

About CK Foods



Company Kitchen Recipe Book

This Company Kitchen recipe book is a collection of the latest dining trends along with traditional favorites. Company Kitchen offers simple recipes using fresh, high quality ingredients. We have sectioned our recipes into the following categories:

- Breakfast
- Salads & Wraps
- Signature Sandwiches
- Soups & Sandwiches
- Entrees
- Snacks
- Suggested Retail Price
- Sysco Item Numbers for Ingredients

Each item includes a detailed photo of the final product, a list of ingredients, and step-by-step directions how to produce a consistent product.

At the end of the recipe book are the actual costs associated with each item, as well as the suggested retail price. Also included is a list of each unique ingredient and item in the book and its corresponding Sysco item number. While the Sysco item number may vary from region to region, your local representative can assist you in finding the correct code if it differs from the Midwest number. This will ensure consistent products and packaging nationwide.

Important Nutrition Information

Each Company Kitchen food item featured in the recipe book is accompanied by nutritional information that is unique to the recipe built by the Treat America Food Services (TAFS) Commissary. When creating these recipes in your commissary, you will need to calculate your own nutritional information based on the specific ingredients used if it varies from the CK recipe. This is an important aspect to maintaining the integrity of Company Kitchen and our commitment to provide healthy food choices.

Have fun in the kitchen!



All American Breakfast



Ingredients

- 4 oz** Scrambled Eggs, precooked
- 2 oz** Cubed Hashbrown/ Skin on
- 2 slice** Bacon, Packaged - 3.75g/each
- 1 ea.** Mini Whole Grain Biscuits 1oz.
- 0.5 oz** Mild Fcy Shredded Cheddar
- 2 ea.** Labels
- 1 ea.** Oval Dinner Tray Lid 900L-D
- 1 ea.** Oval Dinner Tray MW916

Directions

Place the eggs, potatoes and bacon in one compartment. Sprinkle the eggs with the cheddar cheese. Place the biscuit on one side. Close container and package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 425.2
 Fat Cal. 223.3
 Amount/Serving

Total Fat	25.4 GM
Saturated Fat	10.9 GM
Cholest.	468.2 MG
Sodium	1226.7 MG
Potassium	186.7 MG
Total Carb	26.3 GM
Dietary Fiber	2.3 GM
Sugars	1 GM
Protein	23 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Bacon, Egg & Cheese Croissant



Ingredients

- 1 ea. Margarine Croissant
- 2 slice Bacon, Packaged - 3.75g/each
- 1 ea. Sunny Side Up Egg Patty
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Place the egg on the bottom half of the croissant.
2. Top the egg with bacon, then cheese.
3. Close the sandwich.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 425.2
Fat Cal. 223.3

Amount/Serving

Total Fat 25.4 GM

Saturated Fat 10.9 GM

Cholest. 468.2 MG

Sodium 1226.7 MG

Potassium 186.7 MG

Total Carb 26.3 GM

Dietary Fiber 2.3 GM

Sugars 1 GM

Protein 23 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Bacon, Egg & Cheese on Bagel



Ingredients

- 1 ea. Bagel Plain Sliced (4oz)
- 2 slice Bacon, Packaged - 3.75g/each
- 1 ea. Egg White Patty (2oz)
- 1 ea. American Cheese Slice
- 1 ea. Labels

Directions

1. Slice plain bagel in half.
2. Place bacon slice on bagel.
3. Place one egg white patty on sausage bacon.
4. Place one slice American cheese on egg.
5. Top with top half of bagel.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 445
Fat Cal. 76.5

Amount/Serving

Total Fat	8.5 GM
Saturated Fat	3.5 GM
Cholest.	27.3 MG
Sodium	1020 MG
Potassium	0 MG
Total Carb	64 GM
Dietary Fiber	3 GM
Sugars	5 GM
Protein	21 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Bacon, Egg & Cheese on English Muffin



Ingredients

- 1 ea. English Muffin, 2 oz.
- 1 ea. Sunny Side Up Egg Patty
- 2 slice Bacon, Packaged - 3.75g/each
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Split the English muffin into two equal slices.
2. On the bottom half of the English muffin place the egg, followed by the bacon and cheese.
3. Top the sandwich and package according to machine directions and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 425.2
Fat Cal. 223.3

Amount/Serving

Total Fat	25.4 GM
Saturated Fat	10.9 GM
Cholest.	468.2 MG
Sodium	1226.7 MG
Potassium	186.7 MG
Total Carb	26.3 GM
Dietary Fiber	2.3 GM
Sugars	1 GM
Protein	23 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Big Breakfast Sandwich with Bacon



Ingredients

- 2 slice** ¾" Yellow French Toast
- 1 ea.** Redi/Brn Potato Hashbrown
- 1 ea.** Sunny Side Up Egg Patty
- 2 slice** Bacon Pckd - 3.75g
- 2 ea.** American Cheese Slice
- 1 ea.** Labels
- 1 ea.** Clear Shallow Rectangle Tray

Directions

1. Spray one side of each piece of French toast with pan spray and place in a 350° oven 2-3 minutes until slightly golden on top.
2. Place one slice toast (golden-brown side down) into container.
3. Place one Redi-brown patty on toast.
4. Place one sunny-side up egg patty on hashbrown patty.
5. Place two slices bacon on egg.
6. Place two slices American cheese on egg.
7. Place another slice of toast (golden-brown side up) on top.
8. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 607
Fat Cal. 306

Amount/Serving

Total Fat	34 GM
Saturated Fat	10.5 GM
Cholest.	125 MG
Sodium	1680 MG
Potassium	100 MG
Total Carb	53 GM
Dietary Fiber	5 GM
Sugars	4 GM
Protein	25 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Big Breakfast Sandwich with Sausage



Ingredients

- | | |
|--|---|
| 2 slice ¾" Yellow French Toast | 2 ea. American Cheese Slice |
| 1 ea. Redi/Brn Potato Hashbrown | 1 ea. Labels |
| 1 ea. Sausage Patty/ Maple | 1 ea. Clear Shallow Rectangle Tray |
| 1 ea. Sunny Side Up Egg Patty | |

Directions

1. Place one slice toast (golden-brown side down) into container.
2. Place one Redi-brown patty on toast.
3. Place one sausage patty on hashbrown patty.
4. Place one sunny-side up egg patty on sausage.
5. Place two slices American cheese on egg.
6. Place another slice of toast (golden-brown side up) on top.
7. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 651
Fat Cal. 342

Amount/Serving

Total Fat	38 GM
Saturated Fat	13.5 GM
Cholest.	145 MG
Sodium	1550 MG
Potassium	100 MG
Total Carb	55 GM
Dietary Fiber	5 GM
Sugars	6 GM
Protein	24 GM

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See "About CK Foods."



Biscuits & Gravy



Ingredients

- 1 ea.** Southern Style Biscuit Dough
- 2 oz.** Country Gravy Mix
- 2 oz.** Sausage Crumbles for Gravy
- 1 ea.** 8oz. Clear Deli Cup
- 1 ea.** 8oz. Clear PC Lid
- 2 ea.** Labels

Directions

Bake biscuit according to directions.
Make gravy according to directions and add sausage.
Place gravy in 8 oz. cup and cover with lid. Place biscuit on top.
Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 430
Fat Cal. 216

Amount/Serving

Total Fat	24 GM
Saturated Fat	8 GM
Cholest.	30 MG
Sodium	1680 MG
Potassium	0 MG
Total Carb	38 GM
Dietary Fiber	3 GM
Sugars	6 GM
Protein	12 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Blueberry Bagel with Cream Cheese



Ingredients

- 1 ea. Blueberry Bagel
- 1 pkg. Plain Cream Cheese Cup
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Place one blueberry bagel in rectangle container.
2. Place one cream cheese packet into container next to bagel.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 100
Fat Cal. 81

Amount/Serving

Total Fat	9 GM
Saturated Fat	6 GM
Cholest.	30 MG
Sodium	100 MG
Potassium	0 MG
Total Carb	2 GM
Dietary Fiber	0 GM
Sugars	1 GM
Protein	2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Cinnamon Raisin Bagel with Cream Cheese



Ingredients

- 1 ea. Cinnamon Raisin Bagel
- 1 pkg. Plain Cream Cheese Cup
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Place one blueberry bagel in rectangle container.
2. Place one cream cheese packet into container next to bagel.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 390
Fat Cal. 85.5

Amount/Serving

Total Fat	9.5 GM
Saturated Fat	6 GM
Cholest.	30 MG
Sodium	580 MG
Potassium	0 MG
Total Carb	62 GM
Dietary Fiber	2 GM
Sugars	3 GM
Protein	13 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Country Skillet



Ingredients

- 4 oz.** Cubed Hashbrown/ Skin on
- 3 oz.** Scrambled Eggs, Precooked
- 2 oz.** Boneless Buffet Ham, Julienned
- 1 oz.** Diced Green Pepper
- 1 oz.** Mild Fcy Shredded Cheddar
- 2 ea.** Labels
- 1 ea.** Oval Dinner Tray Lid 900L-D
- 1 ea.** Oval Dinner Tray MW916

Directions

1. Scoop 4 oz. of breakfast potatoes into container.
2. Top with ham.
3. Add 3 oz. of scrambled eggs.
4. Top with diced green peppers, then sprinkle the cheese over the top.
5. Close lid securely.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 458.6
 Fat Cal. 211.7

Amount/Serving	
Total Fat	23.5 GM
Saturated Fat	8.6 GM
Cholest.	387.4 MG
Sodium	1868.3 MG
Potassium	1132.6 MG
Total Carb	29.9 GM
Dietary Fiber	3.3 GM
Sugars	3.6 GM
Protein	28 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Deluxe Big Breakfast



Ingredients

- 2 oz. Cubed Hashbrown/ Skin on
- 2 ea. 4" Buttermilk Pancakes
- 2 oz. Pre-Cooked Scrambled Egg
- 1 ea. Turkey Sausage Patty
- 1 pkg. Breakfast Syrup
- 2 ea. Labels
- 1 ea. Oval Dinner Tray Lid 900L-D
- 1 ea. Oval Dinner Tray MW916

Directions

Place the potatoes to one side of the container.
Place the pancakes, eggs, sausage and syrup packet into the open area of the container. Secure lid.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 518.2
Fat Cal. 123.1

Amount/Serving	
Total Fat	13.7 GM
Saturated Fat	3 GM
Cholest.	253.3 MG
Sodium	1151.3 MG
Potassium	186.7 MG
Total Carb	78.8 GM
Dietary Fiber	2.7 GM
Sugars	34.3 GM
Protein	18.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Double Egg and Cheese Muffin



Ingredients

- 1 ea. 2oz. English Muffin
- 2 ea. Sunny Side Up Egg Patty
- ½ oz. Mild Cheddar Cheese Loaf
- 2 ea. Labels

Directions

Slice muffin.

Add both eggs to the bottom and top with cheese and muffin top.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 265
Fat Cal. 85.5

Amount/Serving

Total Fat	9.5 GM
Saturated Fat	3.5 GM
Cholest.	195 MG
Sodium	580 MG
Potassium	0 MG
Total Carb	26 GM
Dietary Fiber	1 GM
Sugars	1 GM
Protein	18.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



French Toast and Sausage Sandwich



Ingredients

- 2 slice French Toast
- 1 ea. Sausage Patty/ Maple
- 2 ea. Labels

Directions

1. Place one slice French toast with "brown" side down.
2. Place one sausage patty on toast.
3. Place second slice French toast on sausage with "brown" side up.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 336.7
Fat Cal. 180

Amount/Serving

Total Fat	20 GM
Saturated Fat	7 GM
Cholest.	76.7 MG
Sodium	703.3 MG
Potassium	0 MG
Total Carb	28 GM
Dietary Fiber	1.3 GM
Sugars	7.3 GM
Protein	11 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



French Toast Platter



Ingredients

- 5 ea. French Toast Sticks
- 3 ea. Sausage Links
- 1 pkg. Breakfast Syrup ,1 Cup
- 2 ea. Labels
- 1 ea. Oval Dinner Tray Lid 900L-D
- 1 ea. Oval Dinner Tray MW916

Directions

1. Place five French toast sticks into the container
2. Place three sausage links into the container
3. Place 1 syrup packet into the container.
4. Close the container.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 774
Fat Cal. 364.5

Amount/Serving

Total Fat	40.5 GM
Saturated Fat	11.5 GM
Cholest.	52.5 MG
Sodium	983.3 MG
Potassium	360 MG
Total Carb	86.5 GM
Dietary Fiber	1.3 GM
Sugars	41.5 GM
Protein	15.5 GM

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See "About CK Foods."



Ham, Egg and Cheese Bagel



Ingredients

- 1 ea. Plain Bagel
- 1/2 oz. Boneless Buffet Ham
- 1 ea. Egg White Patty (2 oz.)
- 1 ea. American Cheese Slice
- 1 ea. Label

Directions

1. Slice bagel in half.
2. Place the ham on bagel.
3. Place egg white patty on ham.
4. Place one slice American cheese on egg.
5. Top with top half of bagel.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 395
Fat Cal. 63

Amount/Serving

Total Fat	7 GM
Saturated Fat	2.8 GM
Cholest.	23.8 MG
Sodium	1150 MG
Potassium	177.5 MG
Total Carb	58.8 GM
Dietary Fiber	5 GM
Sugars	6.8 GM
Protein	18.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham, Egg and Cheese Biscuit



Ingredients

- 1 ea. Pillsbury Buttermilk Biscuit
- 1 ea. Sunny Side Up Egg Patty (1.5 oz.)
- 1 ea. American Cheese Slice
- ½ oz. Boneless Buffet Ham
- 1 ea. Label

Directions

1. Cut the biscuit in half and place the egg on the bottom half, followed by the cheese, ham and the top half of the biscuit.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 340
Fat Cal. 144

Amount/Serving

Total Fat	16 GM
Saturated Fat	5.8 GM
Cholest.	108.8 MG
Sodium	1340 MG
Potassium	177.5 MG
Total Carb	32.8 GM
Dietary Fiber	1 GM
Sugars	3.8 GM
Protein	14.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham, Egg, & Cheese Croissant



Ingredients

- 1 ea. Margarine Croissant
- 1 oz. Boneless Buffet Ham
- 1 ea. Sunny Side Up Egg Patty (1.5 oz.)
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Place the egg on the bottom half of the croissant.
2. Top the egg with ham, then cheese.
3. Close the sandwich.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 365
Fat Cal. 185.5

Amount/Serving

Total Fat	20.5 GM
Saturated Fat	7 GM
Cholest.	115 MG
Sodium	965 MG
Potassium	355 MG
Total Carb	28.5 GM
Dietary Fiber	0 GM
Sugars	5.5 GM
Protein	15.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Ham, Egg and Cheese on English Muffin



Ingredients

- | | | | |
|--------------|-------------------------------|--------------|-----------------------|
| 1 ea. | 2 oz. English Muffin | 1 ea. | American Cheese Slice |
| 1 ea. | Sunny Side Up Egg Patty (2oz) | 1 ea. | Front Label |
| ½ oz. | Boneless Buffet Ham | 1 ea. | Back Label |

Directions

1. Split the English muffin into two equal slices.
2. Place the egg on the bottom half of the English muffin.
3. Place ham on egg patty.
4. Place one slice American cheese on ham.
5. Top the sandwich.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 245
Fat Cal. 76.5

Amount/Serving

Total Fat	8.5 GM
Saturated Fat	3.5 GM
Cholest.	115 MG
Sodium	955 MG
Potassium	355 MG
Total Carb	26.5 GM
Dietary Fiber	1 GM
Sugars	2.5 GM
Protein	16.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Healthier Breakfast Burrito



Ingredients

- 1 ea. Turkey Sausage Patty
- 1 ea. Egg White Patty (2oz)
- 1 ea. 8" Hearty Grains Tortilla
- 1/2 oz. Shredded Mozzarella Cheese
- 2.75 oz. Pico de Gallo
- 1 ea. 3 1/4 oz. Portion Cup
- 1 ea. 3 1/4 oz. Portion Cup Lid
- 1 ea. Front Label
- 1 ea. Back Label
- 1 ea. Shallow Black Micro Tray

Directions

1. Rough chop egg white patty and sausage patty - mix well.
2. Lay this mixture down the middle of tortilla.
3. Sprinkle with cheese.
4. Fold in ends and roll up tightly.
5. Fill portion cup with pico de gallo and set in tray.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 299
 Fat Cal. 77.8

Amount/Serving	
Total Fat	8.6 GM
Saturated Fat	2.1 GM
Cholest.	33.8 MG
Sodium	678.4 MG
Potassium	210.8 MG
Total Carb	31.2 GM
Dietary Fiber	4.2 GM
Sugars	5 GM
Protein	18.1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
 See "About CK Foods."



