.
2. In oven-proof skillet, place toasted bread on bottom; top with 3 oz. of sliced turkey, 3 oz. of gravy, 2 T. of shredded low-fat Parmesan cheese.
3. Place in salamander or broiler till bubbly.
4. Top with 1 T. pimento and 2 slices of warm bacon, chopped fresh parsley, 2 sliced tomato wedges, and serve hot.

Kale Pesto Bruschetta with Goat Cheese and Charred Tomatoes

Servings: 25

Serving size: 2 pieces bruschetta

INGREDIENTS

- 1 pt Roseli® Kale Pesto
- 2 ea Chef's Line® French Baguette
- 1 lb Goat Cheese
- 1 lb Glenview Farms® Greek Yogurt Cream Cheese
- 3 lbs Cross Valley Farms® Mini Heirloom Tomatoes
- 1 c Extra Virgin Olive Oil
- 1 tsp Granulated Garlic
- 1 T Parsley
- 1 tsp Salt and Pepper



PREPARATION

1. Cut and toast French baguette with EVOO that has been seasoned with salt and pepper, parsley and granulated garlic.
2. Combine Greek Yogurt Cream Cheese and goat cheese; spread 1 tsp. of mixture on toasted bruschetta pieces.
3. Cut Mini Heirloom Tomatoes in half; coat with EVOO, salt and pepper. Char tomatoes under broiler or salamander for 1-2 minutes.
4. Place 2 charred tomatoes on each cheese bruschetta. Drizzle Kale Pesto over charred tomatoes.

Kale Pesto Chicken Salad Sandwich

Servings: 25

Serving size: 6 oz. of chicken salad on toasted Ancient Grainwich

INGREDIENTS

- 1 c Roseli® Kale Pesto
- 2 c Low-Fat Mayonnaise
- 1 c Glenview Farms® Greek Yogurt Cream Cheese
- 2 lbs Celery, diced
- 7 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked and chopped
- 2 c Red Bell Peppers, sliced and roasted
- 2 T Monarch® Organic Sodium-Free Seasoning Blend
- 25 ea Hilltop Hearth® Ancient Grainwich
- 50 ea Tomato Slices
- 1 lb Arugula



PREPARATION

1. Toast Ancient Grainwich.
2. Prepare dressing: combine Kale Pesto, low-fat mayonnaise and Greek Yogurt Cream Cheese with Organic Sodium-Free Seasoning Blend.
3. Combine fully cooked Premium Chicken Breast Strips with with celery pieces and dressing; keep chilled.
4. Build sandwich with 2 slices tomato on the bottom, 6 oz. of salad, 2 T. arugula, 1 T. roasted red bell pepper strips and top with toasted bun.

Low-Sodium Ham and Broccoli Crepes Mornay

Servings: 25

Serving size: 3 crepes

INGREDIENTS

- 75 ea Cooked Crepes
- 75 ea Patuxent Farms® Lower Sodium Ham with Natural Juices, thin slices
- 75 ea Swiss Cheese Slices
- 18^{3/4} c Broccoli Florets, cooked, cooled, 2 oz. per serving
- 18^{3/4} c Low-Fat White Sauce



PREPARATION

1. Lay crepes onto work surface; place 1 slice of ham, 1 slice of cheese, a few broccoli florets and 1 T. of low-fat white sauce onto each crepe.
2. Roll up crepes, placing seam side down into serving dishes. Drizzle with remaining low-fat white sauce.
3. Bake covered at 350°F until hot throughout. Garnish with additional broccoli if desired. Portion: 3 crepes per person.

Low-Fat White Sauce

- ^{3/4} c All-Purpose Flour
- 1^{1/4} gal 1% Milk
- 2 T Ground Nutmeg
- 3 qts Low-Fat Parmesan Cheese, grated
- 5 T Butter
- ^{1/4} t Freshly Ground White Pepper

PREPARATION

Whisk flour in heavy, medium saucepan to remove any lumps. Gradually add low-fat milk, whisking until smooth. Add nutmeg; whisk over medium heat until mixture thickens and boils, about 10 minutes. Remove from heat. Whisk in Parmesan and butter. Season with salt and pepper.

Low-Sodium Ham Cups

Servings: 25

Serving size: 3 ham cups

INGREDIENTS

- 75 ea Patuxent Farms® Lower Sodium Ham with Natural Juices
- 40 oz Liquid Eggs
- 10 oz Low-Fat Milk
- 20 oz Swiss Cheese, shredded
- 2^{1/2} lbs Asparagus, woody stems removed, cut into small dice
- 1 t Salt and White Pepper
- 1 t Nutmeg



PREPARATION

1. Preheat oven to 350°F. Spray muffin tins with pan spray. Line 75 indentations in the muffin tins with a slice of ham so that the edges are slightly above the rim of the tin.
2. In a mixing bowl, mix together the liquid egg and low-fat milk, and season with nutmeg, salt and pepper.
3. Portion 1 tsp. of shredded cheese and asparagus into each ham cup. Top with egg mixture.
4. Bake until custard is just set and a knife inserted comes out clean. Let cool 10 minutes before gently removing.

Mediterranean Chicken Salad Napoleon with Ancient Grains

Servings: 25

INGREDIENTS

6 lbs Patuxent Farms® Premium Chicken Breast Strips
5 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
2 lbs Cucumbers, diced
3 T Fresh Dill, chopped
2 lbs Cross Valley Farms® Superfood Salad
2 T Red Wine Vinaigrette
5 oz Roseli® Kale Pesto
1 c Pine Nuts
2 c Mandarin Orange Segments
3 T Balsamic Reduction/Glaze
6 oz Glenview Farms® Greek Yogurt Cream Cheese
1 T Lemon Juice



PREPARATION

1. Coat Superfood Salad with vinaigrette; place 1 oz. on bottom of serving plate.
 2. Combine diced cucumber, Greek Yogurt Cream Cheese, fresh dill, Kale Pesto and Premium Chicken Breast Strips.
 3. In a separate bowl, combine cooked grains with orange segments and lemon juice, and season with salt and pepper.
 4. Layer 4 oz. of chicken salad over 4 oz. of whole grain and orange mixture; garnish with toasted pine nuts and drizzle with balsamic glaze.
-

Mini Greek Yogurt Cream Cheese and Berry Parfaits

Servings: 25

Serving size: 3 oz.

INGREDIENTS

1 lb Glenview Farms® Greek Yogurt Cream Cheese
1 lb Soft Goat Cheese
1 pt Low-Fat Plain Greek Yogurt
2 lbs Assorted Fresh Berries (Blueberries, Raspberries, Blackberries)
1 c Honey
1 c Fresh Whipped Cream
2 T Fresh Mint



PREPARATION

1. Prepare soft goat cheese with Greek Yogurt Cream Cheese and Greek yogurt; blend well and fill a pastry bag fitted with a wide tip.
2. Gently combine fresh berries with honey.
3. Layer 1.5 oz. of cheese mixture and 1.5 oz. of berry mixture in a dish. Top with fresh whipped cream and mint leaf.

Modern Super Slaw

Servings: 25

INGREDIENTS

4 c Cross Valley Farms® Superfood Slaw

Slaw Dressing:

½ c Monarch® Mayonnaise

2 T Glenview Farms® Sour Cream

2 T Sugar

2 T Monarch White Vinegar

1 T Dry Mustard

1 t Celery Salt

1 T Salt

½ T Black Pepper



PREPARATION

1. Combine all ingredients except Superfood Slaw to create the dressing; mix well.
2. Pour over slaw and season with salt and pepper.
3. Substitute coleslaw dressing, if desired.

Oven-Baked Chicken Cordon Bleu with Dijon Parmesan Sauce

Servings: 4

INGREDIENTS

4 ea Chicken Breast

4 oz Patuxent Farms® Lower Sodium Ham with Natural Juices

4 ea Swiss Cheese Slices

2 T Dijon Mustard

1 c Chicken Stock

1 c 2% Milk

2 oz All-Purpose Flour

2 oz Butter

1 oz Italian Parsley, chopped



PREPARATION

1. On a sheet pan, layer a slice of the Lower Sodium Ham with Natural Juices on the chicken breast and top with a slice of Swiss cheese. Place in a 375°F oven and bake for 20–25 minutes, or until juices run clear.
2. Melt butter in a medium saucepan over medium heat. Whisk in flour and continue to whisk consistently for 1–2 minutes.
3. Slowly pour in milk; then stir in the chicken stock and whisk until sauce begins to thicken, about 5 minutes.
4. Remove sauce from heat and stir in mustard and low-fat Parmesan cheese until well combined. Drizzle the sauce over the chicken and garnish with parsley.

Pasta Linguine with Kale Pesto and Roasted Mini Heirloom Tomatoes

Servings: 25

Serving size: 8 oz.

INGREDIENTS

- 3 lbs Roseli® Kale Pesto
- 9 lbs Linguine
- 2 T Fresh Garlic, chopped
- 1 c White Cooking Wine
- 2 lbs Cross Valley Farms® Mini Heirloom Tomatoes
- 3 T Extra Virgin Olive Oil
- 1 c Low-Fat Parmesan Cheese, shredded
- 4 T Fresh Parsley, chopped
- 1 T Monarch® Organic Sodium-Free Seasoning Blend



PREPARATION

1. Prepare linguine, drain (do not rinse). Coat with Kale Pesto.
2. Toss chopped fresh garlic and Mini Heirloom Tomatoes in EVOO. Char under salamander or broiler; dust with Organic Sodium-Free Seasoning Blend.
3. Gently combine 2 oz. of tomatoes with 6 oz. of pesto pasta; garnish with shredded low-fat Parmesan cheese and chopped fresh parsley.

