

INDEX OF RECIPES ARMED FORCES RECIPE SERVICE

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Dietary Guidelines for Americans



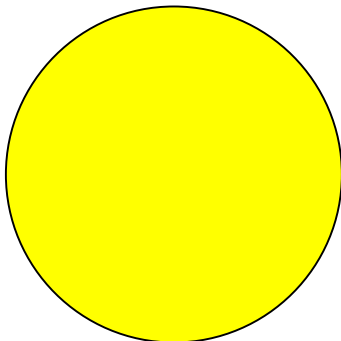
*Aim for a healthy weight.
Be physically active each day.*

*Let the Food Guide Pyramid guide
your choices.*

*Choose a variety of grains daily,
especially whole grains.*

*Choose a variety of fruits and
vegetables daily.*

Keep food safe to eat.



*Choose a diet that is low in saturated
fat and cholesterol and moderate in
total fat.*

*Choose beverages and food to
moderate your intake of sugars.*

Choose foods with less salt.

NOTE: All recipes will be available electronically through the NLL.

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Apple Pie (Canned Apples-Cornstarch)	I 009 00
Apple Pie (Prepared Pie Filling)	I 009 01
Banana Cream Pie	I 006 01
Berry Pie (Frozen Berries-Cornstarch)	I 015 00
Blueberry Pie (Frozen Blueberries)	I 015 01
Blueberry Pie (Canned Blueberries-Cornstarch)	I 017 00
Blueberry Pie (Prepared Filling)	I 017 01
Butterscotch Cream Pie (Dessert Powder, Instant)	I 019 00
Cherry Crumble Pie	I 027 00
Cherry Pie (Canned Cherries-Cornstarch)	I 022 00
Cherry Pie (Pie Filling, Prepared)	I 022 01
Chocolate and Vanilla Cream Pie (Instant)	I 029 00
Chocolate Cream Pie (Dessert Powder, Instant)	I 028 01
Chocolate Cream Pie	I 028 00
Chocolate Mousse Pie	I 011 00
Coconut Cream Pie (Instant)	I 007 02
Creamy Banana Coconut Pie	I 026 01
Creamy Coconut Pie	I 026 00
Dutch Apple Pie (Canned Apples-Cornstarch)	I 008 01
Dutch Apple Pie (Prepared Pie Filling)	I 009 02
French Apple Pie (Canned Apples-Cornstarch)	I 008 02
Fried Apple Pie	I 030 00
Fried Blueberry Pie	I 030 04
Fried Cherry Pie	I 030 02
Fried Lemon Pie	I 030 01
Fried Peach Pie	I 030 03
Key Lime Pie	I 500 00
Lemon Chiffon Pie	I 032 00
Lemon Meringue Pie (Pie Filling Prepared)	I 033 01

SECTION I – CONTINUED

Pies - continued	
Lemon Meringue Pie	I 033 00
Mincemeat Pie	I 003 00
Peach Pie (Canned Peaches-Cornstarch)	I 024 00
Peach Pie (Frozen Peaches-Cornstarch)	I 020 00
Peach Pie (Prepared Pie Filling)	I 024 01
Pecan Pie	I 031 00
Pies, Frozen	I 800 00
Pineapple Chiffon Pie	I 032 01
Pineapple Cream Pie (Instant)	I 007 03
Pineapple Pie (Canned Pineapple-Cornstarch)	I 014 00
Pumpkin Pie	I 013 00
Strawberry Chiffon Pie	I 032 02
Strawberry Glazed Cream Pie (Instant)	I 007 01
Sweet Potato Pie	I 012 00
Vanilla Cream Pie (Dessert Powder, Instant)	I 007 00
Vanilla Cream Pie	I 006 00
Walnut Pie	I 031 01
Washes	
Egg and Milk Wash	I 004 00
Egg and Water Wash	I 004 01
Milk and Water Wash	I 004 02

SECTION J – PUDDINGS AND OTHER DESSERTS

Fruit Cup	
Ambrosia	J 006 01
Banana Fruit Cup	J 006 02
Fluffy Fruit Cup	J 005 00
Fruit Cocktail Fruit Cup	J 006 05
Fruit Cup	J 006 00
Mandarin Orange and Pineapple Fruit Cup	J 006 07
Melon Fruit Cup	J 006 03
Spiced Fruit Cup	J 006 06
Strawberry Fruit Cup	J 006 04
Yogurt Fruit Cup	J 005 01
Fruit Desserts	
Apple Crisp (Pie Filling & Cookie Mix)	J 001 01
Apple Crunch (Apple Pie Filling)	J 010 01
Baked Apples	J 003 00
Baked Apples with Raisin Coconut Filling	J 003 02
Baked Apples with Raisin Nut Filling	J 003 01
Baked Bananas	J 504 00
Baked Cinnamon Apple Slices	J 023 00
Blueberry Crisp (Pie Filling Cookie Mix)	J 008 04
Blueberry Crunch (Blueberry Pie Filling)	J 010 02
Cherry Crisp	J 008 02
Cherry Crisp (Pie Filling Cookie Mix)	J 008 01
Cherry Crunch (Cherry Pie Filling)	J 010 03
Peach Crisp	J 008 00
Peach Crisp (Pie Filling Cookie Mix)	J 008 03
Peach Crunch (Peach Pie Filling)	J 010 05
Gelatin	
Banana Gelatin	J 007 01
Fruit Flavored Gelatin	J 007 02
Fruit Gelatin (Crushed Ice Method)	J 007 03
Fruit Gelatin	J 007 00
Peach Gelatin	J 007 05
Strawberry Gelatin	J 007 04
Ice Cream Desserts	
Banana Split	J 011 00
Chocolate Soft Serve Ice Cream (Dehy)	J 002 01
Chocolate Soft Serve Ice Cream (Liquid Mix)	J 004 04
Strawberry Soft Serve Ice Cream (Dehy)	J 002 03
Strawberry Soft Serve Ice Cream (Liquid Mix)	J 004 01
Vanilla Soft Serve Ice Cream (Dehy)	J 002 00
Vanilla Soft Serve Ice Cream (Liquid Mix)	J 004 00

SECTION J – CONTINUED

Milk Shake	
Chocolate Milk Shake (Dehy Mix)	J 002 02
Chocolate Milk Shake (Liquid Mix)	J 004 03
Vanilla Milk Shake (Dehy Mix)	J 002 04
Vanilla Milk Shake (Liquid Mix)	J 004 02
Pastries	
Cream Puffs	J 017 00
Eclairs	J 017 01
Pudding Desserts	
Baked Rice Pudding (Frozen Eggs and Egg Whites)	J 015 01
Baked Rice Pudding	J 015 00
Banana Cream Pudding (Instant)	J 014 01
Bread Pudding with Hard Sauce	J 500 00
Bread Pudding	J 016 00
Breakfast Bread Pudding	J 022 00
Butterscotch Cream Pudding (Instant)	J 014 04
Chocolate Chip Bread Pudding	J 016 01
Chocolate Cream Pudding (Instant)	J 014 05
Chocolate Cream Pudding	J 018 01
Coconut Bread Pudding	J 016 02
Coconut Cream Pudding (Instant)	J 014 02
Creamy Rice Pudding	J 020 00
Fluffy Pineapple Rice Cup	J 021 00
Pineapple Cream Pudding (Instant)	J 014 03
Tapioca Pudding	J 013 00
Vanilla Cream Pudding (Instant)	J 014 00
Vanilla Cream Pudding	J 018 00
Yogurt, Soft Serve	
Chocolate Soft Serve Yogurt (Dehydrated)	J 012 01
Vanilla Soft Serve Yogurt (Dehydrated)	J 012 00