Pancake Platter



Ingredients

- 3 ea. Buttermilk Pancakes, 4"
- 3 ea. Sausage Links
- 1 ea. Butter Cup
- 1 pkg. Breakfast Syrup 1 Cup
- 2 ea. Labels
- 1 ea. Oval Dinner Tray Lid 900L-D
- 1 ea. Oval Dinner Tray MW916

Directions

1. Place 3 heat & serve buttermilk pancakes into the container.
2. Place three sausage links into the container.
3. Place butter cup and 1 syrup cup into the container.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 744
Fat Cal. 364.5

Amount/Serving

Total Fat	40.5 GM
Saturated Fat	17.5 GM
Cholest.	97.5 MG
Sodium	1158 MG
Potassium	360 MG
Total Carb	79 GM
Dietary Fiber	2 GM
Sugars	37 GM
Protein	16.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Plain Bagel with Cream Cheese



Ingredients

- 1 ea. Plain Bagel
- 1 pkg. Cup Plain Cream Cheese
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Pretzel Tray

Directions

1. Place one plain bagel in rectangle container.
2. Place one cream cheese packet into container next to bagel.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 410
Fat Cal. 90
Amount/Serving

Total Fat	10 GM
Saturated Fat	6 GM
Cholest.	30 MG
Sodium	560 MG
Potassium	0 MG
Total Carb	65 GM
Dietary Fiber	3 GM
Sugars	6 GM
Protein	13 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Sausage, Egg, & Cheese Croissant



Ingredients

- 1 ea. Margarine Croissant
- 1 ea. Sausage Patty - Maple
- 1 ea. Sunny Side Up Egg Patty
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Place sausage patty on croissant.
2. Place sunny-side up egg patty on sausage.
3. Place one slice American cheese on egg.
4. Place top half of croissant on sandwich
5. Package according to machine directions then label.

Nutrition Facts*

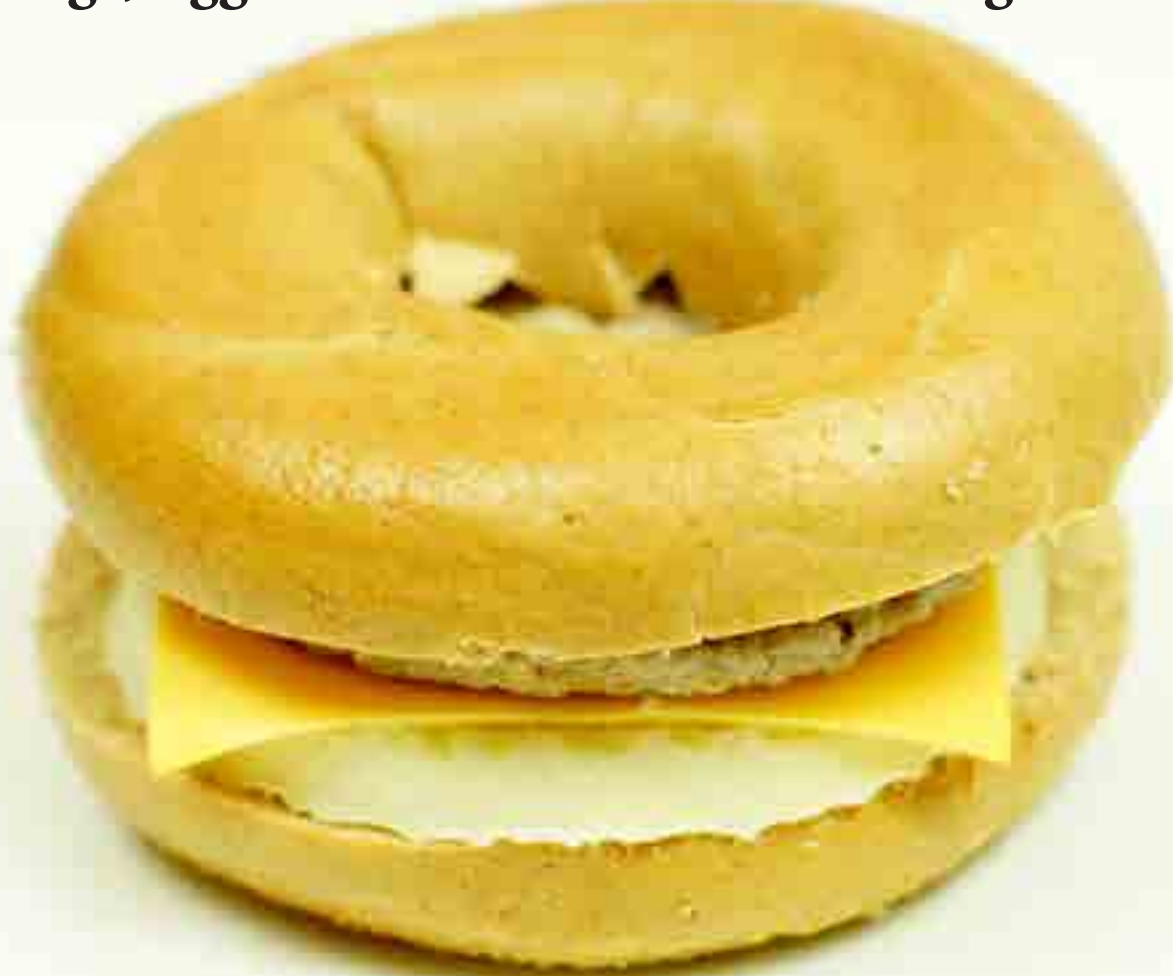
Serving Size 1
Serving Per Container 1
Calories 505
Fat Cal. 319.5

Amount/Serving

Total Fat	35.5 GM
Saturated Fat	12.5 GM
Cholest.	132.5 MG
Sodium	865 MG
Potassium	0 MG
Total Carb	29 GM
Dietary Fiber	0 GM
Sugars	6 GM
Protein	16.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Sausage, Egg and Cheese Whole Wheat Bagel



Ingredients

- 1 ea. Wheat Bagel
- 1 ea. Sausage Patty - Turkey
- 1 ea. Egg White Patty (2oz)
- 1 ea. American Cheese Slice
- 1 ea. Labels

Directions

1. Slice wheat bagel in half.
2. Place the sausage on bagel.
3. Place one egg white patty on sausage.
4. Place one slice American cheese on egg.
5. Top with top half of bagel.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 470
Fat Cal. 85

Amount/Serving

Total Fat	9.5 GM
Saturated Fat	3.5 GM
Cholest.	42.5 MG
Sodium	1375 MG
Potassium	0 MG
Total Carb	64 GM
Dietary Fiber	4 GM
Sugars	8 GM
Protein	24.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Sausage, Egg, & Cheese Biscuit



Ingredients

- 1 ea. Pillsbury Buttermilk Biscuit
- 1 ea. Sausage Patty - Maple
- 1 ea. Sunny Side Up Egg Patty
- 1 ea. American Cheese Slice
- 1 ea. Labels

Directions

1. Slice biscuit in half.
2. Place sausage patty on bottom half of biscuit
3. Place sunny-side up egg patty on sausage.
4. Place one slice American cheese on egg.
5. Place biscuit top on cheese.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 495
Fat Cal. 283.5

Amount/Serving

Total Fat	31.5 GM
Saturated Fat	11.5 GM
Cholest.	132.5 MG
Sodium	1415 MG
Potassium	0 MG
Total Carb	34 GM
Dietary Fiber	1 GM
Sugars	5 GM
Protein	17.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Sausage, Egg and Cheese on English Muffin



Ingredients

- 1 ea. English Muffin, 2 oz.
- 1 ea. Sunny Side Up Egg Patty (2 oz.)
- 1 ea. Sausage Patty - Maple
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Split the English muffin into two equal slices.
2. Place the egg on the bottom half of the english muffin.
3. Place sausage patty on egg.
4. Place one slice American cheese on sausage
5. Top the sandwich and package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 385
Fat Cal. 211.5

Amount/Serving

Total Fat	23.5 GM
Saturated Fat	9 GM
Cholest.	132.5 MG
Sodium	855 MG
Potassium	0 MG
Total Carb	27 GM
Dietary Fiber	1 GM
Sugars	3 GM
Protein	17.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Value Twin Sausage Biscuit



Ingredients

- 2 ea. Pillsbury Buttermilk Biscuit (1 oz.)
- 1/2 slice American Cheese
- 2 ea. Sausage Patty .57oz.
- 1 ea. Paper Tray
- 1 ea. Front Label
- 1 ea. Back Label

Directions

1. Cut two mini biscuits in half.
2. Place the biscuit bottoms in container.
3. Place one .57 oz. sausage patty on each biscuit.
4. Place half a slice of American cheese on sausage.
5. Place biscuit tops on cheese.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 355
Fat Cal. 200.3

Amount/Serving

Total Fat	22.3 GM
Saturated Fat	7.3 GM
Cholest.	36.3 MG
Sodium	1037.5 MG
Potassium	0 MG
Total Carb	26 GM
Dietary Fiber	0 GM
Sugars	2 GM
Protein	10.3 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Whole Wheat Bagel with Cream Cheese



Ingredients

- 1 ea. Sliced Wheat Bagel
- 1 pkg. Plain Cream Cheese Cup
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Place the bagel and the cream cheese cup into the container.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 380
Fat Cal. 99

Amount/Serving

Total Fat	11 GM
Saturated Fat	6 GM
Cholest.	30 MG
Sodium	640 MG
Potassium	0 MG
Total Carb	59 GM
Dietary Fiber	5 GM
Sugars	7 GM
Protein	11 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Creamy Corn Chowder



Ingredients

- 10 lbs.** Frozen Corn
- ¼ c** Soybean Salad Oil
- 8 oz.** Pure Bacon Bits
- 1 lb.** Diced Yellow Onions
- 7 lbs.** Skin on Cubed Potato Hashbrown
- ½ c.** Diced Celery
- 8 qts.** Tap Water
- 1.75 c.** Low Sodium Chicken Base
- 8 c.** Low Fat Milk
- 8 c.** Half & Half
- 6 Tbsp.** Kosher Salt
- 2½ Tbsp.** Black Pepper
- 4 Tbsp.** Granulated Garlic
- 6 oz.** Corn Starch
- 3 oz.** Premium Bread Flour
- 12 oz.** Roasted Red Pepper
- 4 Tbsp.** Fresh Thyme
- 6 c.** Fancy Shred Mild Cheddar Cheese
- 12 oz.** Green Onions, chopped
- 80 pkg.** Oyster Crackers
- 160 ea.** Labels
- 80 ea.** Round Bowl & Lid Combo

Toss Salad oil on corn and roast in 400 degree oven about 10 minutes. Stir once in between. Sauté bacon with onions on medium heat for about 10 minutes. Add potatoes, celery and roasted corn. Cook about 5 minutes. Add 30 cups (7.5 Qts) water, base, milk, half and half, salt, pepper and garlic. Cook 30 minutes on low. Mix flour and corn starch with remaining 2 cups of water. Add slowly to soup and heat. Finish with thyme and red peppers. Remove from heat. Cool and portion 7.5 oz. per cup.

Top with 1 Tbsp cheese and then garnish with green onions.

Cover with lid, place crackers on lid and then package and label.

Recipe yields: 80 servings

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 281.8
 Fat Cal. 104.6

Amount/Serving	
Total Fat	11.6 GM
Saturated Fat	3.5 GM
Cholest.	21.7 MG
Sodium	840.1 MG
Potassium	323 MG
Total Carb	32.1 GM
Dietary Fiber	2.4 GM
Sugars	3.6 GM
Protein	8.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."

Egg Salad Batch



Ingredients

- 9 c. Heavy Duty Mayonnaise
- 25 c. Diced Hard Boiled Eggs
- ½ c. Diced Red Pepper
- 2 c. Pickle Relish

Directions

Mix all ingredients together.



Batch Granola



Ingredients

6¼ lbs. Dried Apricots	5 c. Corn Syrup
10 lbs. Dried Cranberries	1½ c. Honey
105 oz. Slivered Almonds	50 lbs. Quick Rolled Oatmeal
150 oz. Cashew Splits	17½ c. Maple Syrup
7½ Tbsp. "Golden C" Cane Brown Sugar	2½ c. Tap Water

Directions

Stir together and cook in 350 degree oven about a half hour.
Stir 2-3 times during cooking.

Yields approx. 1,543 oz. or 1,029 1.5 oz. servings.



Batch Tuna Salad



Ingredients

13 lbs.	Premium Light Tuna Pouch	4½ c.	Mayonnaise
1.5 c.	Lemon Juice	½ c.	Diced Red Peppers
¾ c.	Pickle Relish	2.5 c.	Diced Celery

Directions

Mix all ingredients together.

Bourbon Chicken and Whole Grain Penne



Ingredients

- 2 oz. Bourbon Sauce
- 1 oz. Broccoli Florets
- 1 oz. Sliced Red Onion
- 1 oz. Red Pepper/ Jullienned
- 2 oz. Boneless Chicken Breast, sliced
- 5 oz. Whole Wheat Penne
- 3 tbsp. Tap Water
- 1 ea. Oval Dinner Tray MW916
- 1 ea. Oval Dinner Tray Lid
- 2 ea. Labels

Directions

Toss all ingredients except for chicken breast in bowl and place in black container. Place sliced chicken breast on top.

Cover with lid and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 403.5
Fat Cal. 27.8
Amount/Serving

Total Fat	3.1 GM
Saturated Fat	0 GM
Cholest.	30 MG
Sodium	521 MG
Potassium	58.5 MG
Total Carb	79 GM
Dietary Fiber	8.8 GM
Sugars	27 GM
Protein	21 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Cheese Enchilada Dinner



Ingredients

- | | |
|-------------------------------------|--|
| 2 ea. Cheese Enchiladas | 6 oz. Mexican Fiesta Rice, cooked |
| 4 oz. Enchilada Sauce | 2 ea. Labels |
| 1½ oz. Shredded Cheese Blend | 1 ea. Oval Dinner Tray MW916 |
| 1 ea. Fresh Cilantro sprig | 1 ea. Oval Dinner Tray Lid |

Directions

1. Scoop 6 oz. cooked Mexican Fiesta Rice into container.
2. Place 2 cheese enchiladas on top of rice.
3. Scoop 4oz. enchilada sauce over enchiladas.
4. Scoop 1.5oz. shredded cheese blend on top.
5. Garnish with cilantro.
6. Snap lid on container. Make sure lid is completely sealed.
7. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 608.8
Fat Cal. 138.1

Amount/Serving

Total Fat	15.3 GM
Saturated Fat	6.7 GM
Cholest.	37.5 MG
Sodium	2179.2 MG
Potassium	10.5 MG
Total Carb	98.1 GM
Dietary Fiber	3.6 GM
Sugars	6.5 GM
Protein	20.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Chicken Noodle Platter



Ingredients

- 4 oz. Chicken Noodle Soup
- 4 oz. Potato Pearls
- 2 ea. Labels
- 1 ea. Oval Dinner Tray MW916
- 1 ea. Oval Dinner Tray Lid

Directions

1. Scoop 4 oz. prepared potato pearls into container.
2. Dent the top of the potatoes with the scoop and scoop 4 oz. chicken noodle soup on top.
3. Snap lid on container. Make sure lid is fully secure.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 104
Fat Cal. 21.3

Amount/Serving	
Total Fat	2.4 GM
Saturated Fat	0.9 GM
Cholest.	28.4 MG
Sodium	784.9 MG
Potassium	0 MG
Total Carb	11.3 GM
Dietary Fiber	0.9 GM
Sugars	1.9 GM
Protein	8.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Italian Sausage Bake



Ingredients

- 2 oz. Rigate Penne Pasta, cooked
- 2 oz. Italian Sausage Crumble
- 4 oz. Marinara Spaghetti Sauce
- ½ oz. Shredded Parmesan Cheese
- 1 ea. Plain Mini Breadstick
- 2 ea. Labels
- 1 ea. Oval Dinner Tray MW916
- 1 ea. Oval Dinner Tray Lid

Directions

In a bowl combine the cooked pasta, Italian sausage, and marinara sauce. Mix well.

Place the pasta into the large side of the container. Sprinkle with the parmesan cheese.