Seared Salmon with Kale Pesto-Dressed Brown Rice and Quinoa

Servings: 25

Serving size: 4 oz. of seared salmon, 4 oz. of kale pesto-dressed brown rice and quinoa

INGREDIENTS

- 2 c Roseli® Kale Pesto
- 6 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 25 ea 4-oz. Salmon Fillets
- 2 T Shallots
- 2 lbs Red Bell Peppers, diced
- 1 T Chopped Fresh Garlic
- 3 T Extra Virgin Olive Oil
- 3 c Seasonal Vegetables



PREPARATION

1. Season salmon with salt and pepper and pan-sear.
2. Prepare Precooked Brown Rice & Quinoa Blend per cooking instructions to 165°F.
3. Sauté red bell peppers, seasonal vegetables, garlic and chopped shallots in EVOO; combine with Kale Pesto.
4. Serve seared 4-oz. salmon fillet over 4-oz. side of seasonal vegetables and prepared Precooked Brown Rice & Quinoa Blend.

Southern Chicken Pot Pie with Poultry Gravy

Servings: 25

INGREDIENTS

- 5 lbs Patuxent Farms® Premium Chicken Breast Strips, cooked
- 1½ qts Monarch® Poultry Gravy Mix, prepared
- 1 T Butter
- 1 c Half & Half
- 8 c Peas and Carrots, frozen
- 2 T Dried Basil
- 1 tsp Garlic Powder
- 25 ea Hilltop Hearth® Buttermilk Biscuits



PREPARATION

1. Prepare Poultry Gravy Mix per package instructions. Combine cooked, diced Premium Chicken Breast Strips with prepared Poultry Gravy Mix, cream, vegetables and seasonings.
2. Place 8 oz. of filling in oven-proof baking dish.
3. Top with biscuits and brush biscuits with melted butter combined with half & half.
4. Bake at 300°F till warm and bubbly.

Spicy Quinoa Chili

Servings: 25

Serving size: 8 oz.

INGREDIENTS

- 2 lbs Chef's Line® Precooked Brown Rice & Quinoa Blend
- 2 lbs Red and Green Bell Peppers, diced
- 1 lb Poblano Peppers
- 1 lb Sweet Yellow Onion, diced
- 64 oz Tomatoes in Juice, diced
- 32 oz Spicy Tomato Juice
- 32 oz Pinto Beans, cooked
- 1 c Chili Powder
- ½ c Cumin Powder
- 2 T Garlic Powder
- 3 T Extra Virgin Olive Oil



PREPARATION

1. Sauté diced peppers and onion in EVOO; drain pinto beans. Add 4 oz. of water to 2.5 lbs. of Precooked Brown Rice & Quinoa Blend. Heat until tender.
2. Combine all other ingredients and simmer for 30 minutes until thick. Adjust seasoning to taste.
3. Serve 8 oz. of Spicy Quinoa Chili with fresh-baked cornbread muffin or French bread.

Superfood Stir-Fry with Chicken Strips and Sweet Chili Sauce

Servings: 25

Serving size: 8 oz. of superfood stir-fry with 4 oz. of grilled chicken and sweet chili sauce

INGREDIENTS

13 lbs Cross Valley Farms® Superfood Salad
7 lbs Patuxent Farms® Premium Chicken Breast Strips,
cooked
½ T Sesame Oil
1 qt Sweet Chili Sauce
1 qt Monarch® Stir Fry Base



PREPARATION

1. Sauté 4 oz. of Premium Chicken Breast Strips in sesame oil until fully heated.
2. Add 8 oz. of Superfood Salad and sauté until tender.
3. Finish by adding 1.5 oz. of sweet chili sauce and 1.5 oz. of Stir Fry Base per portion.

Toasted Ancient Grainwich with Lox and Greek Yogurt Cream Cheese

Servings: 25

Serving size: 1 sandwich

INGREDIENTS

25 ea Hilltop Hearth® Ancient Grainwich
1½ lbs Glenview Farms® Greek Yogurt Cream Cheese
2½ lbs Smoked Salmon/Lox
4 T Capers
1 lb Red Onions, shaved

PREPARATION

1. Toast Ancient Grainwich; spread top and bottom bun with Greek Yogurt Cream Cheese.
2. Top sandwich with 2 oz. of smoked salmon, 1 tsp. capers and thinly shaved red onions.
3. Serve sliced fresh tomatoes or fresh fruit cup on the side.



Turkey Bacon Panini

Servings: 1

Serving size: 1 panini

INGREDIENTS

- 1 ea Chef's Line® Traditional Tandoori Naan
- 3 oz Jennie-O® Natural Turkey Breast, shaved
- 3 ea Patuxent Farms® Lower Sodium Bacon Slices
- 1 oz Iceberg Lettuce, shaved
- ½ oz Monarch® White Balsamic Vinaigrette with Lime & Basil

PREPARATION

1. Cut Traditional Tandoori Naan in half. Place Natural Turkey Breast and Lower Sodium Bacon on one side. Top with other half of naan.
2. Place on panini grill or griddle. Heat thoroughly and remove.
3. Open naan and add shaved iceberg lettuce and White Balsamic Vinaigrette with Lime & Basil.
4. Optional: Add cheese of choice for melty goodness.
5. Put naan back together; slice in half and serve.



Whole-Grain Stuffed Mushroom Caps

Servings: 20

INGREDIENTS

- 1 c Water
- 4 oz Chef's Line® Precooked Brown Rice & Quinoa Blend
- 20 ea Mushroom Caps
- ½ t Salt
- ¼ t Black Pepper
- ½ c Cannellini Beans
- ½ t Garlic, minced
- ¼ c Red Onion
- ½ c Bell Peppers, diced
- ½ c Mushrooms, diced
- ½ t Fresh Parsley
- ½ t Lemon Juice



PREPARATION

1. Bring water to boil and prepare Precooked Brown Rice & Quinoa Blend according to package instructions. Chill.
2. Wash mushrooms and remove stems and gills. Place caps on sheet pan and roast at 400°F for 4 minutes.
3. Purée cannellini beans to form a paste. Add salt and pepper, and blend again.
4. Heat nonstick sauté pan and lightly sauté garlic and onions in oil. Add bell peppers and mushrooms, and sauté for 1 minute. Remove from heat and cool. Then chill.
5. Toss together chilled grains and vegetables. Add puréed bean paste, parsley and lemon juice.
6. Form balls to stuff into each mushroom cap. Bake at 400°F for 5–10 minutes until reaching an internal temperature of 140°. Serve warm.

RECIPE NUTRITIONALS

Alaskan Sole Panzanella Salad

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578274 | Recipe Total | 351.69 | 16.12 | 136.39 | 14.92 | 3.04 | 0.08 | 43.03 | 759.81 | 39.64 | 4.36 | 9.88 |
| 9799636 | SOLE, FLOUR DSTD 3-4 Z FIL RAW | 174.01 | 12.76 | 69.6 | 8.12 | 1.74 | 0.0 | 40.6 | 324.82 | 12.76 | 1.16 | 1.16 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 2.13 | 0.43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.43 | 0.0 | 0.0 |
| 4732616 | PEPPER, BELL RED FRESH REF | 6.90 | 0.23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.61 | 0.46 | 0.92 |
| 4332003 | ONION, RED JMB 3" + BOX FRESH | 12.10 | 0.33 | 0.3 | 0.03 | 0.01 | 0.0 | 0.0 | 1.21 | 2.82 | 0.51 | 1.28 |
| 4732541 | ZUCCHINI, GRN FRESH REF SQSH | 19.92 | 0.36 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.42 | 5.34 | 1.07 | - |
| 9277427 | BREAD, FCCIA 1/4 SHT PARBK FZN | 28.80 | 0.8 | 3.2 | 0.32 | 0.0 | 0.0 | 0.0 | 68.8 | 5.12 | 0.16 | 0.0 |
| 8858276 | TOMATO, ASST HERLM MINI FRESH | 14.88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 3.36 | 0.96 | 0.0 |
| 4326401 | BASIL, FRESH HERB | 0.80 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.12 | 0.08 | 0.04 | 0.0 |
| 3330008 | DRESSING, VNGRT BALSMC TFF | 80.00 | 0.0 | 56.0 | 5.6 | 0.8 | 0.08 | 0.0 | 304.0 | 8.0 | 0.0 | 6.4 |
| 3587573 | CHEESE, PARM SHRD BAG REF IMP | 12.15 | 1.09 | 7.29 | 0.85 | 0.49 | 0.0 | 2.43 | 52.24 | 0.12 | 0.0 | 0.12 |

Asian Super Slaw

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 571703 | Recipe Total | 143.14 | 3.46 | 33.21 | 3.87 | 0.53 | 0.0 | 0.0 | 96.2 | 26.56 | 5.12 | 18.14 |
| 9826181 | COLESLAW MIX, KOLRBI BRSL SPRT | 51.23 | 3.42 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 51.23 | 10.25 | 5.12 | 3.42 |
| 4265971 | SAUCE, SOY B-I-B SHLF STABL | 0.24 | 0.04 | 0.02 | 0.0 | 0.0 | - | 0.0 | 25.33 | 0.02 | 0.0 | 0.0 |
| 6010243 | JUICE, LMN CNCNT PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2328722 | OIL, CNOLA TFF SALAD | 3.24 | 0.0 | 3.24 | 0.38 | 0.03 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 760306 | SPICE, GNDR GRND PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7267545 | VINEGAR, WINE RICE UNSSN | 3.27 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 19.64 | 0.65 | 0.0 | 0.0 |
| 3737327 | HONEY, CLVR PLST JUG SHLF | 55.21 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 15.64 | 0.0 | 14.72 |
| 4031365 | OIL, SESME IMP TIN | 29.95 | 0.0 | 29.95 | 3.49 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7961493 | SPICE, SESME SEED WHL PLST | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Asian Superfood Salad with Mandarin Segments and Sesame