SECTION K – DESSERTS (SAUCES AND TOPPINGS)

Sauces	
Cherry Jubilee Sauce	K 006 00
Cherry Sauce	K 004 00
Chocolate Coconut Sauce	K 005 01
Chocolate Marshmallow Sauce	K 005 02
Chocolate Mint Sauce	K 005 04
Chocolate Nut Sauce	K 005 03
Chocolate Sauce	K 005 00
Rum Sauce	K 003 00
Toppings	
Strawberry Glaze Topping	K 007 00
Whipped Cream	K 001 00
Whipped Topping (Dehydrated)	K 002 00
Whipped Topping (Frozen)	K 002 01

SECTION L – BEEF, PORK AND LAMB

Bacon	
Grilled or Oven Fried Bacon (Precooked Bacon)	L 001 01
Grilled Bacon	L 002 02
Grilled or Oven Fried Canadian Bacon	L 002 03
Oven Fried Bacon	L 002 00
Beef, Braising Steak, Swiss	
Beef Stroganoff (Cream of Mushroom Soup)	L 053 01
Beef Stroganoff	L 053 00
Country Style Steak	L 012 00
Oriental Pepper Steak	L 013 01
Pepper Steak	L 013 00
Steak Ranchero	L 054 00
Steak Smothered with Onions	L 015 00
Steak Strips Smothered with Onions	L 015 01
Swiss Steak with Brown Gravy	L 016 01
Swiss Steak with Mushroom Gravy	L 016 04
Swiss Steak with Tomato Soup	L 016 03
Swiss Steak with Tomato Sauce	L 016 00
Beef Chili	
Chili (without Beans)	L 170 00
Chili and Macaroni (Canned Chili Con Carne)	L 058 00
Chili Con Carne	L 028 00
Chili Con Carne (with Beans)	L 059 00
Chili Conquistador (Ground Beef)	L 042 00
Chili Macaroni	L 028 02
Beef, Chipped	
Creamed Chipped Beef	L 052 00
Beef Chunks (Canned with Natural Juices)	
Barbecued Beef Cubes (Canned Beef)	L 018 01
Beef Pie with Biscuit Topping (Canned Beef)	L 047 00
Beef, Corned	
Apple Glazed Corned Beef	L 112 01
Baked Corned Beef (Precooked Frozen)	L 112 02
New England Boiled Dinner (Precooked Frozen Beef)	L 111 01
New England Boiled Dinner	L 111 00
Simmered Corned Beef	L 112 00
Beef, Diced	
Barbecued Beef Cubes	L 018 00
Beef Pot Pie with Biscuit Topping	L 021 00
Beef Pot Pie with Pie Crust Topping	L 021 01
Braised Beef and Noodles	L 017 00
Braised Beef Cubes	L 017 01
Hungarian Goulash	L 065 00
Beef, Fajita Strips	
Beef Fajitas (Fajita Strips)	L 043 00
Beef Stir Fry	L 810 00
Beef Stroganoff (Fajita Strips)	L 053 04
Mexican Pepper Steak	L 835 00
Teriyaki Beef Strips (Fajita Strips)	L 195 01
Thai Beef Salad	L 506 00

SECTION L – CONTINUED

Beef, Ground	
Beef and Bean Tostadas	L 046 00
Beef and Corn Pie	L 020 00
Beef Balls Stroganoff	L 027 00
Beef Porcupines	L 029 00
Cajun Meat Loaf	L 035 03
Creamed Ground Beef	L 030 00
Creole Macaroni (Ground Beef)	L 064 00
Enchiladas (Frozen)	L 063 01
Enchiladas (Ground Beef)	L 063 00
Grilled Hamburger Steak	L 037 02
Ground Beef Cordon Bleu	L 014 00
Hamburger Parmesan	L 060 00
Hamburger Pizza	L 165 03
Hamburger Stroganoff	L 053 02
Hamburger Yakisoba (Ground Beef)	L 062 01
Italian Rice and Beef	L 205 00
Lasagna (Canned Pizza Sauce)	L 025 03
Lasagna (Frozen)	L 025 02
Lasagna	L 025 00
Meat Loaf	L 035 00
Minced Beef	L 036 00
Salisbury Steak	L 037 00
Spaghetti with Meat Sauce (Ground Beef)	L 038 01
Spaghetti with Meat Sauce, RTU (Ground Beef)	L 038 03
Spaghetti with Meatballs (Ground Beef)	L 039 01
Stuffed Cabbage Rolls (Tomato Soup)	L 024 01
Stuffed Cabbage Rolls	L 024 00
Stuffed Green Peppers (Frozen)	L 040 01
Stuffed Green Peppers (Ground Beef)	L 040 00
Swedish Meatballs (Ground Beef)	L 041 00
Tacos (Ground Beef)	L 034 00
Tamale Pie (Ground Beef)	L 057 00
Tomato Meat Loaf	L 035 02
Beef Hash	
Corned Beef Hash	L 110 00
Corned Beef Hash (Canned)	L 110 01
Roast Beef Hash	L 033 00
Roast Beef Hash (Canned Beef Chunks)	L 033 02
Roast Beef Hash (Canned)	L 033 01
Texas Hash (Ground Beef)	L 061 00
Beef, Liver	
Braised Liver with Onions	L 107 00
Breaded Liver with Onion and Mushroom Gravy	L 108 01
Breaded Liver	L 108 00
Grilled Liver	L 107 01

SECTION L – CONTINUED

Beef, Oven, Roast	
Beef Brogul	L 045 01
Beef Cordon Bleu	L 055 00
Cajun Roast Beef	L 193 00
Cajun Roast Tenderloin of Beef	L 193 01
Roast Beef (Precooked)	L 005 01
Roast Beef	L 005 00
Stuffed Beef Rolls	L 045 00
Sukiyaki	L 006 00
Teriyaki Beef Strips	L 195 00
Yakisoba (Beef and Spaghetti)	L 062 00
Beef, Pot Roast	
Beef Pot Roast	L 010 00
Ginger Pot Roast	L 010 01
Sauerbraten	L 066 00
Simmered Beef	L 011 00
Yankee Pot Roast	L 010 02
Beef, Precooked	
Cajun Meatloaf (Precooked)	L 837 01
Cajun Roast Beef (Precooked Roast Beef)	L 817 00
Corned Beef and Cabbage (Precooked Corned Beef)	L 825 00
Indonesian Style Beef Over Noodles	L 811 00
Meatloaf (Precooked)	L 837 00
Shepherd's Pie	L 809 00
Spaghetti & Meat Balls (Precooked Meatballs)	L 827 01
Spaghetti & Meat Sauce (Precooked Ground Beef)	L 827 00
Swedish Meatballs (Precooked Meatballs)	L 834 00
Beef, Prepared	
Beef and Bean Burritos, Frozen	L 822 00
Beef Stroganoff, Frozen	L 831 00
Cabbage Rolls, Stuffed, Frozen	L 843 00
Lasagna (Frozen)	L 804 00
Salisbury Steak in Gravy, Frozen	L 842 00
Beef, Roast Rib	
Roast Rib of Beef (Boneless Ribeye Roll)	L 004 03
Roast Rib of Beef	L 004 00
Beef, Steak	
Grilled Steak	L 007 00
Grilled Tenderloin Steak	L 007 01
Teriyaki Steak	L 008 00
Beef, Steamship Round	
Steamship Round of Beef (Round, Bone-In)	L 004 01
Steamship Round of Beef (Round, Boneless)	L 004 02
Beef Stew	
Beef Stew	L 022 00
Beef Stew (Canned Beef Chunks)	L 172 00
Beef Stew (Canned)	L 022 01
Chuck Wagon Stew (Beans with Beef)	L 167 00
El Rancho Stew	L 022 02