Place the bread stick into the small side of the container.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 620.5
Fat Cal. 250

Amount/Serving

Total Fat	27.8 GM
Saturated Fat	8.5 GM
Cholest.	50 MG
Sodium	1355.2 MG
Potassium	377.1 MG
Total Carb	67.2 GM
Dietary Fiber	3.1 GM
Sugars	5.7 GM
Protein	24.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Spaghetti & Meatballs



Ingredients

- 2½ oz. 10" Spaghetti Pasta, cooked
- 5 ea. All Purpose Italian Meatballs
- 4 oz. Marinara Spaghetti Sauce
- ¾ oz. Shredded Parmesan Cheese
- 2 ea. Labels
- 1 ea. Oval Dinner Tray MW916
- 1 ea. Oval Dinner Tray Lid

Directions

1. Place the noodles into the container.
2. Place 5 meatballs on top of the pasta in the container.
3. Put the sauce over the top of the meatballs and pasta.
4. Garnish with the shredded parmesan cheese.
5. Close the container.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 654.1
Fat Cal. 242.6

Amount/Serving	
Total Fat	27 GM
Saturated Fat	9.9 GM
Cholest.	69.2 MG
Sodium	2158.7 MG
Potassium	190.9 MG
Total Carb	71.5 GM
Dietary Fiber	6.9 GM
Sugars	6.6 GM
Protein	27.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Three Cheese Fettucini Alfredo



Ingredients

- 3 oz. 10" Fettucine Pasta
- 3¾ oz. Alfredo Sauce Pouch
- ¼ oz. Shredded Cheese Blend
- ¾ oz. Shredded Parmesan Cheese
- 1 ea. Plain Mini Breadstick
- 1 ea. Front Label
- 1 ea. Back Label
- 1 ea. Oval Dinner Tray MW916
- 1 ea. Oval Dinner Tray Lid

Directions

Toss the the pasta in the alfredo sauce and place in the large side of the container.

Garnish pasta with with the cheeses (parmesan and cheese blend).

Place the bread stick into the small compartment and reserve until needed for packaging.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 627.5
 Fat Cal. 173.3

Amount/Serving	
Total Fat	19.3 GM
Saturated Fat	7.8 GM
Cholest.	34.7 MG
Sodium	903.1 MG
Potassium	35 MG
Total Carb	87.5 GM
Dietary Fiber	3 GM
Sugars	6.8 GM
Protein	24.4 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Turkey Penne Skillet



Ingredients

30 oz. Fancy Tomato Sauce

16 oz. Ground Turkey

35 oz. Whole Wheat Penne

2 oz. Parsley, chopped

4 Tbsp. Fresh Basil, chiffonade

1¾ oz. Parmesan Shreds

2 ea. Labels

1 ea. Oval Dinner Tray MW916

1 ea. Oval Dinner Tray Lid

Directions

In a large sauté pan over medium high heat - sauté ground turkey until completely cooked through - drain all grease - stir in tomato sauce - reduce heat and simmer for approximately 10 - 15 minutes. Stir in basil - remove from heat

Place 5 oz. of pasta in bottom of container - top with 6 oz. of prepared meat sauce and sprinkle with .25 oz. of shredded parmesan and sprinkle with fresh parsley.

Package according to machine directions then label.

Recipe yields: 7 servings

Nutrition Facts*

Serving Size 1
Serving Per Container 7
Calories 369.4
Fat Cal. 65.3
Amount/Serving

Total Fat 7.3 GM

Saturated Fat 2.3 GM

Cholest. 53.6 MG

Sodium 756.2 MG

Potassium 375.8 MG

Total Carb 55.2 GM

Dietary Fiber 9 GM

Sugars 6 GM

Protein 25.1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Asian Style Wedge Chicken Salad



Ingredients

- 4 oz. Iceberg Lettuce, cut into wedge
- 3 oz. Grilled Chicken Breast, sliced
- ½ oz. Slivered Almonds
- ½ oz. Chow Mein Noodles
- 2 oz. Fat Free Toasted Sesame Dressing
- 2 oz. Mandarin Oranges
- ½ oz. Julienned Red Peppers
- ½ tsp. Chopped Green Onions
- ¼ tsp. Black Sesame Seeds
- 2 ea. Plastic Portion Cup 2oz.
- 2 ea. Plastic Portion Cup Lid 2 oz.
- 1 ea. Black Tray (Salad) SB M-24B
- 1 ea. Clear Lid (Salad) SFLM-2

Directions

Place long wedge in salad container. Pull top cup of lettuce out and place in front of wedge.

Place 1/2 oz. almonds and 1/2oz. chow mein noodles in portion container.

Put 2 oz. dressing in portion cup.

Fan chicken on lettuce with red peppers nest on lower right, mandarins above chicken and sprinkle green onions. Sprinkle black sesame seeds.

Place label on front and nutrition label on the back.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 388.7
 Fat Cal. 107.8

Amount/Serving	
Total Fat	12 GM
Saturated Fat	1.4 GM
Cholest.	54.1 MG
Sodium	926.6 MG
Potassium	366.9 MG
Total Carb	44.9 GM
Dietary Fiber	3.1 GM
Sugars	22.5 GM
Protein	23.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
 See *About CK Foods.*



Chicken Fajita Salad



Ingredients

- 1 oz. Black Beans
- 1 ea. Grilled Chicken Breast 2.8 oz.
- 3 oz. Cut Romaine Lettuce
- 1 oz. Shredded Cheese Blend
- ½ oz. Roasted Corn Kernels
- ½ oz. Julienned Red Pepper
- ½ oz. Sliced Red Onion
- 2 oz. FF Tomato Basil Dressing
- 1 ea. 2 oz. Plastic Portion Cup
- 1 ea. Clear Portion Cup Lid
- 2 ea. Labels
- 1 ea. Black Tray (Salad) SB M-24B
- 1 ea. Clear Lid (Salad) SFLM-2

Directions

Wash, drain and reseason black beans with salt and pepper.
Julienne the grilled chicken breast.

Prepare the salad

1. Place the greens into the container.
2. Place the chicken, cheese, beans, corn, peppers and onions in rows one right after each other on top of the romaine.
3. Pour the dressing into 2 oz. portion cups. put a lid on the cup and place in the salad container.
4. Close the lid and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 325.3
Fat Cal. 183.2

Amount/Serving

Total Fat	20.4 GM
Saturated Fat	7.9 GM
Cholest.	30 MG
Sodium	655.5 MG
Potassium	435.1 MG
Total Carb	24 GM
Dietary Fiber	3.5 GM
Sugars	18.1 GM
Protein	12.4 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Chef Salad



Ingredients

- 3 oz. Turkey Breast
- 1 oz. Boneless Buffet Ham
- 5 oz. Prepared Lettuce
- 1 ea. Hard Boiled Eggs
- 2 oz. Cubed Cheese
(Cheddar, Swiss, Pepper Jack)
- 3 ea. Grape Tomato
- 1 pkg. Ranch Dressing
- 2 ea. Labels
- 1 ea. Black Tray (Salad) SB M-24B
- 1 ea. Clear Lid (Salad) SFLM-2

Directions

Thinly slice turkey breast and ham. Cut into 1/4" x 3" strips.
Place lettuce mix in bottom of container - in top left corner place sliced turkey breast, place hard boiled egg in the center, place sliced ham in the bottom right corner, place the cheese cubes in the top right corner and place the grape tomatoes in the bottom left corner. Place ranch dressing cup in tray.
Snap on lid and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 592
Fat Cal. 425.3
Amount/Serving

Total Fat	47.3 GM
Saturated Fat	16 GM
Cholest.	287.6 MG
Sodium	1408.4 MG
Potassium	466.1 MG
Total Carb	12 GM
Dietary Fiber	2 GM
Sugars	6.7 GM
Protein	29.9 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Garden Salad

with Balsamic Vinaigrette



Ingredients

- | | |
|--|--|
| 3 oz. Prepared Lettuce | 2 oz. Balsamic Vinaigrette |
| 1 oz. Carrots Shredded Matchstick | 1 ea. 2 oz. Plastic Portion Cup |
| 1 oz. Shredded Cheese Blend | 1 ea. Clear Portion Cup Lid |
| 3 ea. 1/8" Sliced Red Onion Rings | 1 ea. Labels |
| 1 ea. Grape Tomatos | 1 ea. Black Tray (Salad) SB M-24B |
| 1 oz. Cucumbers | 1 ea. Clear Lid (Salad) SFLM-2 |

Directions

1. Wash tomatoes and salad mix.
2. Wash and slice cucumbers 1/8" thick.
3. Place 3 oz. of salad mix in container and top with in this order: cucumber, shredded carrots, tomato, onion and cheese.
4. Pour dressing into portion cup and secure lid tightly. Place in container with salad.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 259.7
 Fat Cal. 153
 Amount/Serving

Total Fat	17 GM
Saturated Fat	5 GM
Cholest.	25 MG
Sodium	591.4 MG
Potassium	132.1 MG
Total Carb	17.3 GM
Dietary Fiber	2.4 GM
Sugars	10 GM
Protein	8.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
 See "About CK Foods."



Garden Salad

with Italian Dressing



Ingredients

- 3 oz.** Prepared Lettuce
- 1 oz.** Carrots Shredded Matchstick
- 1 oz.** Shredded Cheese Blend
- 3 ea.** 1/8" Sliced Red Onion Rings
- 1 ea.** Grape Tomatos
- 1 oz.** Cucumbers
- 2 oz.** Italian Dressing
- 1 ea.** 2 oz. Plastic Portion Cup
- 1 ea.** Clear Portion Cup Lid
- 1 ea.** Labels
- 1 ea.** Black Tray (Salad) SB M-24B
- 1 ea.** Clear Lid (Salad) SFLM-2

Directions

1. Wash tomatoes and salad mix.
2. Wash and slice cucumbers 1/8" thick.
3. Place 3 oz. of salad mix in container and top with in this order: cucumber, shredded carrots, tomato, onion and cheese.
4. Pour dressing into portion cup and secure lid tightly. Place in container with salad.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 144.4
 Fat Cal. 67.5

Amount/Serving

Total Fat	7.5 GM
Saturated Fat	4 GM
Cholest.	25 MG
Sodium	456.4 MG
Potassium	132.1 MG
Total Carb	9.8 GM
Dietary Fiber	2 GM
Sugars	4.6 GM
Protein	8.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Garden Salad

with Ranch Dressing



Ingredients

- | | | | |
|--------------|-----------------------------|--------------|-----------------------------|
| 3 oz. | Prepared Lettuce | 1 oz. | Cucumbers |
| 1 oz. | Carrots Shredded Matchstick | 2 oz. | Ranch Dressing cup |
| 1 oz. | Shredded Cheese Blend | 1 ea. | Labels |
| 3 ea. | 1/8" Sliced Red Onion Rings | 1 ea. | Black Tray (Salad) SB M-24B |
| 1 ea. | Grape Tomatos | 1 ea. | Clear Lid (Salad) SFLM-2 |

Directions

1. Wash tomatoes and salad mix.
2. Wash and slice cucumbers 1/8" thick.
3. Place 3 oz. of salad mix in container and top with in this order: cucumber, shredded carrots, tomato, onion and cheese.
4. Place dressing cup in container with salad.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 339.7
Fat Cal. 261

Amount/Serving

Total Fat 29 GM

Saturated Fat 7 GM

Cholest. 45 MG

Sodium 751.4 MG

Potassium 132.1 MG

Total Carb 11.3 GM

Dietary Fiber 2.4 GM

Sugars 6 GM

Protein 8.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



House Salad

with French Dressing



Ingredients

- | | | | |
|--------------|-----------------------------|--------------|-----------------------------|
| 3 oz. | Prepared Lettuce | 2 oz. | French Dressing |
| 1 oz. | Carrots Shredded Matchstick | 1 ea. | 2 oz. Plastic Portion Cup |
| 1 oz. | Shredded Cheese Blend | 1 ea. | Clear Plastic Lid |
| 3 ea. | 1/8" Sliced Red Onion Rings | 1 ea. | Labels |
| 1 ea. | Grape Tomatos | 1 ea. | Black Tray (Salad) SB M-24B |
| 1 oz. | Cucumbers | 1 ea. | Clear Lid (Salad) SFLM-2 |

Directions

1. Wash tomatoes and salad mix.
2. Wash and slice cucumbers 1/8" thick.
3. Place 3 oz. of salad mix in container and top with in this order: cucumber, shredded carrots, tomato, onion and cheese.
4. Pour dressing into portion cup and secure lid tightly. Place in container with salad.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 359.7
Fat Cal. 261

Amount/Serving

Total Fat 29 GM

Saturated Fat 7 GM

Cholest. 25 MG

Sodium 671.4 MG

Potassium 132.1 MG

Total Carb 15.3 GM

Dietary Fiber 2.4 GM

Sugars 8 GM

Protein 8.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Mediterranean Beef Salad

with Sundried Tomato Dressing



Ingredients

- | | |
|------------------------------------|--|
| 3 oz. Cut Romaine Lettuce | 2 oz. Fat Free Sundried Tomato Basil Dressing |
| ½ oz. Sliced Ripe Olives | 1 ea. Front Label |
| 1 oz. Grape Tomatoes | 1 ea. Back Label |
| ½ oz. Sliced Red Onions | 1 ea. Black Tray (Salad) |
| 1½ oz. Top Round Roast Beef | 1 ea. Clear Lid (Salad) |
| 1 oz. Goat Cheese Tub | |

Directions

Slice beef in 1/4 in strips about three inches long

Peel and slice onion, wash tomatoes

Place 4oz of romaine in each container, top with 1.5oz beef, 1oz tomatoes, 1/2oz red onions, black olives and 1oz Goat Cheese.

Place dressing in portion cup and place in container with beef salad.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 293.4
Fat Cal. 111.5
Amount/Serving

Total Fat	12.4 GM
Saturated Fat	7.8 GM
Cholest.	48.9 MG
Sodium	1203 MG
Potassium	340.8 MG
Total Carb	25.1 GM
Dietary Fiber	1.5 GM
Sugars	21.6 GM
Protein	16.9 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Shaker Salad Mediterranean Lentil & White Quinoa



Ingredients

- | | | | |
|--------------|---------------------------------|--------------|-------------------------------|
| 1 cup | Prepared InHarvest White Quinoa | 2 oz. | Mediterranean Shaker Dressing |
| ½ cup | Carrots Shredded, Matchstick | 1 ea. | 2oz. Plastic Portion Cup |
| ½ cup | Lentil Beans | 1 ea. | 2oz. Clear Portion Cup Lid |
| ½ oz. | Feta Cheese Crumbles (1/8 cup) | 2 ea. | Labels |
| ½ cup | Cucumbers | 1 ea. | 16oz. Greenware Cup |
| | | 1 ea. | 16oz. Greenware Dome Lid |
| | | 1 ea. | 16oz. Greenware Flat Lid |

Directions

1. Layer ingredients into 16-oz. cups as follows: white quinoa, julienned carrots, lentils, crumbled feta and cucumbers.
2. Fill 2 oz. portion cup with Mediterranean Shaker Salad Dressing and cover with lid.
3. Cover the cup with the flat lid. Place the dressing cup on top of the flat lid. Place the domed lid on top of the salad cup and press to seal.

Nutrition Facts*

Serving Size 17
 Serving Per Container 1
 Calories 314.7
 Fat Cal. 145.7

Amount/Serving	
Total Fat	15.8 GM
Saturated Fat	3.6 GM
Cholest.	10 MG
Sodium	317.3 MG
Potassium	329.9 MG
Total Carb	33.1 GM
Dietary Fiber	7.9 GM
Sugars	11 GM
Protein	9.3 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Spinach Salad

with Raspberry Vinaigrette



Ingredients

- | | | | |
|-------|-----------------------------|-------|--------------------------------|
| 2 oz. | Spinach | 2 oz. | Raspberry Vinaigrette Dressing |
| ½ oz. | Sliced Red Onions | 1 ea. | 2 oz. Plastic Portion Cup |
| ½ oz. | Matchstick Shredded Carrots | 1 ea. | Clear Portion Cup Lid |
| 1 oz. | Goat Cheese | 2 ea. | Labels |
| 3 ea. | Grape Tomatoes | 1 ea. | Black Tray (Salad) SB M-24B |
| ½ oz. | Pecan Pieces | 1 ea. | Clear Lid (Salad) SFLM-2 |

Directions

Place the spinach in the container. Carefully lay out all ingredients in separate lines on top of the spinach leaves. Place the raspberry dressing in a 2 oz. portion cup and place in the container.

Cover the salad and package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 325.3
Fat Cal. 183.2

Amount/Serving

Total Fat	20.4 GM
Saturated Fat	7.9 GM
Cholest.	30 MG
Sodium	655.5 MG
Potassium	435.1 MG
Total Carb	24 GM
Dietary Fiber	3.5 GM
Sugars	18.1 GM
Protein	12.4 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Tuna Platter Salad



Ingredients

- 3 oz. Cut Romaine Lettuce
- 1 oz. Sliced Red Onion
- 2 oz. Grape Tomatoes
- 2 oz. Sliced Cucumbers
- 2.8 oz. Batch Tuna Salad
- 2 ea. Labels
- 1 ea. Black Tray (Salad) SB M-24B
- 1 ea. Clear Lid (Salad) SFLM-2

Directions

- Place lettuce in container.
- Position the tuna salad scoop on the right side.
- Place tomato, cucumbers and onions on the left.
- Seal and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 138.2
Fat Cal. 29.1

Amount/Serving	
Total Fat	3.2 GM
Saturated Fat	4.4 GM
Cholest.	29.7 MG
Sodium	320.7 MG
Potassium	100.4 MG
Total Carb	10.8 GM
Dietary Fiber	2.2 GM
Sugars	7.2 GM
Protein	13.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Vegetarian Mediterranean Salad



Ingredients

- 3 oz.** Cut Romaine Lettuce
- 1 oz.** Feta Cheese Crumbles
- ½ oz.** Sundried Tomatoes
- 1 oz.** Pitted Mediterranean Olives
- 1 oz.** Garbanzo Beans, rinsed and dried
- 1 bag** Crouton Packet
- 1½ oz.** Balsamic Vinaigrette Dressing
- 1 ea.** 2 oz. Plastic Portion Cup
- 1 ea.** Clear Portion Cup Lid
- 2 ea.** Labels
- 1 ea.** Black Tray (Salad) SB M-24B
- 1 ea.** Clear Lid (Salad) SFLM-2

Directions

Place chopped romaine in container.