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578276 | Recipe Total | 1217.23 | 31.87 | 675.89 | 74.87 | 7.28 | 0.0 | 0.0 | 4941.56 | 121.11 | 15.58 | 71.56 |
| 3783982 | ALMOND, SLCD BLNCHD SHL OFF | 460.80 | 17.28 | 374.4 | 40.32 | 2.88 | 0.0 | 0.0 | 28.8 | 17.28 | 8.64 | 2.88 |
| 1333814 | ORANGE, MDN BRKN SGMNT IN LS | 76.98 | 0.86 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.55 | 19.67 | 0.86 | 18.82 |
| 6133060 | DRESSING, ASIAN SESME PLST JAR | 329.99 | 0.0 | 146.66 | 16.5 | 1.83 | 0.0 | 0.0 | 1173.29 | 44.0 | 0.0 | 33.0 |
| 4265971 | SAUCE, SOY B-I-B SHLF STABL | 35.20 | 5.41 | 3.41 | 0.38 | 0.05 | - | 0.0 | 3647.67 | 3.27 | 0.53 | 0.27 |
| 4031365 | OIL, SESME IMP TIN | 151.42 | 0.0 | 151.42 | 17.67 | 2.52 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 3737327 | HONEY, CLVR PLST JUG SHLF | 51.84 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 14.69 | 0.0 | 13.82 |
| 7299640 | SALAD MIX, SPR FOOD W/ KALE | 111.00 | 8.32 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 83.25 | 22.2 | 5.55 | 2.77 |

BBQ Chicken Strip Flat Bread

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578287 | Recipe Total | 699.01 | 42.28 | 199.97 | 23.24 | 9.72 | 0.0 | 52.11 | 1725.94 | 82.91 | 3.55 | 6.31 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 86.45 | 16.33 | 19.21 | 1.92 | 0.96 | 0.0 | 0.96 | 100.86 | 0.96 | 0.0 | - |
| 3934320 | BREAD, FLAT NAAN TANDR 4.4 Z | 369.22 | 10.98 | 89.81 | 10.98 | 2.49 | 0.0 | 14.97 | 838.24 | 58.88 | 2.99 | 3.99 |
| 9910100 | SAUCE, BBQ CRLNA PLST JUG SHLF | 75.43 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 282.85 | 18.86 | 0.0 | - |
| 7332372 | CHEESE, MOZZ SHRD FTHR LMPS | 92.17 | 8.82 | 51.89 | 5.78 | 3.67 | 0.0 | 23.22 | 224.62 | 1.01 | 0.0 | 0.41 |
| 4332003 | ONION, RED JMB 3" + BOX FRESH | 7.26 | 0.2 | 0.18 | 0.02 | 0.01 | 0.0 | 0.0 | 0.73 | 1.69 | 0.31 | 0.77 |
| 4732624 | PEPPER, BELL GRN FRESH REF | 3.68 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.86 | 0.25 | 0.49 |
| 761072 | SPICE, PPR RED CRSD PLST JUG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 3587573 | CHEESE, PARM SHRD BAG REF IMP | 64.80 | 5.83 | 38.88 | 4.54 | 2.59 | 0.0 | 12.96 | 278.64 | 0.65 | 0.0 | 0.65 |

Chicken, Spinach and Mushroom Strata with Kale Pesto

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 576711 | Recipe Total | 277.89 | 26.79 | 84.53 | 9.39 | 3.33 | 0.0 | 18.41 | 678.05 | 21.08 | 2.6 | 6.48 |
| 5791643 | ROLL, 9 GRAIN W/ OAT TOP SLCD | 66.53 | 2.49 | 10.39 | 1.04 | 0.0 | 0.0 | 0.0 | 91.47 | 12.47 | 1.66 | 0.83 |
| 7331960 | MUSHROOM, SLCD 1/4" CLND #1 | 5.75 | 0.86 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.31 | 0.86 | 0.29 | 0.0 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 30.02 | 5.67 | 6.67 | 0.67 | 0.33 | 0.0 | 0.33 | 35.02 | 0.33 | 0.0 | - |
| 3011822 | ONION, YLW JMB 3"+ BOX FRESH | 4.99 | 0.14 | 0.12 | 0.01 | 0.0 | 0.0 | 0.0 | 0.5 | 1.17 | 0.21 | 0.53 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 31.49 | 0.33 | 28.17 | 3.31 | 0.33 | 0.0 | 0.83 | 21.54 | 0.5 | 0.17 | - |
| 7332067 | EGG, LIQ SUB MIX CH/FR FT/FR | 51.15 | 10.23 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 153.46 | 0.0 | 0.0 | 0.0 |
| 762047 | MILK, 2% REDUC FAT CRRG B-I-B | 49.09 | 3.27 | 18.41 | 2.05 | 1.23 | 0.0 | 8.18 | 51.14 | 4.91 | 0.0 | 4.91 |
| 760355 | SPICE, NUTMG GRND PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 6329924 | SALT, TABLE IODZ BAG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 223.02 | 0.0 | 0.0 | 0.0 |
| 760447 | SPICE, PPR BLK GRND CORSE | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7332372 | CHEESE, MOZZ SHRD FTHR LMPS | 36.00 | 3.44 | 20.27 | 2.26 | 1.43 | 0.0 | 9.07 | 87.74 | 0.39 | 0.0 | 0.16 |
| 4425690 | SPINACH, BABY FLAT LEAF PILO | 2.87 | 0.36 | 0.5 | 0.05 | 0.01 | 0.0 | 0.0 | 9.85 | 0.45 | 0.27 | 0.05 |

Chicken Salad with Brown Rice and Quinoa

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 576712 | Recipe Total | 353.50 | 28.33 | 104.46 | 11.03 | 3.16 | 0.0 | 4.21 | 215.75 | 36.33 | 4.41 | 1.81 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 115.27 | 21.77 | 25.61 | 2.56 | 1.28 | 0.0 | 1.28 | 134.48 | 1.28 | 0.0 | - |
| 8750784 | RICE, BRN W/ QUINOA RED CKD | 155.52 | 3.24 | 32.4 | 3.24 | 0.65 | 0.0 | 0.0 | 12.96 | 28.51 | 2.59 | 0.0 |
| 4788055 | CUCUMBER, #1 GRD CTN FRESH REF | 3.67 | 0.37 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.73 | 0.37 | 0.37 |
| 778423 | SPICE, DILL WEED PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7299640 | SALAD MIX, SPR FOOD W/ KALE | 17.08 | 1.28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 12.81 | 3.42 | 0.85 | 0.43 |
| 5973540 | DRESSING, VNGRT RED WINE LIGHT | 4.54 | 0.0 | 3.4 | 0.38 | 0.04 | 0.0 | 0.0 | 21.92 | 0.23 | 0.0 | 0.15 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 18.90 | 0.2 | 16.91 | 1.99 | 0.2 | 0.0 | 0.5 | 12.93 | 0.3 | 0.1 | - |
| 3739562 | PINE NUT, WHL RAW UNSLTD ORGNC | 23.94 | 0.5 | 17.64 | 1.89 | 0.5 | 0.0 | 0.0 | 0.0 | 1.13 | 0.5 | 0.13 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 14.58 | 0.97 | 8.5 | 0.97 | 0.49 | 0.0 | 2.43 | 20.65 | 0.73 | 0.0 | 0.73 |
| 6010243 | JUICE, LMN CNCNT PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Chicken Strip Fajitas

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578286 | Recipe Total | 425.59 | 29.58 | 110.74 | 12.22 | 5.79 | 0.0 | 12.99 | 1288.71 | 50.55 | 4.55 | 8.45 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 115.27 | 21.77 | 25.61 | 2.56 | 1.28 | 0.0 | 1.28 | 134.48 | 1.28 | 0.0 | - |
| 4064184 | SEASONING, FJTA MRND PWDR PLST | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 500.28 | 0.0 | 0.0 | 0.0 |
| 4732624 | PEPPER, BELL GRN FRESH REF | 7.36 | 0.25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.72 | 0.49 | 0.98 |
| 3011822 | ONION, YLW JMB 3"+ BOX FRESH | 14.51 | 0.4 | 0.36 | 0.04 | 0.01 | 0.0 | 0.0 | 1.45 | 3.39 | 0.62 | 1.54 |
| 2823235 | TORTILLA, FLOUR 10" PRSSD SHLF | 209.63 | 5.99 | 44.92 | 4.99 | 2.0 | 0.0 | 0.0 | 459.18 | 35.94 | 2.99 | 1.0 |
| 8704108 | SALSA, MED PLST TUB REF FRESH | 12.96 | - | 0.0 | - | - | 0.0 | - | 142.56 | 2.59 | - | 2.59 |
| 7010101 | SOUR CREAM, CLTD LIGHT BLND | 46.82 | 1.17 | 29.26 | 3.51 | 2.34 | 0.0 | 11.71 | 46.82 | 3.51 | 0.0 | 2.34 |
| 4667994 | LIME, 48 CT 200 SZ FRESH REF | 4.51 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.13 | 0.45 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 9.60 | 0.0 | 9.6 | 1.12 | 0.16 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 8332165 | CILANTRO, FRESH HERB | 4.93 | 0.0 | 0.99 | 0.0 | 0.0 | 0.0 | 0.0 | 3.94 | 0.99 | 0.0 | 0.0 |