SECTION L – CONTINUED

Bratwurst, Sausage, Frankfurters, Kielbasa, Knockwurst	
Baked Frankfurters with Sauerkraut	L 113 00
Baked Italian Sausage (Hot or Sweet)	L 088 01
Baked Knockwurst with Sauerkraut	L 113 01
Grilled Bratwurst	L 088 03
Grilled Frankfurters	L 088 02
Grilled Polish Sausage	L 088 00
Grilled Sausage Links (Cooked Pork and Beef)	L 091 00
Grilled Sausage Patties	L 089 00
Grilled Sausage Patties (Preformed)	L 089 02
Kielbasa with Sauerkraut and Apples	L 814 00
Pasta Toscano	L 208 00
Sausage, Beans and Greens	L 224 00
Simmered Knockwurst	L 088 05
Ham, Canned	
Baked Canned Ham	L 071 00
Baked Ham Steak (Canned Ham)	L 071 01
Baked Ham, Macaroni, and Tomatoes (Canned Ham)	L 072 00
Barbecued Ham Steak Canned Ham	L 070 01
Grilled Ham Slice (Canned Ham)	L 071 03
Grilled Ham Steak (Canned Ham)	L 071 02
Ham, Canned, Chunks	
Baked Ham, Macaroni and Tomatoes (Canned Chunks)	L 072 02
Scalloped Ham and Noodles	L 068 00
Scalloped Ham and Potatoes (Canned Ham)	L 073 00
Ham, Cooked, Boneless	
Baked Ham	L 069 00
Baked Ham and Spaghetti Pie	L 819 00
Barbecued Ham Steak	L 070 00
Glazed Ham Loaf	L 067 00
Grilled Ham Steak	L 069 01
Ham, Roast Fresh	
Roast Fresh Ham	L 096 00
Lamb	
Savory Roast Lamb	L 077 00
Luncheon Meat, Canned	
Baked Luncheon Meat, Macaroni, and Cheese	L 072 01
Grilled Luncheon Meat	L 117 01
Manicotti, Frozen, without Sauce	
Beef Manicotti (Cannelloni)	L 076 00
Cheese Manicotti	L 076 01
Pizza	
Tamale Pizza	L 057 02
Pepperoni Pizza	L 165 05
Pepperoni, Green Pepper, and Mushroom Pizza	L 165 04
Pork or Italian Sausage Pizza	L 165 07
Sausage, Green Pepper, and Onion Pizza	L 165 09

SECTION L – CONTINUED

Pork Chops	
Baked Stuffed Pork Chops	L 084 00
Barbecued Pork Chops	L 083 01
Braised Pork Chops	L 085 00
Creole Pork Chops	L 083 00
Dijon Baked Pork Chops	L 197 00
Grilled Pork Chops	L 085 01
Orange & Rosemary Honey Glazed Pork Chops	L 225 00
Pork Chops Mexicana	L 087 00
Pork Chops With Apple Rings	L 084 01
Pork Chops with Mushroom Gravy	L 085 02
Spicy Italian Pork Chops	L 222 00
Sweet and Sour Pork Chops	L 079 00
Tropical Baked Pork Chops	L 194 00
Pork, Diced	
Pork Adobo	L 099 00
Chalupa	L 050 00
Pork Chop Suey	L 080 00
Sweet and Sour Pork	L 082 00
Pork, Loin	
Barbecued Pork Loin	L 081 02
Mambo Pork Roast	L 523 00
Roast Pork	L 081 00
Roast Pork Tenderloin	L 081 01
Pork, Precooked	
Cantonese BBQ Pork Ribs, Precooked	L 820 00
Mambo Pork Roast Using Precooked Pork	L 813 00
Pork Tenderloin, Precooked	L 838 00
St Louis Style BBQ Pork Ribs, Precooked	L 836 00
Pork Spareribs	
Barbecued Spareribs	L 092 00
Braised Spareribs	L 093 00
Cantonese Spareribs	L 095 00
Spareribs and Sauerkraut	L 093 01
Sweet and Sour Spareribs	L 094 00
Pork Steaks	
Breaded Pork Steaks (Frozen)	L 086 02
Creole Pork Steaks (Frozen Breaded Pork Steaks)	L 086 01
Pork Schnitzel (Frozen Breaded Pork Steaks)	L 086 03
Pork - Other	
Simmered Pork Hocks (Ham Hocks)	L 100 00
Ravioli	
Beef Ravioli (Canned in Tomato Sauce)	L 031 02
Beef Ravioli (Frozen)	L 031 00
Cheese Ravioli (Frozen)	L 031 01
Tamales	
Hot Tamales with Chili Gravy	L 057 01

SECTION L – CONTINUED

Veal	
Italian Style Veal Steaks	L 101 00
Jaegerschnitzel	L 104 00
Roast Veal	L 106 00
Roast Veal with Herbs	L 106 01
Veal Cubes Parmesan	L 105 00
Veal Paprika Steak	L 102 00
Veal Parmesan	L 103 00
Veal Steak	L 103 01

SECTION L – FISH

Crab	
Boiled Crab Legs, Alaskan King, Frozen	L 127 03
Crab Cakes	L 141 00
Clam Strips	
Baked Breaded Clam Strips	L 026 00
French Fried Breaded Clam Strips	L 026 01
Fish	
Baked Fish	L 119 00
Baked Fish Scandia	L 504 00
Baked Fish with Garlic Butter	L 119 01
Baked Flounder Fillets with Lemon Pepper	L 828 00
Baked Stuffed Fish	L 120 00
Baked Trout Fillets	L 169 01
Baked Whole Trout	L 169 00
Basil Baked Fish Portions	L 806 00
Blackened Fish	L 840 00
Cajun Baked Fish	L 119 07
Caribbean Catfish	L 185 00
Caribbean Flounder	L 185 01
Chipper Fish	L 125 00
Creole Fish Fillets	L 135 02
Deep Fat Fried Fish	L 122 02
Fish Amandine	L 119 06
Fish Florentine	L 502 00
Herbed Baked Fish	L 119 04
Lemon Baked Fish	L 119 03
Lemon Pepper Catfish	L 845 00
Mustard-Dill Baked Fish	L 119 05
Onion-Lemon Baked Fish	L 119 02
Oven Fried Fish	L 123 00
Pan Fried Fish	L 122 00
Parmesan Fish	L 032 00
Seafood Newburg	L 140 00
Southern Fried Catfish Fillets	L 056 00
Spicy Baked Fish	L 115 00
Stuffed Flounder Creole	L 019 00
Tempura Fish	L 122 01
White Fish with Mushrooms	L 524 00
Fish Nuggets, Breaded	
Baked Fish Nuggets	L 124 05
French Fried Fish Nuggets	L 124 06
Fish Portions, Batter Dipped	
Baked Fish Portions (Batter Dipped)	L 124 01
Fish and Chips	L 124 04
French Fried Fish Portions (Batter Dip)	L 124 03
Fish Portions, Breaded	
Baked Fish Portions	L 124 00
Creole Fish	L 135 01
French Fried Fish Portions	L 124 02