Fill dressing cup with dressing and lid.

Place items on clockwise from one corner: dressing, olives, garbanzo beans, feta, sundried tomato, crouton packet in center of salad.

Lid, tape and label on top and bottom

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 302
Fat Cal. 176.6

Amount/Serving

Total Fat	19.6 GM
Saturated Fat	4.4 GM
Cholest.	20 MG
Sodium	936.2 MG
Potassium	0 MG
Total Carb	19.1 GM
Dietary Fiber	5 GM
Sugars	8.2 GM
Protein	7.9 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Red Pepper Hummus & Veggie Wrap



Ingredients

- 1 oz. Hummus
- 1/2 oz. Diced Red Peppers
- 1 ea. 12" Tomato Basil Wrap
- 1/4 tsp. Salt Free Seasoning
- 1/2 oz. Spring Mix
- 1/2 oz Sliced Ripe Olives
- 1 slice 3/16" Sliced Tomato
- 1 oz. Green Pepper – Julienne 3/16"
- 1 oz. Sliced Red Onion
- 1 oz. Cucumbers, thinly sliced
- 2 ea. Labels
- 1 ea. 8" Hinged Hoagie Container

Directions

Blend hummus and diced red pepper for the spread
 Place wrap on table, spread red pepper hummus, sprinkle on seasoning.
 Add on lettuce, olives, tomato, pepper, onions and cucumber.
 Roll tight. slice on a bias and place cut side up in container. Close and place nutrition on the back and name label on top front.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 431.4
 Fat Cal. 91.1

Amount/Serving	
Total Fat	10.1 GM
Saturated Fat	3.3 GM
Cholest.	0 MG
Sodium	1128.4 MG
Potassium	90.2 MG
Total Carb	70.3 GM
Dietary Fiber	5.4 GM
Sugars	4.9 GM
Protein	13.3 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
 See "About CK Foods."

Southwest Chicken Wrap



Ingredients

- | | | | |
|-------|-----------------------------|--------|----------------------------|
| 1 ea. | 12" Wheat Tortilla | 1 oz. | Frozen Corn |
| 1 oz. | Hummus | 1½ oz. | Medium Salsa |
| 2 oz. | Cut Romaine Lettuce | 2 ea. | Labels |
| 2 oz. | Oven Roasted Chicken Breast | 1 ea. | Plastic Lid 2 oz. |
| ¼ oz. | Red Peppers (1 slice) | 1 ea. | 2 oz. Plastic Portion Cup |
| ¼ oz. | Yellow Peppers (1 slice) | 1 ea. | 8" Hinged Hoagie Container |
| 1 oz. | Black Bean | | |

Directions

1. Place wheat tortilla on table and spread 1oz. hummus on it.
2. Place 2 oz. chopped romaine lettuce on tortilla and hummus.
3. Spread out 2 oz. deli chicken on top of lettuce.
4. Place 1 slice red pepper and 1 slice yellow pepper on chicken.
5. Mix beans and corn together and sprinkle onto tortilla.
6. Fold in the sides of the tortilla and roll tightly.
7. Cut wrap at an angle and place the two halves inside container next to one another.
8. Place 2 oz. cup of salsa into container.
9. Snap container shut. Make sure lid is completely sealed.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 502.6
Fat Cal. 93.9

Amount/Serving

Total Fat	10.4 GM
Saturated Fat	3.8 GM
Cholest.	30 MG
Sodium	1936.8 MG
Potassium	249.3 MG
Total Carb	78.3 GM
Dietary Fiber	12.4 GM
Sugars	4.6 GM
Protein	26.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Turkey Club Wrap



Ingredients

- 1 ea. 12" Wheat Tortilla
- 1 oz. Leaf Lettuce Crowns
- 3 oz. Smoked Turkey Breast
- 1 slice Precooked Bacon
- 1 oz. Ranch Dressing
- 1 slice 3/16" Sliced Tomato
- 2 oz. Shredded Cheese Blend
- 2 ea. Front Labels
- 1 ea. 5x5 Clamshell Black Base

Directions

Place wrap on table and top with lettuce, turkey, bacon, ranch dressing, tomato slice and shredded cheese. Roll and cut on a bias and place in container.

Label top and bottom.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 609.3
Fat Cal. 202.5

Amount/Serving	
Total Fat	22.5 GM
Saturated Fat	11.5 GM
Cholest.	85 MG
Sodium	2261.7 MG
Potassium	56.7 MG
Total Carb	61.2 GM
Dietary Fiber	6.3 GM
Sugars	4.7 GM
Protein	38.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Tuna Ceviche Wrap



Ingredients

- 2 oz.** Premium Tuna Light Pouch
- 1½ oz.** Pico de Gallo
- 1 ea.** 12" Wheat Tortilla Wrap
- 1 oz.** Lettuce Leaf Crowns
- 1 slice** Pepper Jack Cheese
- 2 ea.** Labels
- 1 ea.** 5x5 Black Base Clamshell

Directions

Drain tuna and mix with pico de gallo.

Lay tortilla flat on work surface. Place lettuce on wrap. Add tuna mix. Slice cheese in half, and put both pieces on top.

Fold in ends or tortilla and roll. Cut at an angle.

Place cut side up in container.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 425
Fat Cal. 112.5

Amount/Serving

Total Fat	12.5 GM
Saturated Fat	6 GM
Cholest.	45 MG
Sodium	1442.3 MG
Potassium	56.7 MG
Total Carb	52.8 GM
Dietary Fiber	7 GM
Sugars	2.1 GM
Protein	26 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Beef and Cheddar Round



Ingredients

- 1 ea. Kaiser Bun 2.7oz.
- 3 oz. Top Round Roast Beef, sliced
- 1 oz. Mild Cheddar Cheese Loaf
- 2 ea. Labels

Directions

Slice cheddar into 2 1/2oz. slices.

Slice open kaiser roll.

Place bottom of bun on flat surface - place one slice on cheese on bun bottom, top with roast beef and 2nd slice of cheese. Place bun on top.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 385.8
Fat Cal. 198.5

Amount/Serving

Total Fat	13.3 GM
Saturated Fat	6.5 GM
Cholest.	67.9 MG
Sodium	1564.8 MG
Potassium	651.5 MG
Total Carb	37 GM
Dietary Fiber	2 GM
Sugars	4 GM
Protein	30.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Bourbon Street Sandwich



Ingredients

- 1 ea. Ciabatta Bun
- 3 oz. Boneless Buffet Ham
- 1 oz. Bourbon Sauce
- 1 oz. Swiss Cheese - Sandwich Cut
- 2 ea. Labels

Directions

1. Cut ciabatta in half. Place the ham on the bottom half of the bread, followed by the bourbon sauce and the Swiss cheese. Top the sandwich with the top piece of bread.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 476.9
Fat Cal. 129.7

Amount/Serving

Total Fat	14.4 GM
Saturated Fat	6.5 GM
Cholest.	67.9 MG
Sodium	1785.1 MG
Potassium	1065 MG
Total Carb	57.3 GM
Dietary Fiber	1 GM
Sugars	18.3 GM
Protein	31 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Bratwurst on Pretzel Bun



Ingredients

- 1 ea. 6" Precooked Bratwurst
- 1 ea. Pretzel Bratwurst Bun
- 2 ea. Labels
- 1 ea. Hot Dog Bag

Directions

1. Place the bratwurst into the bun.
2. Place in bag with brat up and bun slits toward the window. Apply labels.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 320
Fat Cal. 261

Amount/Serving

Total Fat	29 GM
Saturated Fat	10 GM
Cholest.	60 MG
Sodium	970 MG
Potassium	0 MG
Total Carb	3 GM
Dietary Fiber	0 GM
Sugars	1 GM
Protein	11 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Buffalo Chicken Sandwich



Ingredients

- 3 oz. Boneless Chicken Breast
- 1 ea. Pretzel Roll Bun
- 3 Tbsp. Franks Buffalo Sauce
- 1 slice Pepper Jack Cheese
- 1 ea. Clear Shallow Rectangle Tray
- 2 ea. Labels

Directions

1. Place pretzel roll in tray.
2. Spread 3oz. sliced chicken breast onto pretzel roll bottom.
3. Smother Frank's Buffalo Sauce on chicken.
4. Place one slice pepperjack cheese onto chicken and place pretzel top on.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 490
Fat Cal. 110.3

Amount/Serving

Total Fat	12.3 GM
Saturated Fat	4.8 GM
Cholest.	60 MG
Sodium	2485 MG
Potassium	240 MG
Total Carb	68 GM
Dietary Fiber	2 GM
Sugars	8 GM
Protein	26 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Chuckwagon Sandwich



Ingredients

- 1 ea. Sesame Seed Kaiser Bun
- 2 oz. Buffet Boneless Ham
- 1 oz. Luncheon Loaf
- 1 ea. American Cheese Clice
- 2 ea. Labels

Directions

1. Spread 2 oz. ham onto large seeded hamburger bun.
2. Spread 1 oz. luncheon loaf onto ham.
3. Place one slice American cheese on luncheon loaf and top with bun.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 405.8
Fat Cal. 144.65

Amount/Serving

Total Fat	16.1 GM
Saturated Fat	6.5 GM
Cholest.	57.7 MG
Sodium	1708.2 MG
Potassium	826.2 MG
Total Carb	44 GM
Dietary Fiber	2 GM
Sugars	8 GM
Protein	23 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Cordon Bleu on Ciabatta



Ingredients

- 1 ea.** Ciabatta Buns - 2.82 oz. **1 oz.** Sandwich Cut Swiss Cheese
1½ oz. Hickory Smoked Boneless Ham **2 ea.** Labels
1½ oz. Boneless Chicken Breast

Directions

1. Cut open ciabatta.
2. On the bottom half of the bread, place the ham, followed by the chicken, cheese, tomato and lettuce. Top with the second half of the bread.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 422.5
Fat Cal. 136.1

Amount/Serving

Total Fat	15.1 GM
Saturated Fat	6.4 GM
Cholest.	75 MG
Sodium	1407.5 MG
Potassium	120 MG
Total Carb	39.5 GM
Dietary Fiber	1 GM
Sugars	4.5 GM
Protein	33 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Egg Salad Sandwich Wedge



Ingredients

3 oz. Egg Salad Batch
2 slice Sliced Wheat Sandwich Bread

1 ea. DFT091 Overwrap Trays
(Wedge Containers)

2 ea. Labels

Directions

1. Portion out 3oz. egg salad onto wheat bread and spread.
2. Cut sandwich in half lengthwise and fold the two halves together.
3. Place into container.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 303.1
Fat Cal. 133

Amount/Serving

Total Fat 14.8 GM

Saturated Fat 3.8 GM

Cholest. 259.3 MG

Sodium 601.2 MG

Potassium 0 MG

Total Carb 30.5 GM

Dietary Fiber 1 GM

Sugars 8 GM

Protein 13 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Grilled Chicken Club on Ciabatta



Ingredients

- 1 ea. Ciabatta Buns
- 3 oz. Boneless Chicken Breast
- 1 ea. 3/16" Tomato Slice
- 1 ea. Leaf Lettuce Crowns
- 2 ea. Precooked Bacon Slice
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Assemble the sandwich by placing the chicken breast on the bottom half of the bun, followed by the tomato, lettuce and bacon. Top with the second half of the bun.
2. Place sandwich in tray. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 418.8
Fat Cal. 101.3

Amount/Serving	
Total Fat	11.3 GM
Saturated Fat	2.5 GM
Cholest.	70 MG
Sodium	1049.2 MG
Potassium	56.7 MG
Total Carb	43.2 GM
Dietary Fiber	1.8 GM
Sugars	6.7 GM
Protein	31.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham & American on Multigrain



Ingredients

- 2 slice** 9 Grain 100% Whole Wheat
- 3 oz.** Buffet Boneless Ham
- 2 ea.** American Cheese Slices
- 2 ea.** Labels

Directions

Lay out two pieces of bread. On one half of the bread place the sliced ham. On the other half of bread place the cheese.

Cut in half on the bais. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 350
Fat Cal. 126

Amount/Serving

Total Fat	16 GM
Saturated Fat	65 GM
Cholest.	62.5 MG
Sodium	1900 MG
Potassium	1065 MG
Total Carb	34.5 GM
Dietary Fiber	4 GM
Sugars	8.5 GM
Protein	27 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham & Cheddar on Multigrain



Ingredients

- 2 slice 9 Grain 100% Whole Wheat
- 3 oz. Buffet Boneless Ham
- 1 ea. Sliced Cheddar Cheese
- 2 ea. Labels

Directions

Lay out two pieces of bread. On one half of the bread place the sliced ham. On the other half of bread place the cheddar.

Cut in half on the bais. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 350
Fat Cal. 126

Amount/Serving

Total Fat 14 GM

Saturated Fat 5.5 GM

Cholest. 37.5 MG

Sodium 1525 MG

Potassium 1065 MG

Total Carb 34.5 GM

Dietary Fiber 4 GM

Sugars 8.5 GM

Protein 27 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham & Cheddar with Lettuce & Tomato on Multigrain



Ingredients

- | | | | |
|----------------|--------------------------|---------------|--------------------------|
| 2 slice | 9 Grain 100% Whole Wheat | 1 oz. | Leaf Lettuce Crowns |
| 2 slice | Mild Cheddar Cheese Loaf | 1 case | 5x5 Black Base Clamshell |
| 3 oz. | Buffet Boneless Ham | 1 ea. | Labels |
| 2 ea. | 3/16" Tomato Slice | | |

Directions

Assemble sandwich in the following order: Bread, cheese, meat, tomato, lettuce, cheese and bread.

Cut in half and place cut side up in container. Close container and label.

Nutrition Facts*

Serving Size	1
Serving Per Container	1
Calories	393.8
Fat Cal.	144
Amount/Serving	

Total Fat	16 GM
Saturated Fat	6.5 GM
Cholest.	67.5 MG
Sodium	1584.2 MG
Potassium	1121.7 MG
Total Carb	36.7 GM
Dietary Fiber	4.8 GM
Sugars	9.2 GM
Protein	29.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham & Cheddar Round



Ingredients

- 1 ea. Kaiser Bun 2.7oz.
- 3 oz. Buffet Boneless Ham, thinly sliced
- ½ oz. Mild Cheddar Cheese Loaf
- 1 ea. Leaf Crown Lettuce

Directions

Slice open kaiser roll

Place bottom of bun on flat surface - place one slice on cheese on bun bottom, top with ham, top with 2nd slice of cheese, tomato and lettuce top with bun top

Package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 347.5
Fat Cal. 85.5

Amount/Serving

Total Fat	9.5 GM
Saturated Fat	4 GM
Cholest.	52.5 MG
Sodium	1545.8 MG
Potassium	1093.3 MG
Total Carb	41.8 GM
Dietary Fiber	2.2 GM
Sugars	8.8 GM
Protein	23.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Ham & Cheese Wedge



Ingredients

- 2 slice** Sliced Wheat Sandwich Bread
- 2¼ oz.** Buffet Boneless Ham
- 1 ea.** American Cheese Slice
- 1 ea.** DFT091 Overwrap Trays (Wedge Containers)
- 2 ea.** Labels

Directions

1. Lay one slice American cheese onto wheat bread.
2. Spread out 2.25 oz. ham onto cheese.
3. Cut sandwich lengthwise and fold halves together.
4. Place into container.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 247.5
Fat Cal. 74.3

Amount/Serving

Total Fat	8.3 GM
Saturated Fat	3.6 GM
Cholest.	40.6 MG
Sodium	1282.5 MG
Potassium	798.8 MG
Total Carb	28.4 GM
Dietary Fiber	1 GM
Sugars	7.4 GM
Protein	17.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Hawaiian Chicken Sandwich



Ingredients

- 1 ea. Small Plain Hamburger Bun
- 1 ea. Grilled Chicken Breast
- 1/2 oz. Kikoman Teriyaki Glaze Sauce
- 1 ea. Pineapple Rings
- 1/2 oz. Red Pepper - Julliened
- 1 oz. Sandwich Cut Swiss Cheese
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Place chicken breast on bottom bun. Top with teriyaki sauce.
2. Place one pineapple ring on top of the chicken.
3. Top with julienne red pepper, and then Swiss cheese and place remaining half of bun on top.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 470.2
Fat Cal. 148.5

Amount/Serving	
Total Fat	16.5 GM
Saturated Fat	7 GM
Cholest.	90 MG
Sodium	1140.1 MG
Potassium	29.2 MG
Total Carb	43.1 GM
Dietary Fiber	1.7 GM
Sugars	15.6 GM
Protein	34.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Jumbo Cheeseburger



Ingredients

- 1 ea. Sesame Seed Kaiser Bun
- 1 ea. 4oz. Charbroil Beef Patty
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Place one 4 oz. Charbroiled Burger Patty on Large Seeded Bun.
2. Place one slice of American Cheese on burger patty.
3. Package according to machine directions then label.