Deviled Eggs with Low-Sodium Crispy Bacon Topping

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578269 | Recipe Total | 463.88 | 26.04 | 328.99 | 37.63 | 9.4 | 0.0 | 694.71 | 889.78 | 3.79 | 0.0 | 0.0 |
| 4185971 | MAYONNAISE, LIGHT 100% CAGEFRE | 132.60 | 0.0 | 113.66 | 13.26 | 1.89 | 0.0 | 0.0 | 492.52 | 3.79 | 0.0 | 0.0 |
| 1332113 | PARSLEY, ITLN FLAT LEAF FRESH | 0.04 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.07 | 0.0 | 0.0 | - |
| 8848087 | EGG, SHL LG WHT PSTRD TRAY PK | 257.19 | 22.04 | 165.33 | 18.37 | 5.51 | 0.0 | 679.71 | 257.19 | 0.0 | 0.0 | 0.0 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 6353403 | SPICE, PPR WHT GRND PLST SHKR | 4.05 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Double the Bacon BLT Sandwich on Sourdough

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 576713 | Recipe Total | 490.60 | 21.69 | 83.35 | 9.34 | 2.0 | 0.0 | 15.0 | 1090.83 | 84.46 | 4.35 | 9.38 |
| 9818576 | BREAD, SDOUG 13.25" 17 SLCD | 400.23 | 16.68 | 33.35 | 3.34 | 0.0 | 0.0 | 0.0 | 933.87 | 80.05 | 3.34 | 6.67 |
| 5326426 | LETTUCE, ICBRG CLND & TRIMD | 3.34 | 0.33 | 0.0 | 0.0 | - | 0.0 | 0.0 | 3.34 | 1.0 | 0.33 | 0.67 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 4373841 | TOMATO, SX6 #1 GRD RND 2 LAYR | 17.03 | 0.68 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 13.62 | 3.41 | 0.68 | 2.04 |
| 9681875 | SAUCE, AIOLI BACN PLST BTL | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Egg White Breakfast Sandwich

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 576714 | Recipe Total | 472.51 | 36.06 | 165.09 | 18.42 | 8.16 | 0.0 | 43.87 | 1010.09 | 41.39 | 5.06 | 8.0 |
| 8570970 | EGG, LIQ WHT MIX W/ MILK PSTRD | 97.55 | 17.07 | 6.1 | 0.61 | 0.0 | 0.0 | 0.0 | 438.96 | 3.66 | 0.0 | 1.22 |
| 8342016 | CARROT, SHRD 1/16" FRESH | 11.67 | 0.33 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 21.68 | 2.67 | 0.67 | 1.67 |
| 1402106 | CHEESE, MTRY JK SHRD FCY REF | 135.00 | 8.1 | 94.5 | 10.8 | 6.07 | 0.0 | 33.75 | 229.5 | 1.35 | 0.0 | 0.0 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 60.75 | 4.05 | 35.44 | 4.05 | 2.02 | 0.0 | 10.12 | 86.06 | 3.04 | 0.0 | 3.04 |
| 4425690 | SPINACH, BABY FLAT LEAF PILO | 3.94 | 0.5 | 0.68 | 0.07 | 0.01 | 0.0 | 0.0 | 13.52 | 0.62 | 0.38 | 0.07 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 3.33 | 0.0 | 3.33 | 0.39 | 0.06 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 5791643 | ROLL, 9 GRAIN W/ OAT TOP SLCD | 160.27 | 6.01 | 25.04 | 2.5 | 0.0 | 0.0 | 0.0 | 220.37 | 30.05 | 4.01 | 2.0 |
| 3668570 | SEASONING, AP GRAN ORGNC SALT | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |

Fire-Pit Mahi Sticks with Smoky Bacon

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 406424 | Recipe Total | 567.98 | 25.55 | 185.98 | 21.26 | 4.49 | 0.0 | 89.58 | 766.81 | 63.48 | 3.99 | 35.6 |
| 7904980 | MAHI MAHI, BTRD .88 Z FIL | 298.34 | 21.55 | 116.02 | 13.26 | 2.49 | 0.0 | 74.58 | 546.95 | 21.55 | 0.0 | 1.66 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 7976582 | SAUCE, CRMZD BALSMC ONION TUB | 199.64 | 0.0 | 19.96 | 2.0 | 0.0 | 0.0 | 0.0 | 79.86 | 41.93 | 3.99 | 33.94 |

Flour Dusted Alaskan Sole Tostadas

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578288 | Recipe Total | 477.59 | 16.66 | 208.21 | 24.39 | 3.95 | 0.0 | 40.6 | 1391.84 | 47.26 | 5.96 | 13.64 |
| 9799636 | SOLE, FLOUR DSTD 3-4 Z FIL RAW | 174.01 | 12.76 | 69.6 | 8.12 | 1.74 | 0.0 | 40.6 | 324.82 | 12.76 | 1.16 | 1.16 |
| 2974970 | TORTILLA, CORN YLW 6" DIE CUT | 60.06 | 1.2 | 6.01 | 0.8 | 0.0 | 0.0 | 0.0 | 2.0 | 12.01 | 0.8 | 0.0 |
| 8704108 | SALSA, MED PLST TUB REF FRESH | 38.88 | - | 0.0 | - | - | 0.0 | - | 427.67 | 7.78 | - | 7.78 |
| 9826181 | COLESLAW MIX, KOLRBI BRSL SPRT | 38.42 | 2.56 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 38.42 | 7.68 | 3.84 | 2.56 |
| 577272 | Lemon Pepper Aioli | 166.22 | 0.14 | 132.6 | 15.47 | 2.21 | 0.0 | 0.0 | 598.93 | 7.03 | 0.16 | 2.14 |

Fried Green Tomato and Smoky Ghost Pepper Jack Sandwich

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577273 | Recipe Total | 1324.16 | 42.76 | 501.89 | 57.84 | 16.83 | 0.0 | 156.25 | 1173.21 | 163.17 | 7.13 | 12.12 |
| 1616168 | ROLL, CIBAT 3.75" SQ SLCD TFF | 240.00 | 7.0 | 15.0 | 2.0 | 0.0 | 0.0 | 0.0 | 450.0 | 47.0 | 2.0 | 2.0 |
| 990416 | OIL, CNOLA OLIV EX VRGN 75/25 | 233.28 | 0.0 | 233.28 | 27.22 | 1.94 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 7955644 | CHEESE, PPR JK GHOST SMOKY | 222.75 | 14.17 | 162.0 | 18.22 | 12.15 | 0.0 | 50.62 | 303.74 | 2.02 | 0.0 | - |
| 7059793 | CRUMB, BRD PANKO PLN CORSE BAG | 399.16 | 10.89 | 18.14 | 1.81 | 0.0 | 0.0 | 0.0 | 145.15 | 87.09 | 3.37 | 7.26 |
| 1355544 | TOMATO, 6X6 GRN RND BULK FRESH | 16.47 | 0.86 | 1.43 | 0.14 | 0.01 | 0.0 | 0.0 | 9.31 | 3.65 | 0.79 | 2.86 |
| 4999470 | SALT, KO GRND CORSE BOX | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 90.72 | 0.0 | 0.0 | 0.0 |
| 760447 | SPICE, PPR BLK GRND CORSE | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 8848087 | EGG, SHL LG WHT PSTRD TRAY PK | 34.29 | 2.94 | 22.04 | 2.45 | 0.73 | 0.0 | 90.63 | 34.29 | 0.0 | 0.0 | 0.0 |
| 4341632 | FLOUR, HOTEL & RSTNT AP | 106.44 | 2.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 21.29 | 0.97 | 0.0 |
| 2501161 | SPICE, GRCL PWDR PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.12 | 0.0 | 0.0 |
| 760587 | SPICE, PPKA SPN GRND PLST SHKR | 1.77 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Ginger Chicken Stir-Fry with Rice Noodles

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578279 | Recipe Total | 453.75 | 33.04 | 111.66 | 12.22 | 2.82 | 0.0 | 1.65 | 1268.21 | 50.97 | 2.85 | 8.32 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 148.88 | 28.12 | 33.09 | 3.31 | 1.65 | 0.0 | 1.65 | 173.7 | 1.65 | 0.0 | - |
| 6107216 | SAUCE, STIR FRY NO HFCS & MSG | 25.24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 353.31 | 7.57 | 0.0 | 5.05 |
| 1001445 | NOODLE, RICE SHLF STABL PASTA | 252.72 | 3.89 | 68.04 | 7.78 | 0.97 | 0.0 | 0.0 | 738.71 | 38.88 | 1.94 | 1.94 |
| 4025219 | GINGER ROOT, FRESH REF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |
| 1327857 | VEGETABLE BLEND, STIR FRY IMP | 14.94 | 0.85 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.13 | 2.56 | 0.85 | 1.28 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 0.71 | 0.14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.14 | 0.0 | 0.0 |
| 7637705 | OIL, RICE BRAN DMSTC | 10.53 | 0.0 | 10.53 | 1.13 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7961493 | SPICE, SESME SEED WHL PLST | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1326438 | ONION, GRN TRIMD ICELS FRESH | 0.73 | 0.04 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.36 | 0.17 | 0.06 | 0.05 |