SECTION L – CONTINUED

Lobster	
Boiled Lobster, Whole	L 127 00
Boiled Lobster Tail, Frozen	L 127 01
Oysters	
Fried Oysters	L 126 00
Fried Oysters (Breaded, Frozen)	L 126 01
Salmon, Canned	
Salmon Cakes	L 128 00
Salmon Loaf	L 129 00
Salmon Salad (Canned Salmon)	L 132 01
Scalloped Salmon and Peas	L 130 00
Scallops	
Baked Scallops	L 168 00
Creole Scallops	L 135 00
Fried Scallops	L 134 00
Shrimp	
Angel Hair Pasta, Filipino Style With Shrimp	L 802 00
Boiled Shrimp, Frozen	L 127 04
Creole Shrimp	L 136 00
French Fried Shrimp (Breaded, Frozen)	L 137 02
French Fried Shrimp	L 137 00
Seafood Stew	L 209 00
Shrimp Chop Suey	L 080 01
Shrimp Curry	L 138 00
Shrimp Jambalaya	L 097 00
Shrimp Salad	L 139 00
Shrimp Scampi	L 121 00
Southwestern Shrimp Linguine	L 207 00
Tempura Shrimp	L 137 01
Tuna	
Baked Tuna and Noodles (Cream of Mushroom Soup)	L 133 01
Baked Tuna and Noodles	L 133 00
Chopstick Tuna	L 131 00
Macaroni Tuna Salad	L 116 00
Oriental Tuna Patties	L 202 00
Tuna Noodle Casserole, Frozen	L 807 00
Tuna Plate Trio	L 510 00
Tuna Salad	L 132 00
Tuna Tetrazzini (Canned Tuna)	L 152 01

SECTION L – POULTRY

Bacon, Turkey	
Oven Fried Turkey Bacon	L 515 00
Chicken – 8 Piece	
Baked Chicken (8 Pc)	L 143 00
Baked Chicken and Gravy (8 Pc)	L 149 00
Baked Chicken with Mushroom Gravy (8 Pc Canned Soup)	L 149 02
Baked Chicken with Mushroom Gravy (8 Pc)	L 149 01
Barbecued Chicken (8 Pc)	L 146 00
Bombay Chicken (8 Pc)	L 177 00
Buffalo Chicken (8 Pc)	L 183 00
Chicken Adobo (8 Pc)	L 078 00
Chicken Cacciatore (8 Pc)	L 148 00
Chicken Vega (8 Pc)	L 145 00
Chinese Five-Spice Chicken (8 Pc)	L 153 00
Creole Chicken (8 Pc)	L 154 00
Fried Chicken (8 Pc)	L 155 00
Herbed Baked Chicken (8 Pc)	L 143 02
Hot and Spicy Chicken (8 Pc)	L 187 00
Mexican Baked Chicken (8 Pc)	L 143 01
Oven Baked Chicken (8 Pc)	L 156 00
Pineapple Chicken (8 Pc)	L 157 00
Savory Baked Chicken (8 Pc)	L 158 00
Southern Fried Chicken (8 Pc)	L 155 01
Sweet and Sour Chicken (8 Pc)	L 079 01
Szechwan Chicken (8 Pc)	L 159 00
Teriyaki Chicken (8 Pc)	L 114 00
Chicken, Breaded, Precooked for Deep Fat Fryer	
Fried Chicken (Precooked Breaded, Frozen For Deep Fat Fry)	L 155 02
Chicken, Breaded, Precooked for Oven	
Chicken Parmesan (Precooked Fillet)	L 051 00
Fried Chicken (Precooked, Breaded Chicken, Frozen For Oven)	L 156 01
Chicken, Breast, Boneless, Skinless	
Baked Chicken (Breast Boneless)	L 143 03
Baked Tandouri Chicken (Breast Boneless)	L 818 00
Baked Yogurt Chicken (Breast Boneless)	L 186 00
Barbecued Chicken (Breast Boneless)	L 146 01
Bayou Chicken (Breast Boneless)	L 206 00
Bombay Chicken (Breast Boneless)	L 177 01
Caribbean Chicken Breast (Breast Boneless)	L 023 00
Chicken in Orange Sauce (Breast Boneless)	L 181 00
Chicken Parmesan (Breast Boneless)	L 051 01
Cranberry Glazed Chicken (Breast Boneless)	L 190 00
Herbed Baked Chicken (Breast Boneless)	L 143 05
Honey Ginger Chicken (Breast Boneless)	L 179 00
Honey Glazed Chicken (Breast Boneless)	L 832 00
Honey Lemon Chicken Breast (Breast Boneless)	L 192 00
Jamaican Rum Chicken (Breast Boneless)	L 503 00
Mexican Baked Chicken (Breast Boneless)	L 143 04
Sante Fe Glazed Chicken (Breast Boneless)	L 210 00
Savory Baked Chicken (Breast Boneless)	L 826 00
Szechwan Chicken (Breast Boneless)	L 159 01

SECTION L – CONTINUED

Chicken, Canned, Boned	
Baked Chicken and Noodles (Canned Chicken)	L 144 01
Baked Chicken and Rice (Canned Chicken)	L 048 01
Chicken A La King (Canned Chicken)	L 147 01
Chicken Chow Mein (Canned Chicken)	L 160 01
Chicken Enchiladas (Canned Chicken)	L 003 00
Chicken Pot Pie (Canned Chicken)	L 150 01
Chicken Rotini Salad (Canned Chicken)	L 116 01
Chicken Salad (Canned Chicken)	L 151 01
Chicken Tetrazzini (Canned Chicken)	L 152 00
Tropical Chicken Salad (Canned Chicken)	L 178 01
Chicken, Cooked, Diced	
Baked Chicken and Noodles (Cooked Diced)	L 144 03
Baked Chicken and Rice (Cooked Diced)	L 048 00
Cheddar Chicken and Broccoli (Cooked Diced)	L 216 00
Chicken A La King (Cooked Diced)	L 147 00
Chicken Briyani (Cooked Diced)	L 213 00
Chicken Cacciatore (Cooked Diced)	L 148 01
Chicken Chow Mein (Cooked Diced)	L 160 00
Chicken Enchiladas (Cooked Diced)	L 003 01
Chicken Pot Pie (Cooked Diced)	L 150 03
Chicken Rotini Salad (Cooked Diced)	L 116 02
Chicken Salad (Cooked Diced)	L 151 00
Chicken Tetrazzini (Cooked Diced)	L 152 02
Creole Chicken (Cooked Diced)	L 154 01
Sweet and Sour Chicken (Cooked Diced)	L 079 02
Tropical Chicken Salad (Cooked Diced)	L 178 00
White Bean Chicken Chili (Cooked Diced)	L 212 00
Chicken, Fajita Strips	
Chicken & Italian Vegetable Pasta (Fajita Strips)	L 191 00
Chicken Fajitas (Fajita Strips)	L 043 01
Fiesta Chicken (Fajita Strips)	L 182 00
Lime Chicken Soft Tacos (Fajita Strips)	L 223 00
Tarragon Chicken & Rice (Fajita Strips)	L 816 00
Chicken, Fillet, Breaded	
Fried Chicken Fillets (3 oz)	L 109 01
Fried Chicken Fillets (5 oz)	L 109 03
Oven Fried Chicken Fillets (3 oz)	L 109 00
Oven Fried Chicken Fillets (5 oz)	L 109 02
Chicken, Fillet, Nuggets	
Fried Chicken Fillet Nuggets	L 109 05
Oven Fried Chicken Fillet Nuggets	L 109 04