Nutrition Facts*

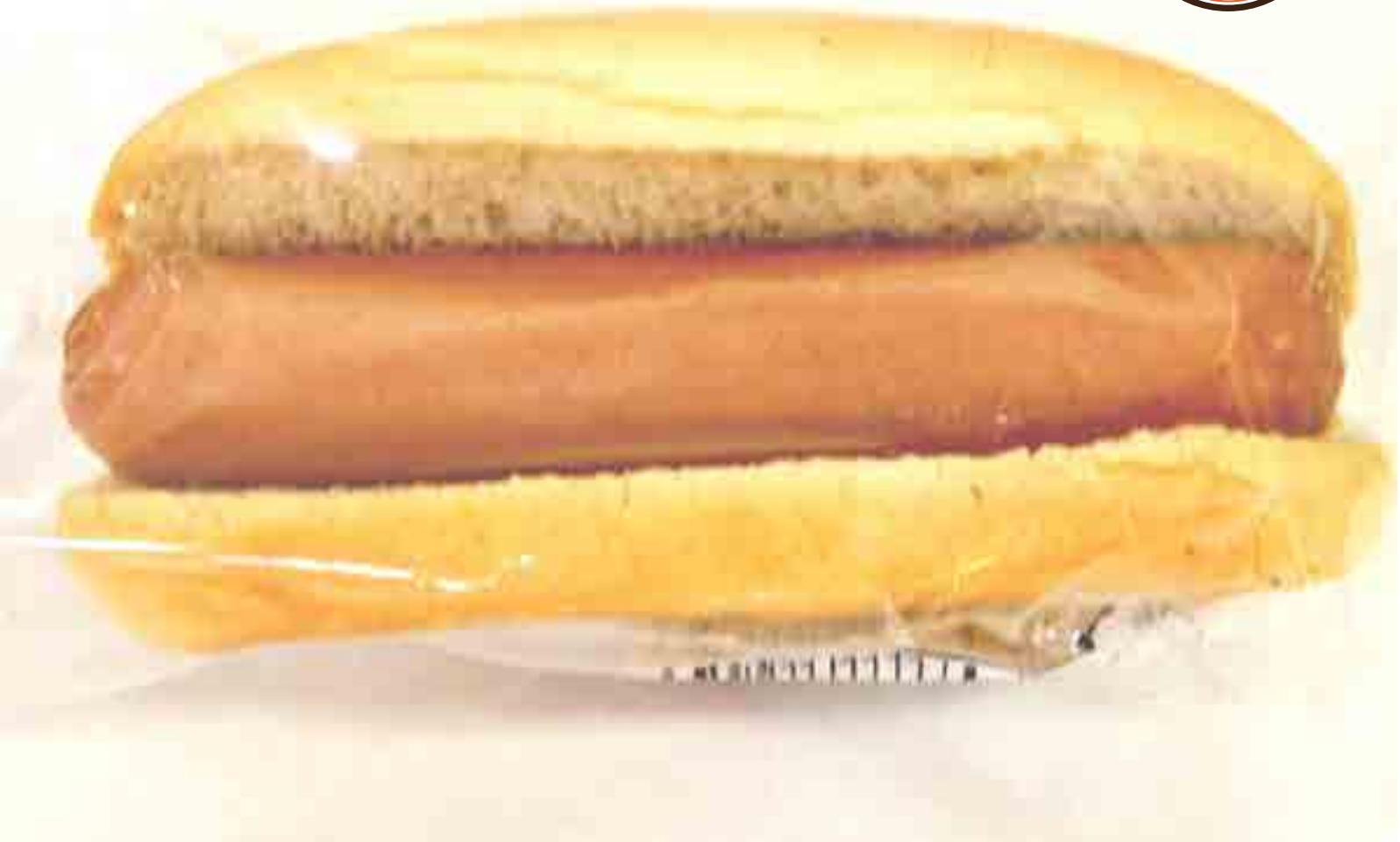
Serving Size 1
Serving Per Container 1
Calories 500
Fat Cal. 247.5

Amount/Serving

Total Fat	35.3 GM
Saturated Fat	15.6 GM
Cholest.	99.2 MG
Sodium	2516.9 MG
Potassium	79.5 MG
Total Carb	59.5 GM
Dietary Fiber	4.8 GM
Sugars	6.7 GM
Protein	39.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Jumbo Hot Dog



Ingredients

- 1 ea. 5x1 All Beef Frank
- 1 ea. 5-6" Sliced Hot Dog Bun
- 2 ea. Labels

Directions

1. Place one hot dog into bun.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 470
Fat Cal. 270

Amount/Serving

Total Fat	30 GM
Saturated Fat	11.5 GM
Cholest.	50 MG
Sodium	1200 MG
Potassium	0 MG
Total Carb	31 GM
Dietary Fiber	1 GM
Sugars	6 GM
Protein	16 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Meatball Sub



Ingredients

- 1 ea. Small Braided Sourdough Hoagie
- 2 ea. Provolone Cheese Slices
- 5 ea. All Purpose Italian Meatballs
- 2½ oz. Marinara Spaghetti Sauce
- 1 oz. Shredded Parmesan Cheese
- 2 ea. Labels

Directions

1. Place two slices of provolone into the open bun
2. Place the meatballs on top of the cheese
3. Top the meatballs with the spaghetti sauce followed by the shredded Parmesan cheese.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 715.5
Fat Cal. 317.5

Amount/Serving	
Total Fat	35.3 GM
Saturated Fat	15.6 GM
Cholest.	99.2 MG
Sodium	2516.9 MG
Potassium	79.5 MG
Total Carb	59.5 GM
Dietary Fiber	4.8 GM
Sugars	6.7 GM
Protein	39.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Mega Burger



Ingredients

- 1 ea. Sesame Seed Kaiser Bun
- 2 ea. 4oz. Charbroil Beef Patty
- 2 ea. American Cheese Slices
- 2 ea. Labels

Directions

1. Place first flame-broiled hamburger patty on bun.
2. Place first slice of American cheese on hamburger patty.
3. Place second flame-broiled patty on American cheese.
4. Place second slice of American cheese on hamburger patty.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 780
Fat Cal. 468

Amount/Serving

Total Fat 52 GM

Saturated Fat 21.5 GM

Cholest. 135 MG

Sodium 2260 MG

Potassium 940 MG

Total Carb 48 GM

Dietary Fiber 2 GM

Sugars 6 GM

Protein 52 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Monte Cristo



Ingredients

- 2 ea. 7/16" French Toast Slices
- 1/2 oz. Mild Cheddar Cheese Loaf
- 2 oz. Buffet Boneless Ham
- 2 oz. Oven Roasted Turkey Breast
- 1/2 oz. Mozzarella Cheese - Skim
- 2 ea. Labels
- 1 ea. Windowed Sandwich Bag

Directions

Assemble sandwich in the following order: bread, sliced cheddar cheese, sliced ham, sliced turkey, mozzarella slice, and bread.

Slice on a bias and place in wedge container.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 362.1
Fat Cal. 121.5

Amount/Serving	
Total Fat	13.5 GM
Saturated Fat	6 GM
Cholest.	114.4 MG
Sodium	1813.2 MG
Potassium	932.2 MG
Total Carb	30.5 GM
Dietary Fiber	1.3 GM
Sugars	8.8 GM
Protein	29.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Patty Melt



Ingredients

- 1 ea. 4oz. Charbroil Beef Patty
- 1 oz. Sandwich Cut Swiss Cheese
- 1½ oz. 1,000 Island Dressing
- 1½ oz. Sliced Red Onion, sauteed
- 2 ea. Pumpernickle Bread Slices
- 2 ea. Labels

Directions

1. Lay out two pieces of pumpernickel bread. Place one slice of cheese on each slice of bread.
2. On one half of the sandwich spread the 1000 island dressing.
3. Place the burger on top of the dressing. top the burger with the sauteed onions
4. Close the sandwich.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 821.1
Fat Cal. 513

Amount/Serving	
Total Fat	57 GM
Saturated Fat	18.3 GM
Cholest.	100 MG
Sodium	1517.7 MG
Potassium	470 MG
Total Carb	51.8 GM
Dietary Fiber	2.5 GM
Sugars	13.8 GM
Protein	35.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Philly Steak Sandwich



Ingredients

- 1 ea.** Small Braided Sourdough Hoagie
- 2 slices** Provolone Cheese
- 3 oz.** Omaha Steaks Inside Round
- 3 oz.** Sautéed Onions & Green Peppers
- 2 ea.** Labels
- 1 ea.** Shallow Black Mico Tray

Directions

1. Place Small Braided Hoagie into container.
2. Layer two slices Provolone Cheese lengthwise into Small Braided Hoagie. Make sure these reach all the way to the ends of the bun.
3. Spread 3oz. Omaha Steak Inside Round across length of bun.
4. Place sautéed peppers and onions on top.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 541
Fat Cal. 178.7

Amount/Serving

Total Fat	19.9 GM
Saturated Fat	7.9 GM
Cholest.	55 MG
Sodium	1411.3 MG
Potassium	135 MG
Total Carb	53.8 GM
Dietary Fiber	3.7 GM
Sugars	7.8 GM
Protein	37 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Red Hot Polish Sausage



Ingredients

- 1 ea. 5x1 Polish Sausage Link
- 1 ea. 5-6" Hot Dog Bun
- 2 ea. Labels

Directions

1. Place Polish sausage into bun.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 410
Fat Cal. 225

Amount/Serving

Total Fat	25 GM
Saturated Fat	7.5 GM
Cholest.	50 MG
Sodium	1100 MG
Potassium	0 MG
Total Carb	28 GM
Dietary Fiber	1 GM
Sugars	4 GM
Protein	16 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Reuben on Marble Rye



Ingredients

- 2 slices Thick Slice Ruben Rye Bread
- 2 slices Swiss Cheese Sandwich Cut
- 2 oz. Fancy Shredded Sauerkraut
- 2 oz. Corned Beef Eye of Round
- ½ oz. Thousand Island Dressing
- 1 ea. Clear Shallow Rectangle Tray
- 2 ea. Labels

Directions

1. Place one slice Swiss onto one slice of thick ruben bread.
2. Portion out 2 oz. Sauerkraut onto Swiss cheese
3. Spread out 2 oz. corned beef onto sauerkraut.
4. Portion out and spread .5 oz. 1000 island dressing onto corned beef.
5. Place one slice Swiss on top of 1000 island spread.
6. Place another slice thick reuben bread on top.
7. Cut sandwich length-wise and "fold" the two halves together.
8. Place sandwich in rectangle container with cut halves up.
9. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 565
Fat Cal. 166.5

Amount/Serving

Total Fat	18.5 GM
Saturated Fat	6.3 GM
Cholest.	60 MG
Sodium	1775 MG
Potassium	410 MG
Total Carb	67 GM
Dietary Fiber	6 GM
Sugars	8 GM
Protein	32 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Half Fresh Roast Beef Sandwich Combo



Ingredients

- | | | | |
|----------------|-------------------------|--------------|---------------------------------|
| 1 oz. | Leaf Lettuce Crowns | 1 ea. | Front Labels |
| 3 oz. | Top Round Roast Beef | 1 ea. | Back Labels |
| 2 slice | Tomatoes/ Sliced 3/16" | 1 ea. | 2 Compartment Flat Lid |
| 2 slice | White Whole Wheat Bread | 1 ea. | 2 Compartment Black Dinner Tray |
| 5 oz. | Noodle Salad | | |

Directions

THIS QUALIFIES AS A GREEN ITEM

Between two pieces of bread - place 3oz of roast beef, 2 slices of tomatoes and 1oz of lettuce - cut in half.

Place 1/2 of a prepared sandwich in one side of the container - place 5oz of the prepared noodle salad in other side - place on lid - label

Nutrition Facts*

Serving Size 18
Serving Per Container 1
Calories 254.9
Fat Cal. 66.1

Amount/Serving

Total Fat 7.4 GM

Saturated Fat 0.8 GM

Cholest. 26.3 MG

Sodium 235.5 MG

Potassium 398 MG

Total Carb 28.3 GM

Dietary Fiber 5.8 GM

Sugars 4.2 GM

Protein 17.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Roast Beef & Cheddar on Multigrain



Ingredients

- 2 slice** 9 Grain 100% Whole Wheat
- 3 oz.** Top Round Roast Beef
- 1 ea.** Cheddar Cheese Slice
- 2 ea.** Labels

Directions

Layout the bread on a table.

Place the roast beef on one side of the bread and the cheddar on the other. Close the sandwich.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 335.8
Fat Cal. 119.5
Amount/Serving

Total Fat	12.8 GM
Saturated Fat	5.5 GM
Cholest.	37.9 MG
Sodium	1459.8 MG
Potassium	651.5 MG
Total Carb	30 GM
Dietary Fiber	4 GM
Sugars	4 GM
Protein	30.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Roast Beef & Cheddar Combo



Ingredients

- 3 oz.** Top Round Roast Beef, sliced
- 2 slice** 9 Grain 100% Whole Wheat Bread
- 1 oz.** Mild Cheddar Cheese Loaf
- 2 oz.** Bulk Spring Mix
- ¼ oz.** Matchstick Shred Carrots
- 3 ea.** Grape Tomatoes
- 1 oz.** Cucumbers, sliced
- 1 oz.** Fat Free Italian Dressing
- 2 ea.** Labels
- 1 ea.** 2 Comp Dinner Tray Black
- 1 ea.** Flat Lid 800 L-F
- 1 ea.** 1oz. Soufle Cup
- 1 ea.** 1oz. Soufle Lid

Directions

On top of one slice of break, place the roast beef and cheese. Place the other piece of bread on top, cut sandwich in half and place in container.