Grilled Chicken Breast with Kale Pesto-Dressed Brown Rice and Quinoa

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577274 | Recipe Total | 414.75 | 28.35 | 129.57 | 14.04 | 2.87 | 0.0 | 2.92 | 278.6 | 45.79 | 5.02 | 2.16 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 60.48 | 0.64 | 54.11 | 6.37 | 0.64 | 0.0 | 1.59 | 41.38 | 0.95 | 0.32 | - |
| 8750784 | RICE, BRN W/ QUNOA RED CKD | 186.62 | 3.89 | 38.88 | 3.89 | 0.78 | 0.0 | 0.0 | 15.55 | 34.21 | 3.11 | 0.0 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 120.07 | 22.68 | 26.68 | 2.67 | 1.33 | 0.0 | 1.33 | 140.08 | 1.33 | 0.0 | - |
| 7025216 | SHALLOT, FRESH REF | 0.82 | 0.03 | 0.01 | 0.0 | 0.0 | 0.0 | 0.0 | 0.14 | 0.19 | 0.03 | 0.1 |
| 5377965 | SQUASH, BTRNUT FRESH REF | 9.96 | 0.18 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.71 | 2.67 | 0.53 | - |
| 4732616 | PEPPER, BELL RED FRESH REF | 7.36 | 0.25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.72 | 0.49 | 0.98 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 0.71 | 0.14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.14 | 0.0 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 7.20 | 0.0 | 7.2 | 0.84 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 6330146 | CORN, WHL KRNL GLDN | 21.53 | 0.54 | 2.69 | 0.27 | 0.0 | 0.0 | 0.0 | 80.74 | 4.58 | 0.54 | 1.08 |
| 3668570 | SEASONING, AP GRAN ORGNC SALT | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |

Grilled Chicken Breast with Greek Spaghetti Squash Casserole

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577275 | Recipe Total | 351.50 | 25.78 | 60.14 | 6.84 | 2.59 | 0.01 | 64.55 | 379.17 | 37.3 | 6.06 | 16.56 |
| 5874839 | CHICKEN, BRST SL 3Z BLSL RAW | 96.96 | 18.03 | 19.56 | 2.2 | 0.48 | 0.01 | 54.43 | 98.66 | 0.0 | 0.0 | 0.0 |
| 4010534 | SQUASH, SPAG FRESH REF | 145.38 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 87.23 | 23.26 | 5.82 | 11.63 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 60.75 | 4.05 | 35.44 | 4.05 | 2.02 | 0.0 | 10.12 | 86.06 | 3.04 | 0.0 | 3.04 |
| 6010243 | JUICE, LMN CNCNT PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 5.00 | 0.0 | 5.0 | 0.58 | 0.08 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 4332003 | ONION, RED JMB 3" + BOX FRESH | 5.67 | 0.16 | 0.14 | 0.01 | 0.01 | 0.0 | 0.0 | 0.57 | 1.32 | 0.24 | 0.6 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 17.72 | 3.54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.54 | 0.0 | 0.0 |
| 2032944 | SPICE, TRRGN LEAF DRIED SHLF | 7.13 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.56 | 3.56 | 0.0 | 0.0 |
| 2532703 | BASE, VEG STOCK SHLF STABL | 12.89 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 103.09 | 2.58 | 0.0 | 1.29 |

Grilled Chicken Kale Pesto Penne Pasta Bake

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578282 | Recipe Total | 432.46 | 33.33 | 123.97 | 13.91 | 4.03 | 0.0 | 13.7 | 878.97 | 46.42 | 5.84 | 5.14 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 60.48 | 0.64 | 54.11 | 6.37 | 0.64 | 0.0 | 1.59 | 41.38 | 0.95 | 0.32 | - |
| 9330168 | BEAN, GBZO FCY CND BRINE W/O | 19.54 | 0.7 | 1.4 | 0.14 | 0.0 | 0.0 | 0.0 | 61.41 | 2.79 | 0.56 | 0.14 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 1.42 | 0.28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.28 | 0.0 | 0.0 |
| 1250505 | WINE, CKG CHABL IMP FRNCE GLS | 10.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 190.0 | 3.0 | 0.0 | 0.0 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 115.27 | 21.77 | 25.61 | 2.56 | 1.28 | 0.0 | 1.28 | 134.48 | 1.28 | 0.0 | - |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 7.20 | 0.0 | 7.2 | 0.84 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 8900615 | PASTA, PENNE RIGTE WHL WHEAT | 116.64 | 4.54 | 6.48 | 0.65 | 0.0 | 0.0 | 0.0 | 0.0 | 26.57 | 3.89 | 1.3 |
| 7331960 | MUSHROOM, SLCD 1/4" CLND #1 | 4.32 | 0.65 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.24 | 0.65 | 0.22 | 0.0 |
| 4732566 | SQUASH, YLW FRESH REF | 9.96 | 0.18 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.71 | 2.67 | 0.53 | - |
| 8858276 | TOMATO, ASST HERLM MINI FRESH | 4.96 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 1.12 | 0.32 | 0.0 |
| 2532703 | BASE, VEG STOCK SHLF STABL | 32.99 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 263.91 | 6.6 | 0.0 | 3.3 |
| 3587573 | CHEESE, PARM SHRD BAG REF IMP | 32.40 | 2.92 | 19.44 | 2.27 | 1.3 | 0.0 | 6.48 | 139.32 | 0.32 | 0.0 | 0.32 |
| 7332372 | CHEESE, MOZZ SHRD FTHR LMPS | 17.28 | 1.65 | 9.73 | 1.08 | 0.69 | 0.0 | 4.35 | 42.12 | 0.19 | 0.0 | 0.08 |

Grilled Vegetable Panini on Ancient Grainwich

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578284 | Recipe Total | 465.68 | 20.68 | 218.92 | 24.36 | 7.05 | 0.0 | 31.36 | 940.8 | 43.89 | 7.87 | 4.84 |
| 4732616 | PEPPER, BELL RED FRESH REF | 3.68 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.86 | 0.25 | 0.49 |
| 2554244 | HUMMUS, PLN TUB REF | 48.60 | 2.43 | 28.35 | 2.83 | 0.4 | 0.0 | 0.0 | 194.4 | 4.86 | 1.62 | 1.62 |
| 9419516 | CHEESE, PROV SLCD .75 Z TWIN | 151.87 | 10.63 | 106.31 | 12.15 | 6.07 | 0.0 | 30.37 | 364.49 | 0.0 | 0.0 | 0.0 |
| 4788295 | ZUCCHINI, GRN MED FRESH REF | 9.96 | 0.18 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.71 | 2.67 | 0.53 | - |
| 4788154 | SQUASH, YLW MED FRESH REF | 9.96 | 0.18 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.71 | 2.67 | 0.53 | - |
| 2791556 | MUSHROOM, PORTB SLCD 1/4" | 43.54 | 0.73 | 25.4 | 2.9 | 0.18 | 0.0 | 0.0 | 134.26 | 2.18 | 0.73 | 0.73 |
| 5791643 | ROLL, 9 GRAIN W/OAT TOP SLCD | 160.27 | 6.01 | 25.04 | 2.5 | 0.0 | 0.0 | 0.0 | 220.37 | 30.05 | 4.01 | 2.0 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 37.80 | 0.4 | 33.82 | 3.98 | 0.4 | 0.0 | 0.99 | 25.86 | 0.6 | 0.2 | - |

Ham, Goat Cheese and Arugula Sandwich

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577276 | Recipe Total | 689.45 | 38.39 | 195.47 | 22.16 | 6.54 | 0.02 | 77.5 | 2371.45 | 60.64 | 5.09 | 15.22 |
| 7978406 | HAM, BNLS D-SHP NJ SMK REF LS | 121.50 | 20.25 | 33.75 | 4.05 | 1.35 | 0.0 | 67.5 | 715.49 | 2.7 | 0.0 | 2.7 |
| 3544681 | ARUGULA, FRESH REF GRN | 10.01 | 0.67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 23.35 | 1.33 | 0.67 | 0.67 |
| 6283097 | CHEESE, CHEVR LOG DMSTC GOAT | 70.00 | 4.0 | 50.0 | 6.0 | 4.0 | 0.0 | 10.0 | 130.0 | 1.0 | 0.0 | 1.0 |
| 207498 | BREAD, WHEAT BRRY 17 SLCD LOAF | 337.69 | 13.13 | 37.52 | 4.69 | 0.94 | 0.0 | 0.0 | 600.34 | 39.4 | 3.75 | 7.5 |
| 4373841 | TOMATO, SX6 #1 GRD RND 2 LAYR | 8.51 | 0.34 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.81 | 1.7 | 0.34 | 1.02 |
| 8710584 | CUCUMBER, LG ENG SDLES HOT | 3.34 | - | 0.0 | - | - | - | - | 6.67 | 0.67 | 0.33 | 0.33 |
| 3330008 | DRESSING, VNGRT BALSMC TFF | 25.00 | 0.0 | 17.5 | 1.75 | 0.25 | 0.02 | 0.0 | 95.0 | 2.5 | 0.0 | 2.0 |
| 7330202 | MUSTARD, DJON WHL GRAIN CAN | 113.40 | 0.0 | 56.7 | 5.67 | 0.0 | 0.0 | 0.0 | 793.79 | 11.34 | 0.0 | 0.0 |