SECTION L – CONTINUED

Chicken, Prepared, Entrees	
Chicken Cordon Bleu	L 839 00
Hot & Spicy Chicken Wings	L 812 00
Chicken, Thighs	
Savory Baked Chicken (Thighs)	L 158 01
Teriyaki Chicken (Thighs)	L 114 01
Duck, Ready to Cook	
Hawaiian Baked Duck	L 164 01
Honey Glazed Duck	L 164 03
Roast Duck	L 164 00
Roast Duck with Apple Jelly Glaze	L 164 02
Rock Cornish Hen	
Herbed Cornish Hens	L 142 02
Honey Glazed Rock Cornish Hens	L 142 00
Rock Cornish Hens with Syrup Glaze	L 142 01
Turkey, Boneless	
Baked Turkey and Noodles	L 144 00
Greek Lemon Turkey Pasta	L 198 00
Jerked Roast Turkey	L 844 00
Roast Turkey (Boneless Turkey)	L 162 00
Roast Turkey with Barbecue Sauce	L 162 01
Russian Turkey Stew	L 500 00
Turkey A La King	L 147 02
Turkey Curry	L 044 00
Turkey Cutlet	L 049 00
Turkey Fajitas	L 043 02
Turkey Fingers	L 188 00
Turkey Nuggets	L 163 00
Turkey Peach Pasta Salad (Entrée)	L 204 00
Turkey Pot Pie	L 150 00
Turkey Salad (Boneless, Frozen)	L 151 02
Turkey, Breast	
Asian Barbecue Turkey	L 217 00
Lemon n' Herb Turkey Fillets	L 219 00
Turkey, Diced	
Hunter Style Turkey Stew	L 829 00
Mexican Turkey Pasta	L 805 00
Turkey, Ground	
Chili Con Carne (Ground Turkey)	L 028 03
Chili Conquistador (Ground Turkey)	L 042 01
Chili Macaroni (Ground Turkey)	L 028 04
Creamed Ground Turkey	L 030 01
Creole Macaroni (Ground Turkey)	L 064 01
Enchiladas (Ground Turkey)	L 063 02
Grilled Turkey Patties (Ground Turkey)	L 184 00
Ground Turkey Stroganoff	L 053 03
Lasagna (Ground Turkey)	L 025 01
Spaghetti with Meat Sauce (Ground Turkey)	L 038 00
Spaghetti with Meat Sauce, RTU (Ground Turkey)	L 038 02
Spaghetti with Meatballs (Ground Turkey)	L 039 00
Stuffed Cabbage Rolls (Ground Turkey)	L 024 02
Stuffed Green Peppers (Ground Turkey)	L 040 02

SECTION L – CONTINUED

Turkey, Ground - continued	
Swedish Meatballs (Ground Turkey)	L 041 01
Tacos (Ground Turkey)	L 034 01
Tamale Pie (Turkey)	L 201 00
Texas Hash (Ground Turkey)	L 061 01
Turkey Corn Pie	L 020 01
Turkey Balls Stroganoff	L 027 01
Turkey Loaf	L 035 01
Turkey Porcupines	L 029 01
Turkey Yakisoba	L 062 02
Turkey, Precooked	
Herb Turkey Roast w/Tomato Gravy Precooked Turkey	L 821 00
Oven Roasted Turkey, Precooked	L 803 00
Rosemary Turkey Roast	L 833 00
Turkey Divan	L 221 00
Turkey Polynesian	L 800 00
Turkey, Prepared	
Turkey Tetrazzini, Frozen	L 808 00
Turkey, Roast	
Roast Turkey	L 161 00
Turkey Sausage	
Grilled Turkey Sausage Links	L 200 00
Grilled Turkey Sausage Patty (Pre-Made)	L 512 00
Turkey Sausage Patties	L 180 00

SECTION M - SALADS

Fruit Salads	
Apple, Celery, and Pineapple Salad	M 001 00
Apple, Celery, and Raisin Salad	M 050 01
Fruit Medley Salad	M 032 00
Fruit Salad	M 017 00
Kiwi Fruit Salad	M 073 00
Mixed Fruit Salad	M 035 00
Waldorf Salad	M 050 00
Jellied Salads	
Golden Glow Salad	M 036 01
Jellied Banana Salad	M 025 05
Jellied Cranberry and Orange Salad (Canned)	M 023 01
Jellied Cranberry and Orange Salad	M 023 00
Jellied Cranberry and Pineapple Salad	M 024 00
Jellied Fruit Cocktail Salad	M 026 00
Jellied Fruit Salad	M 025 00
Jellied Orange Salad	M 025 01
Jellied Pear Salad	M 025 02
Jellied Pineapple, Pear, and Banana Salad	M 025 03
Jellied Spring Salad	M 036 02
Jellied Strawberry Salad	M 025 04
Perfection Salad	M 036 00
Other Salads	
Chef's Salad (Entree)	M 007 01
Chef's Salad	M 007 00
Cobb Salad	M 030 00
Confetti Rice Salad	M 072 00
Cottage Cheese and Apricot Salad	M 013 01
Cottage Cheese and Peach Salad	M 013 00
Cottage Cheese and Pear Salad	M 013 02
Cottage Cheese and Pineapple Salad	M 013 03
Cottage Cheese and Tomato Salad	M 014 00
Cottage Cheese Salad	M 012 00
Creamy Cucumber Rice Salad	M 072 01
Garden Cottage Cheese Salad	M 018 00
Guacamole	M 052 00
Italian Style Pasta Salad	M 029 00
Macaroni Salad	M 034 00
Pasta Salad	M 038 00
Salsa Pasta Salad	M 071 00
Taco Salad	M 028 00
Zesty Rotini Pasta Salad	M 070 00
Salads, Vegetable	
Broccoli Salad	M 504 00
Cabbage and Carrot Slaw with Creamy Dressing	M 009 02
Cabbage, Apple, and Celery Salad	M 001 01
Cabbage, Apple, and Raisin Salad	M 001 02
Carrot and Pineapple Salad	M 005 01
Carrot Salad	M 005 00
Carrot, Celery, and Apple Salad	M 005 02
Cole Slaw with Creamy Dressing	M 009 00
Cole Slaw with Vinegar Dressing	M 009 01

SECTION M – CONTINUED

Salads, Vegetable - continued	
Cole Slaw	M 008 00
Country Style Tomato Salad	M 053 01
Cucumber and Onion Salad	M 015 00
Deviled Potato Salad	M 040 01
Frijole Salad	M 004 00
Garden Vegetable Salad	M 019 00
German Cole Slaw	M 027 00
German Style Tomato Salad	M 053 00
Green Leaf Lettuce, Cucumber and Tomato Salad	M 046 05
Hot Potato Salad (Dehydrated Sliced Potatoes)	M 043 00
Hot Potato Salad	M 042 00
Kidney Bean Salad	M 031 00
Lettuce and Tomato Salad	M 033 00
Marinated Black Bean Salad	M 074 00
Marinated Carrots	M 020 00
Mexican Cole Slaw	M 008 01
Mexican Potato Salad	M 062 00
Pickled Beet and Onion Salad	M 037 00
Pickled Green Bean Salad	M 045 01
Pineapple Cole Slaw	M 009 03
Pineapple Marshmallow Cole Slaw	M 009 04
Potato Salad (Dehydrated Sliced Potatoes)	M 041 00
Potato Salad with Vinegar Dressing	M 040 02
Potato Salad	M 040 00
Salad Bar	M 801 00
Spinach and Apple Salad	M 002 01
Spinach and Mushroom Salad	M 002 02
Spinach Salad	M 002 00
Spring Salad	M 044 00
Three Bean Salad	M 045 00
Tossed Calico Garden Salad	M 046 02
Tossed Calico Vegetable Salad	M 048 01
Tossed Garden Salad	M 046 01
Tossed Green Salad	M 047 00
Tossed Lettuce, Cucumber and Tomato Salad	M 046 00
Tossed Red Leaf Lettuce, Cucumber and Tomato Salad	M 046 04
Tossed Romaine, Cucumber and Tomato Salad	M 046 03
Tossed Vegetable Salad	M 048 00
Vegetable Salad	M 049 00
Vegetable Slaw with Creamy Dressing	M 009 05
Stuffed Celery	
Cottage Cheese Stuffed Celery	M 006 01
Cream Cheese Stuffed Celery	M 006 03
Peanut Butter Stuffed Celery	M 006 02
Pimiento Cheese Stuffed Celery	M 006 00