Place the spring mix in the compartment of the container. Add the tomato, cucumber, and carrots to it in a nice presentation. Add the soufle cup with the dressing to it. Place lid on the package.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 398.9
 Fat Cal. 137.5
 Amount/Serving

Total Fat	15.3 GM
Saturated Fat	6.5 GM
Cholest.	67.9 MG
Sodium	1840.3 MG
Potassium	715.3 MG
Total Carb	36.6 GM
Dietary Fiber	4.4 GM
Sugars	6.9 GM
Protein	33.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Sloppy Joe



Ingredients

- 1 ea. 2.7oz. Kaiser Bun
- 4 oz. Prepared Sloppy Joe Mix
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Place 4 oz. of the prepared sloppy joe onto the bottom of the kaiser roll - top with roll top.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 49
Serving Per Container 1
Calories 344.5
Fat Cal. 93.8

Amount/Serving

Total Fat 10.4 GM

Saturated Fat 3.6 GM

Cholest. 15 MG

Sodium 1459.8 MG

Potassium 651.5 MG

Total Carb 30 GM

Dietary Fiber 4 GM

Sugars 4 GM

Protein 30.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Southwest Chicken on Ciabatta



Ingredients

- 1 ea. 2.82oz. Ciabatta Bun
- 1 ea. Grilled Chicken Breast
- 1 ea. Pepper Jack Cheese
- 2 oz. Sautéed Red Onions and Green Peppers
- 1 oz. Adobo Chipotle Pepper Sauce
- 1 oz. Ranch Dressing
- 2 ea. Labels
- 1 ea. Clear Shallow Rectangle Tray

Directions

1. Combine the ranch dressing and the chipotle peppers in adobo sauce. Reserve until needed.
2. Place the chicken on the bottom half of the bun. Top the chicken with the chipotle ranch dressing, followed by the peppers & onions then cheese.
3. Top the sandwich with the second half of the bun.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 549.6
Fat Cal. 216

Amount/Serving

Total Fat	24 GM
Saturated Fat	6 GM
Cholest.	85 MG
Sodium	1574.5 MG
Potassium	49.2 MG
Total Carb	46.4 GM
Dietary Fiber	2 GM
Sugars	10.8 GM
Protein	32.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Super Hero Hoagie



Ingredients

- 1 ea. Large Braided Hoagie 4.2oz.
- 2 ea. Provolone Cheese Slices
- 1 oz. Buffet Boneless Ham
- 1 oz. Homeland Hard Salami
- 1 oz. Leoni Grande Pepperoni Stick
- 1 ea.. Leaf Lettuce Crown
- 1 ea. Sliced Tomatoes 3/16"
- 2 ea. Labels

Directions

1. Open hoagie bun
2. Place the cheese on top of the bread followed by the ham, salami, pepperoni tomato and lettuce leaf.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 705.6
Fat Cal. 316.1

Amount/Serving

Total Fat	35.1 GM
Saturated Fat	15.5 GM
Cholest.	107.5 MG
Sodium	2164.2 MG
Potassium	539.2 MG
Total Carb	61.4 GM
Dietary Fiber	2.3 GM
Sugars	8.7 GM
Protein	35.1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Super Zesty Italian Sandwich



Ingredients

- 1 ea.** Small Braided Sourdough Hoagie
- 2 slices** Skim Milk Mozzarella Cheese
- 2 oz.** Buffet Boneless Ham
- 1 oz.** Creamy Italian Dressing
- 8 slices** Leoni Grande Pepperoni Stick
- 2 ea.** Labels
- 1 ea.** 7.25 x 1.375 Overwrap Tray

Directions

1. Layer two slices mozzarella cheese lengthwise into small braided hoagie.
2. Spread 2oz. ham along length of bun.
3. Portion out 1oz. Italian dressing onto ham.
4. Layer 8 slices pepperoni along length of bun.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 640
Fat Cal. 297

Amount/Serving	
Total Fat	33 GM
Saturated Fat	11.5 GM
Cholest.	75 MG
Sodium	2250 MG
Potassium	795 MG
Total Carb	52 GM
Dietary Fiber	2 GM
Sugars	9 GM
Protein	33 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Tuna Sandwich Combo



Ingredients

- 2.6 oz.** Tuna Salad Batch
- 2 slice** 9 Grain 100% Whole Wheat Bread
- 1 oz.** Fat Free Sundried Tomato Basil Dressing
- 2 oz.** Bulk Spring Mix
- ¼ oz.** Matchstick Shred Carrots
- 3 ea.** Grape Tomatoes
- 1 oz.** Cucumbers, sliced
- 2 ea.** Labels
- 1 ea.** 2 Comp Dinner Tray Black
- 1 ea.** Flat Lid 800 L-F
- 1 ea.** 1 oz. Soufle Cup
- 1 ea.** 1 oz. Soufle Lid

Directions

Place tuna salad on bread slice. Top with other slice of bread, cut sandwich in half and place in one side of 2 compartment tray.

Place the spring mix in the compartment of the container. Add the tomato, cucumber, and carrots to it in a nice presentation. Add the soufle cup with the dressing to it. Place lid on the package.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 342.1
 Fat Cal. 65.1
 Amount/Serving

Total Fat	7.2 GM
Saturated Fat	0.3 GM
Cholest.	29.7 MG
Sodium	923.7 MG
Potassium	82.2 MG
Total Carb	45.9 GM
Dietary Fiber	4.5 GM
Sugars	15.2 GM
Protein	24.4 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."

Tuna Sandwich Combo With Grapes & Cheese



Ingredients

- 2.6 oz. Tuna Salad Batch
- 2 slice 1.15 oz. Rye Bread
- 1½ oz. Mild Cheddar Cheese Cube
- ¾ oz. Lettuce/Leaf Crowns
- 3½ oz. Red Seedless Grapes
- 1 ea. Label
- 1 ea. 2 Comp Combo Tray
- 1 ea. 2 Comp Combo Lid Tamper

Directions

Wash grapes and cut into 4oz clusters

Make tuna salad according to batch recipe.

Place half of the lettuce on one slice of bread and scoop and spread on the tuna, place the other half of lettuce and slice of bread. Cut in half and invert into larger side of container.

Place grapes on the other side with the cheese cubes.

Place on the tamper lid and label

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 512.7
Fat Cal. 173.1
Amount/Serving

Total Fat 19.2 GM

Saturated Fat 9.3 GM

Cholest. 74.7 MG

Sodium 937 MG

Potassium 256.5 MG

Total Carb 53.3 GM

Dietary Fiber 2.4 GM

Sugars 19.3 GM

Protein 28.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Turkey & Cheddar Club on Pretzel



Ingredients

- | | | | |
|--------------|----------------------------|--------------|------------------------------|
| 1 ea. | Pretzel Roll Bun | 1 oz. | Mild Cheddar Cheese Loaf |
| 2 ea. | Precooked Bacon Slices | 2 ea. | Labels |
| 3 oz. | Oven Roasted Turkey Breast | 1 ea. | Clear Shallow Rectangle Tray |

Directions

1. Slice roll in half
2. Place the bacon on the bottom half of the bun.
3. Top the bacon with the turkey, followed by the cheese.
4. Put the top bun on the sandwich.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 545.6
Fat Cal. 159.8

Amount/Serving

Total Fat 17.8 GM

Saturated Fat 7 GM

Cholest. 70.3 MG

Sodium 1372.3 MG

Potassium 333.3 MG

Total Carb 66.5 GM

Dietary Fiber 2 GM

Sugars 8 GM

Protein 29.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Turkey & Cheese Wedge



Ingredients

- 2 slice** Sliced Wheat Sandwich Bread
- 2 ea.** Labels
- 2¼ oz.** Oven Roasted Turkey Breast
- 1 ea.** DFT091 Overwrap Trays (Wedge Containers)
- 1 ea.** American Cheese Slice

Directions

1. Place one slice American cheese onto wheat bread.
2. Spread out 2.25 oz. turkey onto cheese.
3. Cut sandwich in half lengthwise and fold the two halves together.
4. Place into container.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 225.5
Fat Cal. 59.1

Amount/Serving	
Total Fat	6.6 GM
Saturated Fat	2.5 GM
Cholest.	35.2 MG
Sodium	1040.5 MG
Potassium	250 MG
Total Carb	26.1 GM
Dietary Fiber	1 GM
Sugars	4 GM
Protein	17.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Turkey & Swiss Combo



Ingredients

- 2 slice 9 Grain 100% Whole Wheat Bread
- 3 oz. Low Sodium All Natural Turkey
- 1 oz. Sandwich Cut Swiss Cheese
- 2 oz. Bulk Spring Mix
- ¼ oz. Matchstick Shred Carrots
- 3 ea. Grape Tomatoes
- 1 oz. Cucumbers, sliced
- 1 oz. Fat Free Italian Dressing
- 2 ea. Labels
- 1 ea. 2 Comp Dinner Tray Black
- 1 ea. Flat Lid 800 L-F
- 1 ea. 1oz. Soufle Cup
- 1 ea. 1oz. Soufle Lid

Directions

Top off one slice of bread with the turkey and cheese. Place the other piece of bread on top, cut sandwich in half and place in container.

Place the spring mix in the compartment of the container. Add the tomato, cucumber, and carrots to it in a nice presentation. Add the soufle cup with the dressing to it. place lid on the package.

Package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 398.2
Fat Cal. 108
Amount/Serving

Total Fat	12 GM
Saturated Fat	5 GM
Cholest.	67.5 MG
Sodium	1420.5 MG
Potassium	573.8 MG
Total Carb	39.1 GM
Dietary Fiber	4.4 GM
Sugars	6.9 GM
Protein	35.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Value Hot Dog



Ingredients

- 1 ea. All Meat 10x1 6" Hot Dogs
- 1 ea. Sliced Hotdog Buns 5-6"
- 2 ea. Labels

Directions

1. Place 10x1 Hot Dog into bun.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 300
Fat Cal. 144

Amount/Serving	
Total Fat	16 GM
Saturated Fat	4.5 GM
Cholest.	25 MG
Sodium	720 MG
Potassium	0 MG
Total Carb	27 GM
Dietary Fiber	1 GM
Sugars	3 GM
Protein	11 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Value Small Cheeseburger



Ingredients

- 1 ea. Small Seeded Hamburger Bun
- 1 ea. 1.6oz. Charbroil Beef Patty
- 1 ea. American Cheese Slice
- 2 ea. Labels

Directions

1. Place 1.6 oz. flame-broiled hamburger patty on a small seeded hamburger bun.
2. Place 1 slice of American cheese on top of hamburger patty.
3. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 320
Fat Cal. 144
Amount/Serving

Total Fat	16 GM
Saturated Fat	6.5 GM
Cholest.	37.5 MG
Sodium	842 MG
Potassium	0 MG
Total Carb	33 GM
Dietary Fiber	1 GM
Sugars	3 GM
Protein	16.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Walnut Chicken Salad With Lettuce & Tomato



Ingredients

- 2 slice** Multi-grain Reuben With Oat
- 3 oz.** Walnut Chicken Salad Batch
- 1 oz.** Leaf Lettuce Crowns
- 2 ea.** Sliced Tomatoes 3/16"
- 1 case** 5x5 Black Base Clamshell
- 2 ea.** Labels

Directions

Scoop 3 oz. portion onto one slice of bread. On top, place two slices tomatoes, the lettuce crown and other slice of bread. Slice in half and invert into container.

Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 509.4
Fat Cal. 149.1

Amount/Serving	
Total Fat	16.6 GM
Saturated Fat	1.8 GM
Cholest.	50 MG
Sodium	741.4 MG
Potassium	73.6 MG
Total Carb	62.8 GM
Dietary Fiber	5 GM
Sugars	11.2 GM
Protein	30 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Western BBQ Burger



Ingredients

- 1 ea. Sesame Seed Kaiser Bun
- 1 ea. 4oz. Charbroil Beef Patty
- 1 oz. Original BBQ Sauce

- 1 ea. American Cheese Slice
- 2 ea. Precooked Bacon Slice
- 2 ea. Labels

Directions

1. Place a hamburger patty on the bottom half of the hamburger bun, followed by the BBQ sauce, cheese and bacon slices. Top with the second half of the bun.
2. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 595
Fat Cal. 274.5

Amount/Serving

Total Fat	30.5 GM
Saturated Fat	12 GM
Cholest.	77.5 MG
Sodium	1690 MG
Potassium	470 MG
Total Carb	59 GM
Dietary Fiber	2.3 GM
Sugars	6.3 GM
Protein	35.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Antipasto Cup



Ingredients

- ½ oz. Whole Black Olive
- 1½ oz. Sliced Pepperoni
- 2 oz. Cheddar, Swiss, Pepper Jack Cubes
- 1 oz. Grape Tomatoes
- 2 ea. Labels
- 1 ea. Vegetable Tray
- 1 ea. Vegetable Tray Lid

Directions

Layer there the items in this order. Black olives on the bottom followed by the pepperoni, the cheeses, and grape tomatoes. Place a lid on top of the container, then package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 460.1
Fat Cal. 360

Amount/Serving

Total Fat	40 GM
Saturated Fat	19 GM
Cholest.	112.5 MG
Sodium	1156 MG
Potassium	435 MG
Total Carb	1 GM
Dietary Fiber	0.4 GM
Sugars	0.6 GM
Protein	21.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Banana Pudding

with Vanilla Wafers



Ingredients

- 2 oz. Vanilla Wafer Cookie Bulk
- 6½ oz. Banana Pudding
- 2 ea. Labels
- 1 ea. 3 oz. Small Od Insert
- 1 ea. TP10 Clear Cup 10 oz.
- 1 ea. TP10 Lid Dart

Directions

1. In 10 oz. parfait cup, scoop/pour 6.5 oz. of banana pudding.
2. Place a parfait insert with 8 vanilla wafers (2oz) in it on top.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Tape lid down with safety seal tape. Make sure tape is not covering the name on the label or the ingredients.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 447.8
Fat Cal. 129.4

Amount/Serving

Total Fat	14.4 GM
Saturated Fat	7.8 GM
Cholest.	0 MG
Sodium	494.9 MG
Potassium	0 MG
Total Carb	1.9 GM
Dietary Fiber	1.9 GM
Sugars	39.6 GM
Protein	1.9 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Butterscotch Pudding



Ingredients

- 1 oz. Whipped Topping In Bag
- 8 oz. Butterscotch Pudding
- 2 ea. Labels
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

1. In 10 oz. parfait cup, scoop/pour 8 oz. pudding.
2. Top with 1oz. whipped topping.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Without covering the name or ingredients on the label, tape lid down using safety tape.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 226.7
Fat Cal. 46

Amount/Serving	
Total Fat	5.1 GM
Saturated Fat	5.1 GM
Cholest.	0 MG
Sodium	453.2 MG
Potassium	0 MG
Total Carb	46.6 GM
Dietary Fiber	0 GM
Sugars	31.6 GM
Protein	0 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Carrot & Celery Snack Cup



Ingredients

- 2 oz. Sysco Nat Celery Sticks
- 3 oz. Grimmway Petite Bites Carrot
- 2 ea. Labels
- 1 ea. 8oz. Square Veggie Cup
- 1 ea. 8oz. Square Veggie Lid

Directions

If the carrots are white and dried out, soak in water for 15 minutes before packaging.

Place the carrots and celery in the cups, cover.

Package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 38.3
Fat Cal. 0

Amount/Serving

Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	103.3 MG
Potassium	99.1 MG
Total Carb	4.8 GM
Dietary Fiber	0.7 GM
Sugars	3.5 GM
Protein	0.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Carrot Snack Cup



Ingredients

4½ oz. Grimmway Petite Bites Carrot
2 ea. Labels

1 ea. 8oz. Square Veggie Cup
1 ea. 8oz. Square Veggie Lid

Directions

If carrots are white and dried out, place in water for 15 minutes before packaging.

Place carrots in cup, cover.

Package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 42.5
Fat Cal. 0

Amount/Serving

Total Fat 0 GM

Saturated Fat 0 GM

Cholest. 0 MG

Sodium 84.9 MG

Potassium 148.6 MG

Total Carb 4.2 GM

Dietary Fiber 0 GM

Sugars 4.2 GM

Protein 0 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Carrot & Celery Snack Cup

with Ranch Dip



Ingredients

- 2 oz. Sysco Nat Celery Sticks
- 3 oz. Grimmway Petite Bites Carrot
- 2 oz. Fat Free Ranch Dressing
- 2 ea. Labels
- 1 ea. 12oz. Parfait Cup
- 1 ea. Parfait Insert (Yogurts & Fruit)
- 1 ea. Parfait Lid (Yogurts & Fruit)

Directions

1. Place 2 oz. baby Carrots and 2 oz. celery sticks into 12oz. parfait cup.
2. Place parfait insert with 2 oz. fat free ranch in it on top.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Tape lid down with safety seal tape. Make sure tape is not covering the name on the label or the ingredients.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 78.9
Fat Cal. 0

Amount/Serving

Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	624.4 MG
Potassium	66 MG
Total Carb	15.9 GM
Dietary Fiber	0.7 GM
Sugars	6.6 GM
Protein	0.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Celery Snack Cup



Ingredients

4½ oz. Sysco Nat Celery Sticks
2 ea. Labels

1 ea. 8oz. Square Veggie Cup
1 ea. 8oz. Square Veggie Lid

Directions

Place the celery into the cups, cover. Package and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 22.5
Fat Cal. 0

Amount/Serving

Total Fat 0 GM

Saturated Fat 0 GM

Cholest. 0 MG

Sodium 105 MG

Potassium 0 MG

Total Carb 4.5 GM

Dietary Fiber 1.5 GM

Sugars 1.5 GM

Protein 1.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Celery, Apple, PB & Raisin Snack Pack



Ingredients

- 4 oz. Sysco Nat Celery Sticks
- 2 oz. Creamy Peanut Butter
- 2 oz. Midget Dark Raisins
- 2 oz. Sliced Sweet Apples
- 2 ea. Labels
- 1 ea. Vegetable Tray
- 1 ea. Vegetable Tray Lid
- 1 ea. 2 oz. Soufle Cup with Lid

Directions

1. Place two ounces of peanut butter into soufle cup. Place prepared peanut butter cup in the round hole in the vegetable tray.
2. Place the raisins into the smallest hole. Place the celery sticks into the largest hole and place the sliced apples into the hole - run through the doboy.
3. Place a lid on the tray and label

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 622.6
Fat Cal. 290.4
Amount/Serving

Total Fat	32.3 GM
Saturated Fat	6 GM
Cholest.	0 MG
Sodium	380.2 MG
Potassium	426.3 MG
Total Carb	69.4 GM
Dietary Fiber	8.6 GM
Sugars	47.2 GM
Protein	17.3 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Chocolate Pudding & Whip Topping



Ingredients

- 1 oz. Whipped Topping In Bag
- 8 oz. Chocolate Pudding
- 2 ea. Labels
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