Hot Brown Sandwich with Brown Gravy

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578290 | Recipe Total | 505.35 | 36.0 | 153.05 | 17.28 | 6.39 | 0.0 | 63.6 | 1883.58 | 51.98 | 1.24 | 3.17 |
| 5047519 | TURKEY, BRST BLSL CKD OVN RSTD | 72.90 | 16.04 | 7.29 | 0.73 | 0.0 | 0.0 | 29.16 | 699.83 | 1.46 | 0.0 | 1.46 |
| 6752900 | BUN, HMBGR PTATO 4" SLCD BKD | 228.64 | 6.96 | 29.82 | 2.98 | 0.5 | 0.0 | 0.0 | 407.57 | 43.74 | 0.99 | 0.0 |
| 3587573 | CHEESE, PARM SHRD BAG REF IMP | 97.20 | 8.75 | 58.32 | 6.8 | 3.89 | 0.0 | 19.44 | 417.95 | 0.97 | 0.0 | 0.97 |
| 4333480 | PIMIENTO, DCD CND RED IMP | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 760868 | SPICE, PRSL FLK PLST JUG SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 4373841 | TOMATO, SX6 #1 GRD RND 2 LAYR | 6.13 | 0.25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.9 | 1.23 | 0.25 | 0.74 |
| 573717 | Monarch LS Brown Gravy | 30.48 | 0.0 | 7.62 | 0.77 | 0.0 | 0.0 | 0.0 | 213.33 | 4.58 | 0.0 | 0.0 |

Kale Pesto Bruchetta with Goat Cheese and Charred

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578281 | Recipe Total | 294.60 | 9.83 | 165.19 | 19.44 | 6.58 | 0.0 | 18.07 | 476.97 | 22.61 | 1.79 | 3.45 |
| 6283097 | CHEESE, CHEVR LOG DMSTC GOAT | 70.00 | 4.0 | 50.0 | 6.0 | 4.0 | 0.0 | 10.0 | 130.0 | 1.0 | 0.0 | 1.0 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 38.88 | 2.59 | 22.68 | 2.59 | 1.3 | 0.0 | 6.48 | 55.08 | 1.94 | 0.0 | 1.94 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 60.48 | 0.64 | 54.11 | 6.37 | 0.64 | 0.0 | 1.59 | 41.38 | 0.95 | 0.32 | - |
| 7579378 | BREAD, BAGET FRNCH WHT 21" | 71.44 | 2.55 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 168.4 | 15.31 | 0.51 | 0.51 |
| 8858276 | TOMATO, ASST HERLM MINI FRESH | 14.88 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 3.36 | 0.96 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 38.40 | 0.0 | 38.4 | 4.48 | 0.64 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1332113 | PARSLEY, ITLN FLAT LEAF FRESH | 0.28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.57 | 0.0 | 0.0 | - |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 0.24 | 0.05 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.05 | 0.0 | 0.0 |
| 6329924 | SALT, TABLE IODZ BAG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 74.34 | 0.0 | 0.0 | 0.0 |
| 760447 | SPICE, PPR BLK GRND CORSE | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Kale Pesto Chicken Salad Sandwich

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577277 | Recipe Total | 418.35 | 33.67 | 135.66 | 14.81 | 2.46 | 0.0 | 11.58 | 592.62 | 39.52 | 5.57 | 6.45 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 30.24 | 0.32 | 27.06 | 3.18 | 0.32 | 0.0 | 0.8 | 20.69 | 0.48 | 0.16 | - |
| 9960931 | MAYONNAISE, W/ OLIV OIL | 54.43 | 0.0 | 42.34 | 4.84 | 0.0 | 0.0 | 6.05 | 114.91 | 2.42 | 0.0 | 1.21 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 19.44 | 1.3 | 11.34 | 1.3 | 0.65 | 0.0 | 3.24 | 27.54 | 0.97 | 0.0 | 0.97 |
| 4725586 | CELERY, STALK FRESH REF | 4.95 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 37.94 | 1.32 | 0.66 | 0.66 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 134.48 | 25.4 | 29.88 | 2.99 | 1.49 | 0.0 | 1.49 | 156.89 | 1.49 | 0.0 | - |
| 4732616 | PEPPER, BELL RED FRESH REF | 2.83 | 0.09 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.66 | 0.19 | 0.38 |
| 3668570 | SEASONING, AP GRAN ORGNC SALT | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |
| 5791643 | ROLL, 9 GRAIN W/ OAT TOP SLCD | 160.27 | 6.01 | 25.04 | 2.5 | 0.0 | 0.0 | 0.0 | 220.37 | 30.05 | 4.01 | 2.0 |
| 4373841 | TOMATO, SX6 #1 GRD RND 2 LAYR | 8.51 | 0.34 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.81 | 1.7 | 0.34 | 1.02 |
| 3544681 | ARUGULA, FRESH REF GRN | 3.20 | 0.21 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.47 | 0.43 | 0.21 | 0.21 |

Low-Sodium Ham and Broccoli Crepes Mornay

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577278 | Recipe Total | 742.94 | 43.93 | 377.3 | 42.9 | 24.94 | 0.0 | 185.35 | 2188.38 | 41.08 | 2.61 | 3.91 |
| 7978406 | HAM, BNLS D-SHP NJ SMK REF LS | 91.12 | 15.19 | 25.31 | 3.04 | 1.01 | 0.0 | 50.62 | 536.62 | 2.02 | 0.0 | 2.02 |
| 4802153 | SHELL, CREPE PLN FRNCH RTU 6" | 97.40 | 2.44 | 42.61 | 4.87 | 0.61 | 0.0 | 33.48 | 57.83 | 10.96 | 0.61 | 1.22 |
| 1419514 | CHEESE, SWIS SLCD .75 Z 3.5" | 323.99 | 24.3 | 202.5 | 24.3 | 16.2 | 0.0 | 101.25 | 81.0 | 4.05 | 0.0 | 0.0 |
| 1340652 | BROCCOLI, FLORT GRD A IMP IQF | 16.68 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 16.68 | 2.67 | 2.0 | 0.67 |
| 8823403 | MIX, SCE WHT ADD MILK TUB SHLF | 213.75 | 0.0 | 106.88 | 10.69 | 7.12 | 0.0 | 0.0 | 1496.25 | 21.38 | 0.0 | 0.0 |

Low-Sodium Ham Cups

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577279 | Recipe Total | 353.88 | 34.58 | 184.73 | 20.85 | 9.84 | 0.0 | 342.23 | 1010.03 | 9.95 | 0.95 | 7.12 |
| 7978406 | HAM, BNLS D-SHP NJ SMK REF LS | 91.12 | 15.19 | 25.31 | 3.04 | 1.01 | 0.0 | 50.62 | 536.62 | 2.02 | 0.0 | 2.02 |
| 8571002 | EGG, LIQ MIX SVY PSTRD CTN REF | 160.00 | 11.0 | 100.0 | 11.0 | 5.0 | 0.0 | 270.0 | 340.0 | 4.0 | 0.0 | 3.0 |
| 1778901 | MILK, 1% LOW FAT CTN REF | 11.34 | 0.91 | 2.27 | 0.28 | 0.17 | 0.0 | 1.36 | 13.61 | 1.36 | 0.0 | 1.25 |
| 30916 | CHEESE, SWIS SHRD FTHR BAG REF | 81.00 | 6.48 | 56.7 | 6.48 | 3.64 | 0.0 | 20.25 | 44.55 | 0.81 | 0.0 | 0.0 |
| 2372308 | ASPARAGUS, GRN FRESH REF | 9.07 | 1.0 | 0.45 | 0.05 | 0.02 | 0.0 | 0.0 | 0.91 | 1.76 | 0.95 | 0.85 |
| 6329924 | SALT, TABLE IODZ BAG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 74.34 | 0.0 | 0.0 | 0.0 |
| 6353403 | SPICE, PPR WHT GRND PLST SHKR | 1.35 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 760355 | SPICE, NUTMG GRND PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Mediterranean Chicken Salad Napoleon with Ancient Grains

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577280 | Recipe Total | 376.52 | 28.47 | 102.91 | 10.86 | 3.14 | 0.0 | 4.21 | 214.85 | 42.87 | 4.55 | 7.94 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 115.27 | 21.77 | 25.61 | 2.56 | 1.28 | 0.0 | 1.28 | 134.48 | 1.28 | 0.0 | - |
| 8750784 | RICE, BRN W/ QUNOA RED CKD | 155.52 | 3.24 | 32.4 | 3.24 | 0.65 | 0.0 | 0.0 | 12.96 | 28.51 | 2.59 | 0.0 |
| 4788055 | CUCUMBER, #1 GRD CTN FRESH REF | 3.67 | 0.37 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.73 | 0.37 | 0.37 |
| 778423 | SPICE, DILL WEED PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 7299640 | SALAD MIX, SPR FOOD W/ KALE | 17.08 | 1.28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 12.81 | 3.42 | 0.85 | 0.43 |
| 5973540 | DRESSING, VNGRT RED WINE LIGHT | 2.47 | 0.0 | 1.85 | 0.21 | 0.02 | 0.0 | 0.0 | 11.93 | 0.12 | 0.0 | 0.08 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 18.90 | 0.2 | 16.91 | 1.99 | 0.2 | 0.0 | 0.5 | 12.93 | 0.3 | 0.1 | - |
| 3739562 | PINE NUT, WHL RAW UNSLTD ORGNC | 23.94 | 0.5 | 17.64 | 1.89 | 0.5 | 0.0 | 0.0 | 0.0 | 1.13 | 0.5 | 0.13 |
| 1333814 | ORANGE, MDN BRKN SGMT IN LS | 12.83 | 0.14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.43 | 3.28 | 0.14 | 3.14 |
| 1872746 | SAUCE, BALSMC GLAZ POUCH SHLF | 12.26 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.66 | 3.37 | 0.0 | 3.06 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 14.58 | 0.97 | 8.5 | 0.97 | 0.49 | 0.0 | 2.43 | 20.65 | 0.73 | 0.0 | 0.73 |
| 6010243 | JUICE, LMN CNCNT PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Mini Greek Yogurt Cream Cheese and Berry Parfaits