SECTION M – DRESSINGS

Salad Dressings	
Blue Cheese and Sour Cream Dressing	M 068 01
Blue Cheese Dressing	M 059 00
Creamy Horseradish Dressing	M 065 00
Creamy Italian Dressing	M 064 00
French Dressing	M 058 00
Garlic French Dressing	M 060 00
Honey Mustard Dressing	M 010 00
Low Calorie Basil Dressing	M 021 01
Low Calorie French Dressing	M 058 01
Low Calorie Tangy Tarragon Dressing	M 021 00
Low Calorie Thousand Island Dressing	M 016 00
Low Calorie Tomato Dressing	M 066 00
Low Calorie Yogurt Dressing	M 011 00
Quick Fruit Dressing	M 056 00
Red Wine Vinaigrette Dressing	M 003 00
Russian Dressing	M 067 00
Sour Cream Dressing	M 068 00
Tangy Salad Dressing	M 061 00
Tangy Yogurt Salad Dressing	M 022 00
Thousand Island Dressing	M 063 00
Tomato French Dressing	M 054 00
Vinaigrette Dressing	M 055 00
Vinegar and Oil Dressing	M 069 00
Zero Salad Dressing	M 057 00
Relishes	
Corn Relish	M 039 00
Cranberry Orange Relish	M 051 00

SECTION N – SANDWICHES

Bacon/Canadian Bacon	
Bacon, Lettuce, and Tomato Sandwich	N 001 01
English Muffin with Bacon, Egg and Cheese	N 007 00
English Muffin with Canadian Bacon, Egg, & Cheese	N 007 02
Grilled Bacon, Egg, and Cheese Sandwich	N 037 01
Beef	
Barbecued Beef Sandwich (Canned)	N 024 00
Barbecued Beef Sandwich (Diced Beef)	N 024 01
Beef Fajita Pita	N 042 00
Gyros	N 002 00
Gyros (RTU)	N 002 01
Hot Roast Beef & Cheese Rollup Sandwich	N 047 01
Hot Roast Beef Sandwich (Oven Roast)	N 035 00
Hot Roast Beef Sandwich (Precooked Roast Beef)	N 035 01
Italian Pepper Beef Sandwich	N 028 00
Roast Beef & Cheese Rollup Sandwich	N 047 00
Roast Beef Sandwich	N 004 00
Beef, Corned	
Corned Beef Sandwich	N 009 00
Corned Beef and Cheese Sandwich	N 009 01
Grilled Reuben Sandwich	N 020 00
Beef, Ground	
Barbecued Beef Sandwich (Sloppy Joe)	N 027 00
Cannonball Sandwich (Canned Meatballs)	N 022 02
Cannonball Sandwich (Meatball)	N 022 00
Meatball Hoagie Using Precooked Meatballs	N 800 00
Mexican Beef Wrap	N 049 00
Moroccan Pockets	N 038 00
Taco Burger	N 040 00
Beef Patties	
Cheeseburger (Beef Patties)	N 012 01
Cheesy Baconburger (Beef Patties)	N 012 02
Chiliburger (Beef Patties)	N 012 04
Deluxe Cheeseburger (Beef Patties)	N 012 07
Deluxe Hamburger (Beef Patties)	N 012 05
Double Decker Cheeseburger (Beef Patties)	N 012 03
Grilled Hamburger (Beef Patties)	N 012 00
Pizzaburger (Beef Patties)	N 012 06
Beef Steak	
Steak and Cheese Submarine	N 003 00
Steak, Cheese and Onion Submarine	N 003 01
Steak and Onion Submarine	N 003 02
Cheese	
Cream Cheese Bagel	N 016 00
Cream Cheese and Olive Bagel	N 016 02
Cream Cheese and Tomato Bagel	N 016 01
Cheese Deli Sandwich	N 039 00
Grilled Cheese Sandwich	N 006 00

SECTION N – CONTINUED

Chicken Breast, Boneless	
Cajun Chicken Sandwich	N 052 00
Chicken Caesar Rollup Sandwich	N 045 00
Grilled Chicken Breast Sandwich	N 044 00
Jamaican Jerk Chicken Sandwich	N 048 00
Chicken Fajita Strips	
Chicken Fajita Pita	N 042 01
Chicken Pita Pocket Sandwich	N 043 00
Chicken Fillet (Breaded)	
Baked Chicken Fillet Sandwich (Breaded)	N 021 00
Chicken Fillet and Cheese Sandwich (Breaded)	N 021 02
Deep Fat Fried Chicken Fillet Sandwich (Breaded)	N 021 01
Chicken Fillet (Unbreaded)	
Grilled Chicken Fillet Sandwich (Unbreaded)	N 021 03
Egg	
Egg Salad Sandwich	N 010 00
New York Egg Salad Sandwich (Egg and Tomato)	N 010 01
Western Sandwich (Denver)	N 018 00
Fish	
Cheese Fishwich	N 032 01
Fishwich	N 032 00
Fishwich (Batter Dipped)	N 032 03
Grilled Tuna and Cheese Sandwich	N 015 01
Salmon Salad Sandwich (Canned Salmon)	N 015 02
Tuna and Tomato Sandwich	N 015 03
Tuna Salad Sandwich	N 015 00
Frankfurters	
Chili Dog (Canned Chili Con Carne)	N 041 01
Chili Dog with Cheese and Onions	N 041 00
Chili Dog	N 041 02
Corn Dog	N 034 00
Corn Dog (Corn Bread Mix)	N 034 01
Grilled Frankfurter with Fried Peppers and Onions	N 030 05
Simmered Frankfurter on Roll	N 030 00
Simmered Quarter Pound Frankfurter	N 030 03
Ham	
English Muffin with Ham, Egg, and Cheese	N 007 01
Fried Ham Sandwich	N 011 01
German Style Hamwich	N 006 01
Grilled Ham and Cheese Sandwich	N 006 03
Grilled Ham and Egg Sandwich	N 037 02
Grilled Ham, Egg and Cheese Sandwich	N 037 00
Ham and Biscuit	N 005 01
Ham and Cheese Sandwich	N 011 02
Ham and Tomato Sandwich	N 011 03
Ham Salad Sandwich	N 013 00
Ham Sandwich	N 011 00