1. In 12 oz. parfait cup, scoop/pour 8oz. chocolate pudding.
2. Top with 1 oz. whipped topping.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Tape lid down with safety seal tape. Make sure tape is not covering the name on the label or the ingredients.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 226.7
Fat Cal. 46

Amount/Serving

Total Fat 0 GM

Saturated Fat 0 GM

Cholest. 0 MG

Sodium 105 MG

Potassium 0 GM

Total Carb 4.5 GM

Dietary Fiber 1.5 GM

Sugars 1.5 GM

Protein 1.5 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Cookies and Cream Parfait



Ingredients

- 8 oz. Vanilla Pudding
- 2 oz. Oreo Cookie Crumb
- 1 oz. Whipped Topping in Bag
- 2 ea. Labels
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

1. Fill the cup half way (6 oz.) with pudding and add 3/4 of the amount of oreo crumbs.
2. Top crumbs with 2 ounces of vanilla pudding, followed by whipped cream and the remaining cookie crumbles,
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Without covering the name or ingredients on the label, tape lid down using safety tape.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 549.9
Fat Cal. 177

Amount/Serving	
Total Fat	19.7 GM
Saturated Fat	10 GM
Cholest.	0 MG
Sodium	680.6 MG
Potassium	0 MG
Total Carb	94.1 GM
Dietary Fiber	1.7 GM
Sugars	54.5 GM
Protein	2.3 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Cranberry Vanilla Yogurt Parfait



Ingredients

- | | | | |
|-------|-------------------|-------|----------------------|
| 6 oz. | Vanilla Yogurt | 1 ea. | TP10 Clear Cup 10oz. |
| 2 oz. | Dried Cranberries | 1 ea. | TP10 Lid Dart |
| 2 oz. | Batch Granola | 1 ea. | 3 oz. Small Insert |
| 2 ea. | Labels | | |

Directions

1. In a bowl combine the yogurt and the dried cherries
2. Place the yogurt mixture into the cup and top with insert filled with granola.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Without covering the name or ingredients on the label, tape lid down using safety tape.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 593.8
Fat Cal. 85.7

Amount/Serving

Total Fat	9.5 GM
Saturated Fat	2.3 GM
Cholest.	5 MG
Sodium	118 MG
Potassium	135.6 MG
Total Carb	124.4 GM
Dietary Fiber	10.5 GM
Sugars	79.3 GM
Protein	12.6 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Edamame Snack Tray W/ Sea Salt and Sesame



Ingredients

- 15 lb.** Soybean Whole Edamame Shelled
- 2 ea.** Grape Tomatoes
- 9 tsp.** Fine Grind Sea Salt
- 42 ea.** Labels
- 42 ea.** 8 oz. Vegetable Trays Lid
- 42 ea.** 8 oz. Vegetable Trays

Directions

Thaw Edamame overnight
Place in bowl and sprinkle on sesame seeds and sea salt. Stir with a spoon.
Scoop one level cup into 8oz trays. Snap on tamper proof lid and label
Servings 42

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 234.5
Fat Cal. 107.5

Amount/Serving

Total Fat	11.9 GM
Saturated Fat	1 GM
Cholest.	0 MG
Sodium	429.9 MG
Potassium	4.8 MG
Total Carb	29.6 GM
Dietary Fiber	2 GM
Sugars	7.8 GM
Protein	1.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Fresh Strawberry Cup



Ingredients

- 5½ oz. Fresh Strawberry
- 2 ea. Labels
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

Wash, dry, hull and half strawberries.
Place in container - snap on lid - tape and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 47.7
Fat Cal. 0

Amount/Serving

Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	0 MG
Potassium	0 MG
Total Carb	12.7 GM
Dietary Fiber	4.2 GM
Sugars	8.5 GM
Protein	1.1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Fresh Vegetable & Cracker Tray



Ingredients

- 1¼ oz. Grimmway Petite Carrot Bites
- 2 ea. Grape Tomatoes
- 1¾ oz. Broccoli Floret
- 2 oz. Ranch Dressing
- 3 pkg. Wheat Cracker
- 2 ea. Labels
- 1 ea. Vegetable Trays Lid
- 1 ea. Vegetable Trays
- 1 ea. 2oz. Clear Plastic Lid
- 1 ea. 2oz. Plastic Portion Cup

Directions

1. Fill one large compartment with 3 packages wheat crackers and two grape tomatoes.
2. Fill second large compartment with broccoli florets.
3. Fill small compartment with baby carrots.
4. Place 2 oz. portion cup of ranch into round compartment.
5. Snap lid on container. Make sure lid is not cracked and fully sealed.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size1
 Serving Per Container1
 Calories 192
 Fat Cal.54

Amount/Serving	
Total Fat	6 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	739.5 MG
Potassium	41.3 MG
Total Carb	29.6 GM
Dietary Fiber	2 GM
Sugars	7.8 GM
Protein	1.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."



Grapes & Cheese Cubes



Ingredients

- | | | | |
|-------|--------------------------|-------|--------------------|
| 2 oz. | Mild Cheddar Cheese Cube | 1 ea. | Vegetable Tray |
| 2 oz. | Red Seedless Grapes | 1 ea. | Vegetable Tray Lid |
| 2 ea. | Labels | | |

Directions

1. Place grapes into the 8 oz. square vegetable tray.
2. On top of grapes, place 5-7 cubes of cheddar cheese.
3. **Place** lid on container.
4. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 260
Fat Cal. 162

Amount/Serving

Total Fat 18 GM

Saturated Fat 12 GM

Cholest. 60 MG

Sodium 360 MG

Potassium 111.8 MG

Total Carb 10.6 GM

Dietary Fiber 0 GM

Sugars 9.4 GM

Protein 12 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Hummus & Pita Chips



Ingredients

- 1 ea. Plain Pita Bread
- 2 oz. Aresol Butter Pan Coating
- 2 oz. Hummus
- 1 ea. 5x5 Black Base Clamshell
- 2 ea. Labels
- 1 ea. 2oz. Clear Plastic Lid
- 1 ea. 2oz. Plastic Portion Cup

Directions

1. Place pita bread on cooking pan.
2. Spray with a light coat of butter.
3. Bake in oven at 350 degrees for 2-3 minutes. Pita should be lightly toasted but not dry and hard.
4. Cut pita bread into 6ths.
5. Stand pita chips into container.
6. Portion out 2 oz. hummus into 2 oz. container.
7. Place hummus cup in container next to chips.
8. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
 Serving Per Container 1
 Calories 393.3
 Fat Cal. 75

Amount/Serving	
Total Fat	8.3 GM
Saturated Fat	1.7 GM
Cholest.	0 MG
Sodium	1086.7 MG
Potassium	0 MG
Total Carb	62.7 GM
Dietary Fiber	7 GM
Sugars	4.3 GM
Protein	16.7 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."

Mandarin Orange Cup



Ingredients

6 oz. Mandarin Oranges
2 ea. Labels

1 ea. 8 oz. Square Veggie Cup
1 ea. 8 oz. Square Veggie Lid

Directions

Place in container - snap on lid - tape and label

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 85.7
Fat Cal. 0

Amount/Serving

Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	12.2 MG
Potassium	0 MG
Total Carb	20.8 GM
Dietary Fiber	1.2 GM
Sugars	14.7 GM
Protein	1.2 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Mixed Veggie Snack Cup with Ranch



Ingredients

- 1 oz. Grape Tomatoes
- 1 oz. Broccoli Florets
- 1½ oz. Grimmway Petite Bites Carrot
- 1½ oz. Ranch Dressing
- 2 ea. Label
- 1 ea. 12oz. Parfait Cup
- 1 ea. Parfait Insert (Yogurts & Fruit)
- 1 ea. Parfait Lid (Yogurts & Fruit)

Directions

Place veggies in cup. If necessary, cut broccoli to fit. Pump ranch into cup insert and place in top of cup. Snap lid on, label, and seal.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 260
Fat Cal. 162

Amount/Serving	
Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	448.3 MG
Potassium	49.5 MG
Total Carb	11.4 GM
Dietary Fiber	1.2 GM
Sugars	6 GM
Protein	1 GM

*Nutrition Facts are based on TAFS recipes & ingredients. See "About CK Foods."

Peach Cup



Ingredients

10 oz. Peach Slices in Juice
2 ea. Labels

1 ea. TP10 Clear Cup 10oz.
1 ea. TP10 Lid Dart

Directions

Place in container - snap on lid - tape and label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 393.3
Fat Cal. 75

Amount/Serving

Total Fat	0 GM
Saturated Fat	0 GM
Cholest.	0 MG
Sodium	22.9 MG
Potassium	0 MG
Total Carb	27.5 GM
Dietary Fiber	0 GM
Sugars	22.9 GM
Protein	0 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Peaches & Cottage Cheese



Ingredients

- 6 oz. Peach Slices
- 2 oz. Cottage Cheese
- 2 ea. Labels
- 1 ea. 12oz. Parfait Cup
- 1 ea. Parfait Insert (Yogurts & Fruit)
- 1 ea. Parfait Lid (Yogurts & Fruit)

Directions

1. Drain the peaches.
2. Place the peaches into the parfait cup.
3. Fill the insert cup with two ounces of cottage cheese.
4. Snap lid on container. Make sure lid is not cracked and fully sealed.
5. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 260
Fat Cal. 162

Amount/Serving

Total Fat 0 GM

Saturated Fat 0 GM

Cholest. 0 MG

Sodium 448.3 MG

Potassium 49.5 MG

Total Carb 11.4 GM

Dietary Fiber 1.2 GM

Sugars 6 GM

Protein 1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Pineapple & Cottage Cheese



Ingredients

3½ oz. Pineapple Chinks
2½ oz. Cottage Cheese
2 ea. Labels

1 ea. 12oz. Parfait Cup
1 ea. Parfait Insert (Yogurts & Fruit)
1 ea. Parfait Lid (Yogurts & Fruit)

Directions

1. Place the pineapple into the 10 oz. parfait cup.
2. Fill the the insert cup with 2.5 ounces of cottage cheese
3. Top the cottage cheese with a insert lid.
4. Place the cottage cheese into the parfait cup.
5. Snap lid on container. Make sure lid is not cracked and fully sealed.
6. Package according to machine directions then label.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 110.1
Fat Cal. 16.9

Amount/Serving

Total Fat 1.9 GM

Saturated Fat 0.6 GM

Cholest. 6.3 MG

Sodium 231.3 MG

Potassium 165.4 MG

Total Carb 14.9 GM

Dietary Fiber 0.9 GM

Sugars 11.3 GM

Protein 8.1 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Blueberry Yogurt Parfait



Ingredients

- 7 oz. Blueberry Yogurt
- 1 oz. Batch Granola
- 2 ea. Labels
- 1 ea. 3 oz. Small Insert
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

1. In 10 oz. parfait cup, scoop/pour 7oz. blueberry yogurt.
2. Place parfait insert with 1 oz. granola on top. Yogurt must not run up inside of insert.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Without covering the name or ingredients on the label, tape lid down using safety tape.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 124.1
Fat Cal. 36.1

Amount/Serving	
Total Fat	4 GM
Saturated Fat	0.7 GM
Cholest.	0 MG
Sodium	16 MG
Potassium	67.8 MG
Total Carb	20.7 GM
Dietary Fiber	2.3 GM
Sugars	6.7 GM
Protein	3.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."



Strawberry Yogurt Parfait



Ingredients

- 7 oz. Strawberry Yogurt
- 1 oz. Batch Granola
- 2 ea. Labels
- 1 ea. 3 oz. Small Insert
- 1 ea. TP10 Clear Cup 10oz.
- 1 ea. TP10 Lid Dart

Directions

1. In 10 oz. parfait cup, scoop/pour 7oz. strawberry yogurt.
2. Place parfait insert with 1 oz. granola on top. Yogurt must not run up inside of insert.
3. Place lid on cup. Make sure lid is completely sealed.
4. Place labels on cup.
5. Without covering the name or ingredients on the label, tape lid down using safety tape.

Nutrition Facts*

Serving Size 1
Serving Per Container 1
Calories 189.7
Fat Cal. 51.9

Amount/Serving

Total Fat	5.8 GM
Saturated Fat	1.8 GM
Cholest.	11.7 MG
Sodium	127.3 MG
Potassium	336.1 MG
Total Carb	58.1 GM
Dietary Fiber	5.8 GM
Sugars	42.9 GM
Protein	10.8 GM

*Nutrition Facts are based on TAFS recipes & ingredients.
See "About CK Foods."

Commissary Retail Pricing



Breakfast

Item	Retail Price	Price Route	UPC	Item Code
All American Breakfast	\$4.19	\$2.10	082371851030	D1007962
Bacon Egg & Cheese Bagel	\$3.49	\$1.75	082371851108	D1007969
Bacon Egg & Cheese Croissant	\$3.49	\$1.75	082371851085	D1007967
Bacon Egg & Cheese Muffin	\$2.99	\$1.50	082371851092	D1007968
Big Breakfast Sandwich W/ Bacon	\$3.49	\$1.75	082371035904	F1003590
Big Breakfast Sandwich W/ Sausage	\$3.99	\$2.00	082371035805	F1003580
Biscuit and Gravy	\$3.29	\$1.65	082371031005	D1003100
Blueberry Bagel	\$2.29	\$1.15	609722379038	D1006540
Cinnamon Raisin Bagel	\$2.29	\$1.15	082371851252	D1007984
Country Skillet	\$4.99	\$2.50	082371851290	D1007988
Deluxe Big Breakfast	\$4.49	\$2.25	082371852754	D1008147
Double Egg and Cheese Muffin	\$3.99	\$2.00	082371853232	C1007090
French Toast Platter	\$4.49	\$2.25	082371850996	D1007940
French Toast & Sausage Sandwich	\$2.75	\$1.38	609722378352	D1006340
Ham Egg & Cheese Bagel	\$3.39	\$1.70	082371851429	D1008001
Ham Egg & Cheese Biscuit	\$2.99	\$1.50	082371851436	D1008002
Ham Egg & Cheese Muffin	\$2.99	\$1.50	082371851450	D1008004
Ham Egg & Cheese Croissant	\$2.99	\$1.50	082371851443	D1006350
Healthier Breakfast Burrito	\$3.29	\$1.65	082371853065	C1007082
Pancake Platter	\$4.29	\$2.15	082371851528	D1008011
Plain Bagel	\$1.79	\$0.90	609722371832	D1006550
Sausage Egg & Cheese Biscuit	\$2.99	\$1.50	609722378314	D1006310
Sausage Egg & Cheese Croissant	\$2.99	\$1.50	609722378772	E1007340
Sausage Egg & Cheese Muffin	\$2.99	\$1.50	082371851641	D1008023
Sausage Egg & Cheese on WW Bagel	\$3.49	\$1.75	082371851849	D1008045
Value Sausage Biscuit Twins	\$1.79	\$0.90	609722378307	D1006580
Whole Wheat Bagel	\$2.29	\$1.15	609722378734	D1008042

Commissary Retail Pricing Cont'd



Salads and Wraps

Item	Retail Price	Price Route	UPC	Item Code
Asian Style Wedge Chicken Salad	\$5.49	\$2.75	082371850644	D1007630
Black & Bleu Caesar Salad	\$5.69	\$2.85	082371850842	D1007810
Chicken Fajita Salad	\$5.29	\$2.65	082371851221	D1007981
Chef Salad	\$5.49	\$2.75	609722378338	D1006060
Garden Salad W/ Balsamic	\$4.29	\$2.15	082371851375	D1007996
Garden Salad W/ Ranch	\$4.29	\$2.15	082371851382	D1007997
Garden Salad W/ Italian	\$4.29	\$2.15	082371852624	D1008134
House Salad W/ French Dressing	\$4.29	\$2.15	082371851474	D1008006
Mediterranean Beef Salad	\$5.89	\$2.95	082371850637	D1007620
Shaker Salad Med Lentil & White Quinoa	\$5.29	\$2.65	082371853591	E1007415
Spinach Salad W/ Raspberry Vinaigrette	\$5.49	\$2.75	082371852648	D1008136
Tuna Platter Salad	\$5.49	\$2.75	082371853218	D1008158
Vegetarian Mediterranean Salad	\$4.99	\$2.50	082371853546	E1007410
Red Pepper Hummus Wrap	\$4.79	\$2.49	082371850828	D1007790
Southwest Chicken Wrap	\$5.49	\$2.75	082371850514	D1007490
Turkey Club Wrap	\$4.79	\$2.40	082371852686	D1008140
Tuna Ceviche	\$4.79	\$2.40	082371852617	D1008159