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578285 | Recipe Total | 183.51 | 8.42 | 87.8 | 10.1 | 6.81 | 0.0 | 24.83 | 193.33 | 16.4 | 0.9 | 14.31 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 38.88 | 2.59 | 22.68 | 2.59 | 1.3 | 0.0 | 6.48 | 55.08 | 1.94 | 0.0 | 1.94 |
| 6283097 | CHEESE, CHEVR LOG DMSTC GOAT | 70.00 | 4.0 | 50.0 | 6.0 | 4.0 | 0.0 | 10.0 | 130.0 | 1.0 | 0.0 | 1.0 |
| 1980077 | YOGURT, PLN GREEK FT/FR RBST | 9.49 | 1.58 | 0.0 | 0.0 | 0.0 | 0.0 | 0.79 | 7.12 | 0.79 | 0.0 | 0.79 |
| 3331535 | STRAWBERRY, CLMSHL FRESH REF | 6.17 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.36 | 0.25 | 0.99 |
| 3737640 | HONEY, CLVR PLST JUG SHLF | 25.92 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.34 | 0.0 | 6.91 |
| 8168841 | BLUEBERRY, FRESH REF | 10.37 | 0.13 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.46 | 0.65 | 1.17 |
| 2880540 | TOPPING, WHPD DARY LIGHT ULTRA | 22.68 | 0.0 | 15.12 | 1.51 | 1.51 | 0.0 | 7.56 | 0.0 | 1.51 | 0.0 | 1.51 |
| 1331362 | MINT, FRESH HERB | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.13 | 0.0 | 0.0 | 0.0 |

Modern Super Slaw

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577281 | Recipe Total | 547.72 | 15.96 | 268.29 | 31.22 | 4.94 | 0.0 | 31.55 | 2332.65 | 54.5 | 22.28 | 24.23 |
| 9826181 | COLESLAW MIX, KOLRBI BRSL SPRT | 213.24 | 14.22 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 213.24 | 42.65 | 21.32 | 14.22 |
| 1328152 | MAYONNAISE, DLX REAL PLST JUG | 252.55 | 0.0 | 252.55 | 27.78 | 3.79 | 0.0 | 25.25 | 252.55 | 0.0 | 0.0 | 0.0 |
| 2739175 | SOUR CREAM, CLTD ALL NTRL TUB | 18.89 | 0.31 | 15.74 | 1.57 | 1.1 | 0.0 | 6.3 | 6.3 | 0.63 | 0.0 | 0.63 |
| 2507135 | SUGAR, WHT GRAN CANE B-I-B | 35.11 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.09 | 9.07 | 0.0 | 9.05 |
| 1328335 | VINEGAR, DSTLD WHT DMSTC 50 | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 8032971 | SPICE, MUST GRND SHLF STABL | 22.15 | 1.18 | 0.0 | 1.37 | 0.05 | 0.0 | 0.0 | 0.24 | 1.65 | 0.71 | 0.33 |
| 8032955 | SPICE, CELRY SALT SHLF STABL | 5.78 | 0.25 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 2.51 | 0.5 | 0.25 | 0.0 |
| 6329924 | SALT, TABLE IODZ BAG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1857.72 | 0.0 | 0.0 | 0.0 |
| 760447 | SPICE, PPR BLK GRND CORSE | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Oven-Baked Chicken Cordon Bleu with Dijon Parmesan Sauce

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577282 | Recipe Total | 428.95 | 34.78 | 207.59 | 23.78 | 14.05 | 0.01 | 141.33 | 673.11 | 15.57 | 0.47 | 3.58 |
| 5874839 | CHICKEN, BRST SL 3Z BLSL RAW | 96.96 | 18.03 | 19.56 | 2.2 | 0.48 | 0.01 | 54.43 | 98.66 | 0.0 | 0.0 | 0.0 |
| 7978406 | HAM, BNLS D-SHP NJ SMK REF LS | 30.37 | 5.06 | 8.44 | 1.01 | 0.34 | 0.0 | 16.87 | 178.87 | 0.67 | 0.0 | 0.67 |
| 1419514 | CHEESE, SWIS SLCD .75 Z 3.5" | 108.00 | 8.1 | 67.5 | 8.1 | 5.4 | 0.0 | 33.75 | 27.0 | 1.35 | 0.0 | 0.0 |
| 4272779 | MUSTARD, DJON PLST JAR SHLF | 7.09 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 170.1 | 0.0 | 0.0 | 0.0 |
| 785493 | MILK, 2% REDUC FAT CRRG PLST | 29.57 | 1.97 | 9.86 | 1.23 | 0.74 | 0.0 | 4.93 | 29.57 | 2.96 | 0.0 | 2.71 |
| 4341632 | FLOUR, HOTEL & RSTNT AP | 51.97 | 1.42 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 10.39 | 0.47 | 0.0 |
| 899807 | BUTTER, SOLID GRD AA UNSLTD | 101.25 | 0.0 | 101.25 | 11.14 | 7.09 | 0.0 | 30.37 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1332113 | PARSLEY, ITLN FLAT LEAF FRESH | 1.77 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.54 | 0.0 | 0.0 | - |
| 573718 | Chicken Stock | 1.97 | 0.2 | 0.98 | 0.1 | 0.0 | 0.0 | 0.98 | 165.37 | 0.2 | 0.0 | 0.2 |

Pasta Linguini with Kale Pesto and Roasted Mini Heirloom Tomatoes

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578280 | Recipe Total | 855.30 | 25.52 | 218.14 | 25.13 | 3.33 | 0.0 | 11.25 | 459.39 | 131.17 | 7.42 | 9.07 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 1.42 | 0.28 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.28 | 0.0 | 0.0 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 181.44 | 1.91 | 162.34 | 19.1 | 1.91 | 0.0 | 4.77 | 124.14 | 2.86 | 0.95 | - |
| 2327807 | PASTA, LGNE 10" SHLF STABLE | 612.35 | 20.41 | 29.16 | 2.92 | 0.0 | 0.0 | 0.0 | 0.0 | 122.47 | 5.83 | 8.75 |
| 8858276 | TOMATO, ASST HERLM MINI FRESH | 9.92 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.8 | 2.24 | 0.64 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 7.20 | 0.0 | 7.2 | 0.84 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 3587573 | CHEESE, PARM SHRD BAG REF IMP | 32.40 | 2.92 | 19.44 | 2.27 | 1.3 | 0.0 | 6.48 | 139.32 | 0.32 | 0.0 | 0.32 |
| 1332113 | PARSLEY, ITLN FLAT LEAF FRESH | 0.57 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.13 | 0.0 | 0.0 | - |
| 3668570 | SEASONING, AP GRAN ORGNC SALT | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |
| 1250505 | WINE, CKG CHABL IMP FRNCE GLS | 10.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 190.0 | 3.0 | 0.0 | 0.0 |

Seared Salmon with Kale Pesto-Dressed Brown Rice and Quinoa

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578299 | Recipe Total | 405.14 | 26.56 | 138.01 | 15.38 | 2.04 | 0.0 | 66.82 | 358.58 | 42.79 | 4.49 | 2.16 |
| 8203448 | SAUCE, PESTO KALE W/O NUT TUB | 60.48 | 0.64 | 54.11 | 6.37 | 0.64 | 0.0 | 1.59 | 41.38 | 0.95 | 0.32 | - |
| 3668570 | SEASONING, AP GRAN ORGNC SALT | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | - |
| 8750784 | RICE, BRN W/ QUINOA RED CKD | 186.62 | 3.89 | 38.88 | 3.89 | 0.78 | 0.0 | 0.0 | 15.55 | 34.21 | 3.11 | 0.0 |
| 7025216 | SHALLOT, FRESH REF | 0.82 | 0.03 | 0.01 | 0.0 | 0.0 | 0.0 | 0.0 | 0.14 | 0.19 | 0.03 | 0.1 |
| 4732616 | PEPPER, BELL RED FRESH REF | 7.36 | 0.25 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.72 | 0.49 | 0.98 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 0.71 | 0.14 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.14 | 0.0 | 0.0 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 7.20 | 0.0 | 7.2 | 0.84 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 6330146 | CORN, WHL KRNL GLDN | 21.53 | 0.54 | 2.69 | 0.27 | 0.0 | 0.0 | 0.0 | 80.74 | 4.58 | 0.54 | 1.08 |
| 322701 | SALMON, PINK 4 Z FIL BLSL CKD | 120.42 | 21.07 | 35.12 | 4.01 | 0.5 | 0.0 | 65.23 | 220.77 | 1.0 | 0.0 | 0.0 |