SECTION N – CONTINUED

Other Sandwiches	
Chicken Salad Sandwich	N 008 00
Chicken Salad Sandwich (Canned Chicken)	N 008 01
Cold Cut Sandwich	N 017 00
Cold Cut Sandwich with Cheese	N 017 01
Double Decker Beef & Turkey Sandwich	N 805 00
Grilled Pastrami Reuben Sandwich	N 020 02
Hot Pastrami Sandwich	N 023 00
Italian Style Submarine	N 019 01
Italian Veal Cutlet Submarine	N 026 00
Monte Carlo Sandwich (Open-Faced Turkey and Ham)	N 031 00
Monte Cristo Sandwich	N 025 00
Peanut Butter and Jelly Sandwich	N 014 00
Submarine Sandwich	N 019 00
Pork	
Barbecued Pork Sandwich (Frozen Barbecued Pork)	N 027 02
Barbecued Pork Sandwich (Pork Butt)	N 027 01
Hot Roast Pork Sandwich	N 036 00
Hot Roast Pork Sandwich (Fresh Ham)	N 036 01
Roast Pork Sandwich	N 004 01
Sausage	
English Muffin with Sausage, Egg, and Cheese	N 007 03
Grilled Polish Sausage Sandwich	N 030 01
Grilled Sausage, Egg, and Cheese Sandwich	N 037 03
Hot Italian Sausage Sandwich	N 022 01
Sausage and Biscuit	N 005 00
Simmered Knockwurst on Roll	N 030 02
Turkey	
Baked Turkey Melt	N 502 00
Hot Roast Turkey Sandwich	N 033 00
Mexican Turkey Wrap	N 049 01
Roast Turkey Sandwich	N 004 02
Turkey Barbecue Sandwich	N 027 03
Turkey Croissant	N 004 05
Turkey Salad Sandwich	N 008 02
Vegetarian	
Crunchy Vegetable Burrito	N 050 00
Garden Vegetable Wrap	N 046 00
Vegetarian Hearty Burger	N 051 00

SECTION O – DRESSINGS, GRAVIES AND SAUCES

Dressings	
Apple Bread Dressing	O 021 01
Bread Dressing	O 021 00
Corn Bread Dressing	O 020 00
Dressing, Cornbread Mix	O 801 01
Dressing, Traditional Mix	O 801 00
Oyster Bread Dressing	O 021 03
Sausage Bread Dressing	O 021 02
Gravies	
Brown Gravy	O 016 00
Chicken or Turkey Gravy	O 016 02
Chili Gravy	O 016 03
Cream Gravy	O 017 00
Cream Onion Gravy	O 017 01
Giblet Gravy	O 016 04
Mushroom Gravy	O 016 05
Natural Pan Gravy (Au Jus)	O 018 00
Onion and Mushroom Gravy	O 016 09
Onion Gravy	O 016 06
Quick Onion Gravy	O 016 07
Tomato Gravy	O 019 00
Vegetable Gravy	O 016 08
Sauces	
Barbecue Sauce	O 002 00
Cajun Creole Sauce	O 005 02
Cheese Sauce	O 001 01
Cherry Sauce (For Meat)	O 003 00
Chinese Mustard Sauce	O 022 00
Creole Sauce	O 005 00
Dill Sauce	O 027 00
Herbed Mayonnaise	O 025 00
Honey Mustard Sauce	O 029 00
Horseradish Dijon Sauce	O 028 00
Horseradish Sauce	O 023 00
Marinara Sauce with Clams	O 004 01
Marinara Sauce	O 004 00
Mustard Sauce	O 006 00
Oriental Sweet and Sour Sauce	O 026 00
Pineapple Salsa	O 030 01
Pineapple Sauce	O 009 00
Pizza Sauce (Canned)	O 012 01
Pizza Sauce	O 012 00
Raisin Sauce	O 009 01
Salsa	O 007 01
Seafood Cocktail Sauce	O 011 00
Shrimp Sauce	O 031 00
Spanish Sauce	O 005 01
Sweet and Sour Sauce	O 008 00
Szechwan Sauce	O 010 00
Taco Sauce	O 007 00
Tartar Sauce	O 013 00

SECTION O – CONTINUED

Sauces - continued	
Teriyaki Sauce	O 014 00
Tomato Sauce	O 015 00
Tropical Fruit Salsa (Canned)	O 030 02
Tropical Fruit Salsa	O 030 00
White Sauce	O 001 00
Yogurt-Cucumber Sauce	O 024 00

SECTION P – SOUPS

Canned	
Bean with Bacon Soup (Canned)	P 009 01
Beef Noodle Soup (Canned)	P 009 02
Beef with Vegetables and Barley Soup (Canned)	P 009 00
Chicken Mushroom Soup (Canned)	P 022 00
Chicken Noodle Soup (Canned)	P 009 03
Chicken with Rice Soup (Canned)	P 009 04
Cream of Broccoli Soup (Canned)	P 024 00
Cream of Chicken Soup (Canned)	P 024 01
Cream of Mushroom Soup (Canned)	P 024 02
Doubly Good Chicken Soup (Canned)	P 022 01
Logging Soup (Canned)	P 022 02
Manhattan Clam Chowder (Canned)	P 009 05
Minestrone Soup (Canned)	P 009 06
Split Pea Soup with Ham (Canned)	P 009 07
Tomato Noodle Soup (Canned)	P 022 03
Tomato Soup (Canned)	P 009 08
Vegetable Beef Supreme Soup (Canned)	P 022 04
Vegetable Soup (Canned)	P 009 09
Vegetable with Beef Soup (Canned)	P 009 10
Dehydrated	
Beef Noodle Soup with Vegetables (Dehydrated)	P 018 01
Chicken Noodle Soup (Dehydrated)	P 018 02
Chicken Noodle Soup with Vegetables (Dehydrated)	P 018 03
Cream of Potato Soup (Dehydrated Sliced Potatoes)	P 015 00
Cream of Potato Soup (Instant Potatoes)	P 016 00
Mexican Onion Corn Soup (Dehydrated Mix)	P 017 02
Onion Soup (Dehydrated Mix)	P 017 01
Spanish Soup (Dehydrated Onion Soup)	P 017 00
Tomato Vegetable Soup (Dehydrated)	P 018 00
Fresh Made	
Asian Stir Fry Soup	P 500 00
Bean Soup with Smoked, Cured Ham Hocks	P 008 01
Beef Barley Soup	P 001 01
Beef Noodle Soup	P 001 02
Beef Rice Soup	P 001 00
Carrot Soup	P 800 00
Chicken Corn Chowder	P 011 01
Chicken Gumbo Soup	P 010 00
Chicken Noodle Soup	P 002 01
Chicken Rice Soup	P 002 00
Chicken Vegetable (Mulligatawny) Soup	P 020 00
Corn Chowder	P 011 00
Cream of Broccoli Soup	P 014 01
Cream of Mushroom Soup	P 014 00
Cream of Potato Soup (Fresh White Potatoes)	P 015 01
Creole Soup	P 003 00
Curried Vegetable Soup	P 028 00
Egg Drop Soup	P 803 00
French Onion Soup	P 004 01
Knickerbocker Soup (Bean, Tomato and Bacon)	P 008 02
Lentil Vegetable Soup	P 027 00
Manhattan Clam Chowder	P 012 00

SECTION P – CONTINUED

Fresh Made – continued	
Midwestern Tomato Rice Soup	P 804 00
Minestrone Soup	P 007 01
Navy Bean Soup	P 008 00
New England Clam Chowder	P 013 01
New England Fish Chowder	P 013 00
Nutty Split Pea Soup	P 802 00
Old Fashioned Bean Soup	P 008 03
Onion Soup	P 004 00
Pepper Pot Soup	P 019 00
Puree Mongole	P 023 01
Shrimp Gumbo	P 010 01
Split Pea Soup with Ham	P 023 00
Texas Tortilla Soup	P 025 00
Tomato Bouillon	P 005 00
Tomato Rice Soup	P 006 01
Tomato Soup	P 006 00
Tortellini Soup	P 026 00
Turkey Vegetable Soup	P 029 00
Vegetable Soup	P 007 00
Velvet Corn Soup	P 801 00
Zesty Bean Soup (Dry Beans)	P 021 01
Zesty Bean Soup	P 021 00