Commissary Retail Pricing Cont'd



Sandwiches

Item	Retail Price	Price Route	UPC	Item Code
Beef & Cheddar	\$4.49	\$2.25	082371851122	D1007972
Bourbon St Sandwich	\$4.49	\$2.25	082371851153	D1007974
Bratwurst on Pretzel Bun	\$4.69	\$2.35	082371850811	D1007780
Buffalo Chicken Pretzel	\$4.69	\$2.35	082371850811	D1007780
Chuckwagon Sandwich	\$2.99	\$1.50	609722379052	D1006280
Cordon Bleu On Ciabatta	\$4.79	\$2.40	082371851283	D1007987
Egg Salad Wedge	\$2.09	\$1.05	609722378086	D1006630
Grilled Chicken Club on Ciabatta	\$4.99	\$2.50	082371851948	D1008055
Ham & American on Multigrain	\$3.49	\$1.75	082371852600	D1008132
Ham & Cheddar on Multigrain	\$3.49	\$1.75	082371852587	D1008130
Multigrain Ham and Cheddar W/L&T	\$4.29	\$2.15	082371853454	E1007395
Ham & Cheddar Round	\$3.19	\$1.60	609722378505	D1006570
Ham & Cheese Wedge	\$2.69	\$1.85	082371028005	C1002800
Hawaiian Chicken Sandwich	\$4.79	\$2.40	082371851467	D1008005
Hearty Pastrami & Provalone	\$5.49	\$2.75	082371853515	E1007398
Jumbo Cheeseburger	\$3.49	\$1.75	609722379045	D1006270
Jumbo Hot Dog	\$2.79	\$1.40	609722378444	D1007130
Meatball Sub	\$4.79	\$2.40	082371851955	D1008056
Mega Burger	\$4.79	\$2.40	082371852068	D1008067
Monte Cristo	\$4.49	\$2.25	082371853461	E1007396
Patty Melt	\$4.49	\$2.25	082371851542	D1008013
Philly Steak Sandwich	\$4.79	\$2.40	082371850750	D1007730
Red Hot Polish Sausage	\$2.79	\$1.40	082371031302	D1003130
Reuben on Marble Rye	\$4.29	\$2.15	609722378154	D1006150
½ Roast Beef Sandwich Combo	\$6.49	\$3.25	082371853324	G1001005
Roast Beef & Cheddar Multigrain	\$3.49	\$1.75	082371852617	D1008133
Roast Beef & Cheddar Combo	\$5.99	\$3.00	082371853140	E1007389
Sloppy Joe	\$3.19	\$1.60	609722378390	D1006420
Southwest Chicken on Ciabatta	\$4.99	\$2.50	082371851962	D1008057
Super Hero Hoagie	\$4.79	\$2.40	609722378611	E1006590



Commissary Retail Pricing Cont'd

Sandwiches

Item	Retail Price	Price Route	UPC	Item Code
Super Zesty Italian Sandwich	\$3.49	\$1.75	082371851771	D1008036
Tuna Salad Combo Meal	\$5.99	\$3.00	082371853157	E1007390
Tuna Salad Combo w/ Grapes & Cheese	\$6.49	\$3.25	082371853737	E1007426
Turkey & Cheddar Club on Pretzel	\$4.89	\$2.45	082371851795	E1004960
Turkey & Cheese Wedge	\$2.75	\$1.38	082371028500	D1002850
Turkey and Swiss Combo	\$5.99	\$3.00	082371853164	E1007391
Value Hot Dog	\$2.09	\$1.05	082371038301	D1007570
Value Small Cheeseburger	\$2.09	\$1.05	609722378222	D1006290
Walnut Chicken Salad W/L&T	\$5.65	\$2.83	082371851795	E1004960
Western BBQ Burger	\$3.89	\$1.95	082371851825	D1008041

Entrees

Bourbon Chicken W/WG Penne	\$5.49	\$2.75	082371853553	E1007411
Cheese Enchilada Dinner	\$4.49	\$2.25	082371850743	D1007720
Chicken & Noddle Platter	\$4.49	\$2.25	609722378659	E1007310
Italian Sausage Bake	\$4.29	\$2.15	082371851894	D1008050
Spaghetti and Meatballs	\$4.79	\$2.40	082371851016	D1007960
3 Cheese Fettucini Alredo	\$4.49	\$2.25	082371851917	D1008052
Turkey Penne Skillet	\$5.49	\$2.75	082371853423	G1001015

Commissary Retail Pricing Cont'd



Snacks

Item	Retail Price	Price Route	UPC	Item Code
Antipasto Cup	\$3.99	\$2.00	082371852020	D1008063
Butterscotch Pudding	\$2.49	\$1.25	082371853041	C1007082
Banana Pudding & Vanilla Wafers	\$2.49	\$1.25	609722378871	D1007410
Carrot & Celery Snack Cup	\$1.29	\$0.65	082371852969	B1006024
Carrot & Celery Snack Cup w/ Ranch	\$2.79	\$1.40	082371850521	D1007500
Carrot Snack Cup	\$1.29	\$0.65	082371852976	B1006024
Celery Snack Cup	\$1.29	\$0.65	082371850668	B1006026
Celery, Apple, PB & Raisin Snack Pack	\$4.50	\$2.30	082371852037	D1008064
Chocolate Pudding W/ Whipped Topping	\$2.49	\$1.25	082371850835	D1007800
Cookies & Creme Parfait	\$2.49	\$1.25	082371851276	D1007986
Cranberry Vanilla Yogurt Parfait	\$2.49	\$1.25	082371852815	D1008153
Edamame Snack Tray W/ Sea Salt & Sesame	\$3.09	\$1.55	082371853744	E1007427
Fresh Strawberry Cup	\$2.79	\$1.40	082371853256	C1007093
Fresh Vegetable & Cracker Tray	\$4.39	\$2.20	082371850781	D1007760
Grapes And Cheese	\$3.49	\$1.75	082371854017	G1001042
Hummus & Pita Chips	\$2.79	\$1.40	082371038806	D1004190
Mandarin Orange Cup	\$2.29	\$1.15	082371852853	C1007081
Mixed Veggie Snack Cup w/ Ranch	\$3.29	\$1.65	082371853171	C1007089
Peach Cup	\$2.79	\$1.40	082371853003	C1007083
Peaches & Cottage Cheese	\$3.49	\$1.75	082371852044	D1008065
Pineapple & Cottage Cheese	\$3.49	\$1.75	082371851009	D1007950
Blueberry Yogurt Parfait	\$2.49	\$1.25	082371852075	D1008068
Strawberry Yogurt Parfait	\$2.49	\$1.25	082371850569	D1007540

CK Market Line Production Components



Item Code	Item	Item Code	Item
7545973	5x5 Puff Squares for Turnovers - 2oz	7238512	Cheese Pepper Jack 120sl 4/5#
4016473	Apple Pie Filling 6-#10	2389260	Cheese Provolone 3/12#
973034	Bacon - Chicken Bacon .49oz. slice	8252041	Cheese Swiss Sandwich Cut Gr C 2/8#
1300219	Bacon Bits Pure 10#	5184597	Chicken Breast Bnls Oven Roasted 2/5#
2426070	Bacon Pckd - 3.75g/slice	6305221	Chicken Brst - Bnls/Skls Random
1086917	Bacon Precooked Round 3.5" 192ct	743807	Chicken Brst Flame Broiled Grilled 100/2.8oz
7707955	Bagel Blueberry Sliced 72/4oz. (12/6pkg)	1466212	CHICKEN BRST STRIP GRL PCK
7015803	Bagel Cinnamon Raisin (6/12pk)	1288638	Chicken meat Chip Salad for Sandwiches 1/10#
8876807	Bagel Plain Sliced (4oz) 12/6ct (current)	6198634	Chicken Noodles Soup 3 containers/cs
7017577	Bagel Wheat Bkd Sliced Bulk 72/4oz	2434322	Chorizo Sausage Bulk 2/5lb
6213359	Base - Chicken Low Sodium	4004438	Chow Mein Noodles 6/#10
5844220	Bean Black 6/#10	2251486	CK Beef and Bean Burrito 72/ 4.5oz
4182150	Bean Chili Con Carne w/ Beans 6/#10	8476640	Cookie Crumb Oreo 1/25#
4062337	Bean Garbanzo	4008314	Cookie Vanilla Wafer Bulk 6/13.3oz
4014973	Beans Kidney	3451119	Crab imitation flake 6/2.5lb
8757122	Beef - Eye of the Round Roast	4009601	Cracker Crumb Graham 1/10#
5969423	Beef - Ground PreCooked (current)	4662284	Cracker Oyster 150/.5oz
1633247	Beef Bologna All Beef 1/9#	4009023	Cracker Wheat 300/2pk
2394849	Beef Corned Eye of Round	5749924	Croissant Margarine RND SLI 64/2oz
633802	Beef Ground 81/19	2013908	Crouton packet new
2441657	Beef Pastrami Top Round Cap Off 2/7-9#	7762299	Croutons PC 250ct .25oz
1576339	Beef Patty Charbroil (Pierre) 120/1.6oz	6755003	Diced Green Chiles
1341817	Beef Patty Charbroil w/tvp (Pierre) 64/4oz	5564137	Dough - Chocolate Chunk Scone 10oz
2307189	Beef Roast Top Rnd Cap Off (Deli) 2/6#	6955488	Dough Biscuit Southern Style 216/2.6oz.
1941939	Biscuit Sliced Square 120ct	c4717039	Dough Cookie Sugar 240/1.1oz
7118342	Bread Crumbs	1069749	Dough roll Cinnamon Pettite 240/1.25oz
1309863	Bread Pita Plain 7 in. 12/10ct	5005327	Dressing Caesar 4/1gal
1924687	Breadstick Plain Mini 175/6" 1.09oz	4117222	Dressing Creamy Italian 4/1gal
6404743	Buffalo Sauce Franks (4/1gal)	4069019	Dressing French 4/1gal
2687295	Bun Brat Pretzel 12/6ct	4893095	Dressing Honey Mustard 4/1gal
7617335	Butter Cup 90ct AA (5gm) 1/8#	4116398	Dressing Mayonnaise Chl Free 4/1gal (Tuna Salad)
1961101	Caesar Dressing Cups 100ct	6246631	Dressing Ranch FTFR 4/1 gal
8481871	Capicola Ham	6475321	Dressing Raspberry Viniagrette Fat Free
248807	Cheese - Cheddar, Swiss Pepper Jack Cubes	6475230	Dressing Sesame Toast Fat Free 2/1gal
9227141	Cheese - Monterey Jack Sliced - .75oz. sl.	6617666	Dressing Tomato Sundried Basil Fat Free 2/1gal
6697890	Cheese American Slices 4/5#	1094630	Egg Hardboiled ASAP (16/2pk)
3302346	Cheese Blend Shredded 4/5#	4328845	Egg Liquid Blend Whole (12/2LB)
671677	Cheese Blue Crumble 2/5#	7521008	Egg Patty Sunny Side Up Sysco 200/1.5oz
2403657	Cheese Cheddar Mild Loaf 2-5#	7518780	Egg Scramble Pre-Ckd 1/20#
2406163	Cheese Cheddar Shrd Yellow Fcy Mild 4/5#	6818841	Egg White Patty 50/2oz
6261465	Cheese Cream Plain Cup PC 100/1oz	6890339	Eggs Diced 4/5#
6338149	Cheese Cube Mild Cheddar 2/5#	4183752	English Muffins 2oz. 12/12ct
7312982	Cheese Enchiladas 90/cs - 1.75oz	7843725	FF Ranch Dressing Cup 100/1.5oz
6805014	Cheese Feta Crumbles 4/2.5#	1784347	Frank All Beef 5x1 6" 1/10#
8684417	Cheese Goat Tub 2/4#	1006691	Frank All Meat Hot Dogs 10x1 6" 1/10#
2388791	Cheese Mozzarella L/M Skim 8/6# avg	1586470	French Dressing PC Fatfree 100ct
2388783	Cheese Mozzarella Shredded 4/5#	1783927	French Toast 7/16" 144/1.5oz. (12pkg)
2433415	Cheese Parmesan Shredded 4/5#	8187908	French Toast Sticks 180/.88oz.

CK Market Line Production Components



Item Code	Item	Item Code	Item
5975289	Fresh Garlic- Chopped	4587515	Sauce Spaghetti Marinara 6/#10
3533494	Frozen Corn 30#/cs	4232682	Sauce Teriyaki Glaze Kikoman 6/.5gal
3960556	Frozen Peas & Carrots 30#/cs	4007910	Sauce Worcestershire
3533585	Frozen- Spring Mix Vegetables	4189171	Sauerkraut Shredded Fcy 6/#10
5465695	Golden Italian Dressing	1177955	Sausage Crumble Italian 2/5#
2175885	Grain - Wheat Germ	2368777	Sausage Crumbles for Gravy-2
323824	Granola Cereal 4/50oz	1246479	Sausage Links 200ct .8oz. 1/10#
1592336	Ham Buffet BNLS H/W 32%MenuMaster 2/9-10#	7354125	Sausage Patty 336/.57oz
1338482	Ham Pit Bnls Hickory Smk 2/14# Farmland	4984785	Sausage Patty PRCKD W/H Maple 107/1.5oz
6652935	Hard Boiled Eggs 25#	5935879	Seasoning - Taco
4361432	Honey 6/5#	8576886	Sliced Irregular Peaches
5974944	Horseradish prepared 32oz	5020193	Sour Cream
7052115	Hummus - Red Pepper Bulk	4005567	Soy Sauce Kikoman
3503927	Hummus 2/4#	9442138	Soybean Whole Edamame Shelled 6/2.5#
5887336	Italian Dressing Cup 100/1.5oz	5229729	Spice - Sesame Seed White
138834	Juice - Lime	5661442	Spice Black Pepper
4536991	Juice Lemon 12/32oz	34233	Spice Black Sesame Seeds
6305346	Kosher Salt 12/3#	9806498	Spice Chili Powder Dark
1675602	Lettuce/Prepared w/bag 4/5# (current)	5228713	SPICE CUMIN GRND
3548385	Mandarin Oranges 6/#10	6639165	Spice Garlic Granulated
420778	Margarine Liquid 2/17.5#	5264320	Spice Oregano
4002457	Mayonnaise Heavy Duty 4/1 gal	5229653	Spice Sage Rubbed
7673031	Meatball All Purpose Italian 2/5# 320ct 1/2oz	9806472	Spice Seasoning Italian Whl 6/6.25oz.
5078308	Mix Country Gravy 6/24oz	7441916	Spice Seasoning Old Bay 6/24oz
5493796	Muffin Mix - Low Fat Variety	5229760	Spice Tarragon Leaves Whole 1/3.5oz
4983987	Muffin Mix - Oat Bran	8689762	Sundried Tomato Tortilla Wrap
4006805	Mustard - Spicy Brown	5889738	Sundried Tomatoes 1/5#
4064978	MUSTARD DIJON W/WHT WINE TIN	4908299	Syrup Breakfast Cup 100/1.4oz
7647330	Oil - Sesame	1675776	Sysco Nat Celery Sticks 4/5lb
5847011	Olive Oil	2005296	Thyme Fresh Herb
5875978	Olive Whole Black 6/#10	4904223	TOPPING MALLO CREME RTU 6/#5
1286319	Olives Sliced Ripe 6/#10	2389534	Topping Whipped In Bag 12/16oz
1783935	Pancake Buttermilk Ht & Srv 4" 216/1.25oz	2386159	Tortilla - Flour 10" Heat Pressed 12/12 ct
7222843	Panini Bread Pregrilled - 3oz	1295437	Tortilla - Hearty Grains 8" Tortilla 1.8oz
2996084	Pasta - Marzetti Whole Wheat Short Cut Spaghetti	1231240	Tuna Light Premium Pouch 6/43oz
3021912	Pasta Fettuccine 10" 4/5#	7268279	Turkey - Ground
1000397	Pepper/Green Julienne 3/16" (5 lb)	35883	Turkey - Oven Rst. Reduced Sodium
1046671	Pepperoni Sliced 16ct 2/12.5#	7080757	Turkey Breast MenuMaster 2/9-10# Hormel
1647510	Pepperoni Stick Leoni Grande 2/5#	2003663	Turkey Breast SKLS Oven Roasted 2/9# avg
8975898	Pork BBQ Smoked Pulled Austin Blue 2/5#	2812238	Turkey Breast Smoked Skls 2/8-10#
1171214	Salami Hard Homeland 2/5-6# avg (Sub)	7042716	Turkey-Sausage Patty Precooked 160/1.025oz
8921900	Sauce Cheese Jalapeno 6/#10	4717732	Vinegar - Rice
7039365	Sauce Enchilada 4/1gal	4033007	vinegar white 6/1gal
6031741	Sauce General Tso 4/.5	4042479	Vinegar, Rd Wine 4/1gal
8459547	Sauce Manwich Sloppy Joe 4/#10	8072811	Wrap Tortilla Wheat 12" - 3.67oz. 6/12ct
5757091	Sauce Pepper Chipotle Adobo 12/7oz	1006327	Yogurt - Plain Greek Bulk 0% fat 2/5#
2477958	Sauce Pesto Basil 3/30oz		