Southern Chicken Pot Pie with Poultry Gravy

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578289 | Recipe Total | 488.11 | 29.35 | 153.38 | 19.26 | 7.96 | 0.0 | 7.01 | 1442.02 | 54.0 | 25.96 | 4.87 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 96.05 | 18.14 | 21.35 | 2.13 | 1.07 | 0.0 | 1.07 | 112.06 | 1.07 | 0.0 | - |
| 9328451 | PEA & CARROT, DCD FZN | 32.02 | 1.92 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 54.43 | 6.4 | 1.92 | 2.56 |
| 899807 | BUTTER, SOLID GRD AA UNSLTD | 4.05 | 0.0 | 4.05 | 0.45 | 0.28 | 0.0 | 1.21 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2341238 | CREAMER, HALF & HALF 10.5% | 12.62 | 0.32 | 9.46 | 0.95 | 0.63 | 0.0 | 4.73 | 9.46 | 0.32 | 0.0 | 0.32 |
| 897868 | SPICE, BASL LEAF DRIED BOX | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2501161 | SPICE, GRCL PWDR PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.24 | 0.0 | 0.0 |
| 2964914 | BISCUIT, BTRMLK 2.25Z QUK SPLT | 199.37 | 8.97 | 89.72 | 9.97 | 5.98 | 0.0 | 0.0 | 488.47 | 22.93 | 1.0 | 1.99 |
| 578714 | Monarch LS Poultry Gravy | 144.00 | 0.0 | 28.8 | 5.76 | 0.0 | 0.0 | 0.0 | 777.6 | 23.04 | 23.04 | 0.0 |

Spicy Quinoa Chili

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578277 | Recipe Total | 184.10 | 6.45 | 21.07 | 2.25 | 0.4 | 0.0 | 0.0 | 1365.85 | 35.58 | 6.64 | 10.53 |
| 4732616 | PEPPER, BELL RED FRESH REF | 3.68 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.86 | 0.25 | 0.49 |
| 9328345 | PEPPER, BELL GRN DCD FZN | 5.44 | 0.18 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.91 | 1.09 | 0.36 | 0.73 |
| 2328508 | TOMATO, DCD 1" IN JCE PLD CND | 12.34 | 0.58 | 0.73 | 0.09 | 0.01 | 0.0 | 0.0 | 103.78 | 2.9 | 0.73 | 1.73 |
| 1945534 | OIL, OLIV EX VRGN IMP ITALY | 7.20 | 0.0 | 7.2 | 0.84 | 0.12 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 6190599 | BEAN, PINTO FCY CND | 27.91 | 1.67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 125.61 | 5.02 | 1.95 | 0.0 |
| 8750784 | RICE, BRN W/ QUINOA RED CKD | 62.21 | 1.3 | 12.96 | 1.3 | 0.26 | 0.0 | 0.0 | 5.18 | 11.4 | 1.04 | 0.0 |
| 761122 | SPICE, CUMIN GRND PLST JUG | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2501161 | SPICE, GRCL PWDR PLST SHKR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.41 | 0.0 | 0.0 |
| 2014918 | PEPPER, CHILI PBLNO FRESH REF | 8.06 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.03 | 1.21 | 0.0 | 0.81 |
| 3011822 | ONION, YLW JMB 3"+ BOX FRESH | 7.26 | 0.2 | 0.18 | 0.02 | 0.01 | 0.0 | 0.0 | 0.73 | 1.69 | 0.31 | 0.77 |
| 7001969 | JUICE, TMTO 100% CAN SHLF | 50.00 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 670.0 | 10.0 | 2.0 | 6.0 |
| 760116 | SPICE, CHILI PWDR MILD PLST | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 455.61 | 0.0 | 0.0 | 0.0 |

Superfood Stir-Fry with Chicken Strips and Sweet Chili Sauce

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578275 | Recipe Total | 355.39 | 33.72 | 29.88 | 2.99 | 1.49 | 0.0 | 1.49 | 1077.28 | 51.82 | 6.76 | 24.75 |
| 3680942 | CHICKEN, STRIP BRST MEAT .5" | 134.48 | 25.4 | 29.88 | 2.99 | 1.49 | 0.0 | 1.49 | 156.89 | 1.49 | 0.0 | - |
| 5311345 | SAUCE, CHILI SWT GLS BTL SHLF | 84.67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 483.83 | 20.56 | 1.21 | 16.93 |
| 6107216 | SAUCE, STIR FRY NO HFCS & MSG | 25.24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 353.31 | 7.57 | 0.0 | 5.05 |
| 7299640 | SALAD MIX, SPR FOOD W/ KALE | 111.00 | 8.32 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 83.25 | 22.2 | 5.55 | 2.77 |

Toasted Ancient Grainwich with Lox and Greek Yogurt Cream Cheese

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|-------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578283 | Recipe Total | 279.25 | 21.3 | 77.64 | 8.41 | 2.75 | 0.0 | 41.72 | 917.71 | 34.81 | 4.32 | 5.69 |
| 3384068 | CHEESE, CRM GREEK YOGRT LOAF | 58.32 | 3.89 | 34.02 | 3.89 | 1.94 | 0.0 | 9.72 | 82.62 | 2.92 | 0.0 | 2.92 |
| 4333597 | CAPER, NPREL IMP SPAIN IN | 0.60 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 61.99 | 0.15 | 0.0 | 0.0 |
| 5791643 | ROLL, 9 GRAIN W/ OAT TOP SLCD | 160.27 | 6.01 | 25.04 | 2.5 | 0.0 | 0.0 | 0.0 | 220.37 | 30.05 | 4.01 | 2.0 |
| 4573317 | SALMON, SMKD CLD NOVA LOX 2.5 | 52.80 | 11.2 | 18.4 | 2.0 | 0.8 | 0.0 | 32.0 | 552.0 | 0.0 | 0.0 | 0.0 |
| 4332003 | ONION, RED JMB 3" + BOX FRESH | 7.26 | 0.2 | 0.18 | 0.02 | 0.01 | 0.0 | 0.0 | 0.73 | 1.69 | 0.31 | 0.77 |

Turkey Bacon Panini

| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 578300 | Recipe Total | 565.33 | 28.98 | 192.46 | 22.71 | 4.72 | 0.0 | 60.34 | 1748.03 | 63.27 | 3.32 | 6.53 |
| 3934320 | BREAD, FLAT NAAN TANDR 4.4 Z | 369.22 | 10.98 | 89.81 | 10.98 | 2.49 | 0.0 | 14.97 | 838.24 | 58.88 | 2.99 | 3.99 |
| 2198737 | TURKEY, BRST DELI SHAVN SMKD | 75.94 | 13.67 | 15.19 | 1.52 | 0.0 | 0.0 | 30.37 | 728.99 | 1.52 | 0.0 | 0.0 |
| 7978364 | BACON, PORK 18-22 CT LAID OUT | 70.00 | 4.0 | 50.0 | 6.0 | 2.0 | 0.0 | 15.0 | 140.0 | 0.0 | 0.0 | - |
| 5326426 | LETTUCE, ICBRG CLND & TRIMD | 3.34 | 0.33 | 0.0 | 0.0 | - | 0.0 | 0.0 | 3.34 | 1.0 | 0.33 | 0.67 |
| 3942547 | DRESSING, VNGRT BALSMMC WHT W/ | 46.83 | 0.0 | 37.46 | 4.21 | 0.23 | 0.0 | 0.0 | 37.46 | 1.87 | 0.0 | 1.87 |

Whole-Grain Stuffed Mushroom Caps

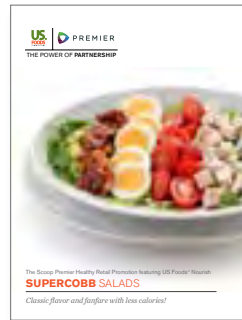
| Product # | Description | Calories | Protein (gm) | Cal from Fat | Total Fat (gm) | Sat Fat (gm) | Trans Fat (gm) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (gm) | Dietary Fiber (gm) | Sugars (gm) |
|-----------|--------------------------------|----------|--------------|--------------|----------------|--------------|----------------|------------------|-------------|-------------------|--------------------|-------------|
| 577283 | Recipe Total | 124.89 | 9.76 | 2.04 | 0.2 | 0.04 | 0.0 | 0.0 | 205.15 | 21.71 | 6.42 | 0.22 |
| 10001 | Water | - | - | - | - | - | - | - | - | - | - | - |
| 8750784 | RICE, BRN W/ QUINOA RED CKD | 9.72 | 0.2 | 2.02 | 0.2 | 0.04 | 0.0 | 0.0 | 0.81 | 1.78 | 0.16 | 0.0 |
| 6419311 | MUSHROOM, PORTB CAP 3-3 1/2" | 21.60 | 3.24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 16.2 | 3.24 | 1.08 | 0.0 |
| 3329885 | SALT, TABLE IODZ CNSTR | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 46.83 | 0.0 | 0.0 | 0.0 |
| 760447 | SPICE, PPR BLK GRND CORSE | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 2894020 | BEAN, CANLNI LOW SDM TFF CND | 90.00 | 6.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 140.0 | 16.0 | 5.0 | 0.0 |
| 9326570 | GARLIC, WHT WHL CLOVE PLD PLST | 0.15 | 0.03 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.03 | 0.0 | 0.0 |
| 4332003 | ONION, RED JMB 3" + BOX FRESH | 0.90 | 0.02 | 0.02 | 0.0 | 0.0 | 0.0 | 0.0 | 0.09 | 0.21 | 0.04 | 0.1 |
| 4732624 | PEPPER, BELL GRN FRESH REF | 0.89 | 0.03 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.21 | 0.06 | 0.12 |
| 7331960 | MUSHROOM, SLCD 1/4" CLND #1 | 1.62 | 0.24 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.21 | 0.24 | 0.08 | 0.0 |
| 1332113 | PARSLEY, ITLN FLAT LEAF FRESH | 0.01 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.01 | 0.0 | 0.0 | - |
| 6010243 | JUICE, LMN CNCNT PLST SHLF | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

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