SECTION Q – VEGETABLES

Asparagus	
Asparagus (Canned)	Q 100 01
Asparagus (Fresh)	Q 100 02
Asparagus (Frozen)	Q 100 00
Baked Beans (Canned)	
Baked Beans (Canned)	Q 002 00
Beans, Canned, Green or Wax	
Beans, Green (Canned)	Q 101 01
Beans, Wax (Canned)	Q 101 02
Green Beans Parisienne (Canned)	Q 042 00
Green Beans with Corn (Canned Beans)	Q 039 01
Herbed Green Beans	Q 026 00
Beans, Canned, Kidney	
Baked Beans (Kidney Beans, Canned)	Q 002 01
Italian-Style Baked Beans (Canned Beans)	Q 004 01
Beans, Canned, Pinto	
Baked Beans (Pinto Beans, Canned)	Q 002 02
Refried Beans with Cheese	Q 038 00
Refried Beans (Canned Beans)	Q 038 01
Refried Beans with Cheese (Canned Beans)	Q 038 02
Beans, White in Tomato Sauce (Canned)	
Beans, White in Tomato Sauce (Canned)	Q 103 01
Beans, Dry (Kidney, Pinto or White)	
Boston Baked Beans	Q 003 00
Italian-Style Baked Beans	Q 004 00
Savory Baked Beans	Q 003 01
Savory Style Beans	Q 005 01
Simmered Dry Beans with Bacon	Q 005 00
Simmered Dry Beans	Q 005 02
Spanish Style Beans	Q 006 00
Beans, Frozen, Green or Wax	
Beans, French Style Cut (Frozen)	Q 101 03
Beans, Green (Frozen)	Q 101 00
Beans, Wax (Frozen)	Q 101 04
Green Beans Creole	Q 007 01
Green Beans Nicoise	Q 007 03
Green Beans Parisienne (Frozen Beans)	Q 042 01
Green Beans Southern Style	Q 007 04
Green Beans with Corn (Frozen Beans)	Q 039 00
Green Beans with Mushrooms	Q 007 02
Hacienda Green Beans	Q 081 00
Lyonnais Green or Wax Beans	Q 007 00
Sesame Glazed Green Beans	Q 072 00
Beans, Lima	
Beans, Lima (Canned)	Q 102 01
Beans, Lima (Frozen)	Q 102 00

SECTION Q – CONTINUED

Beets	
Beets (Canned)	Q 104 01
Beets in Orange-Lemon Sauce	Q 008 01
Harvard Beets	Q 008 00
Hot Spiced Beets	Q 009 00
Black-Eyed Peas (Canned)	
Black-Eyed Peas (Canned)	Q 117 01
Broccoli	
Broccoli (Fresh)	Q 105 02
Broccoli (Frozen)	Q 105 00
Broccoli Parmesan	Q 024 00
Broccoli Polonaise	Q 010 00
Herbed Broccoli	Q 065 00
South of the Border Broccoli	Q 076 00
South of the Border Medley	Q 076 01
Brussels Sprouts	
Brussels Sprouts (Frozen)	Q 106 00
Brussels Sprouts Parmesan	Q 024 01
Brussels Sprouts Polonaise	Q 010 01
Sprouts Superba	Q 011 00
Cabbage	
Cabbage (Fresh)	Q 107 02
Calico Cabbage	Q 012 01
Fried Cabbage with Bacon	Q 012 02
Fried Cabbage	Q 012 00
Oriental Stir-Fry Cabbage	Q 015 00
Red Cabbage with Sweet and Sour Sauce	Q 043 00
Carrots	
Carrot and Celery Amandine	Q 016 00
Carrot Slices (Canned)	Q 108 01
Carrot Slices (Frozen)	Q 108 00
Carrot Strips (Fresh)	Q 108 03
Carrots (1/4 Inch Slices) (Fresh)	Q 108 02
Glazed Carrots	Q 017 01
Lyonnais Carrots	Q 017 00
Orange Carrots Amandine	Q 014 00
Cauliflower	
Cauliflower (Fresh)	Q 109 02
Cauliflower (Frozen)	Q 109 00
Cauliflower Au Gratin	Q 018 00
Cauliflower Parmesan	Q 024 02
Cauliflower Polonaise	Q 010 02
Cauliflower with Cheese Sauce	Q 803 00
French Fried Cauliflower	Q 020 00
Corn, Cream Style	
Corn Fritters (Pancake Mix)	Q 021 01
Corn Fritters	Q 021 00
Cream Style Corn (Canned)	Q 112 01
Scalloped Cream Style Corn	Q 023 00

SECTION Q – CONTINUED

Corn, Whole Kernel	
Calico Corn	Q 027 00
Corn and Green Bean Casserole	Q 083 00
Corn O'Brien	Q 027 01
Corn on the Cob (Fresh)	Q 111 02
Corn on the Cob (Frozen)	Q 111 00
Corn, Whole Kernel (Canned)	Q 110 01
Corn, Whole Kernel (Frozen)	Q 110 00
Hacienda Corn and Black Beans	Q 080 00
Mexican Corn	Q 027 02
Scalloped Whole Kernel Corn	Q 023 01
Succotash (Frozen)	Q 124 00
Eggplant	
Eggplant Parmesan	Q 028 00
Ratatouille	Q 022 00
Greens	
Greens, Collard (Fresh)	Q 113 02
Greens, Collard (Frozen)	Q 113 00
Greens, Kale (Fresh)	Q 113 03
Southern Style Greens (Fresh Collards)	Q 029 00
Southern Style Greens (Fresh Kale)	Q 029 03
Southern Style Greens (Frozen)	Q 029 01
Sweet Sour Greens	Q 029 02
Mixed Vegetables	
Mixed Vegetables (Frozen)	Q 126 00
Mushrooms	
Mushrooms, Frozen, Breaded	Q 804 00
Sautéed Mushrooms	Q 030 00
Sautéed Mushrooms and Onions	Q 030 01
Okra	
French Fried Okra	Q 020 01
Okra (Canned)	Q 114 01
Okra (Frozen)	Q 114 00
Okra and Tomato Gumbo	Q 031 00
Okra Melange	Q 503 00
Okra, Frozen, Breaded	Q 800 00
Southern Fried Okra	Q 032 00
Onions	
French Fried Onion Rings	Q 035 00
French Fried Onion Rings (Frozen)	Q 035 01
Fried Onions	Q 036 00
Onions (Canned)	Q 115 01
Onions (Fresh)	Q 115 02
Smothered Onions (Dehydrated Onions)	Q 037 00
Spanish Onions	Q 034 00
Tempura Fried Onion Rings	Q 035 02

SECTION Q – CONTINUED

Peas	
Peas (Canned)	Q 116 01
Peas (Frozen)	Q 116 00
Peas and Carrots (Frozen)	Q 127 00
Peas with Carrots (Frozen)	Q 041 01
Peas with Celery (Frozen)	Q 041 02
Peas with Mushrooms (Canned Peas)	Q 041 04
Peas with Mushrooms (Frozen)	Q 041 00
Peas with Onions	Q 041 03
Potatoes, Sweet	
Baked Sweet Potatoes	Q 066 00
Candied Sweet Potatoes	Q 067 00
Glazed Sweet Potatoes (Syrup)	Q 067 02
Glazed Sweet Potatoes	Q 067 01
Marshmallow Sweet Potatoes	Q 069 02
Mashed Sweet Potatoes	Q 069 00
Potatoes, Sweet (Canned)	Q 118 01
Potatoes, Sweet (Fresh)	Q 118 02
Scalloped Sweet Potatoes and Apples	Q 013 00
Sweet Potatoes Southern Style	Q 069 01
Potatoes, White (Canned)	
Oven Browned Potatoes (Canned)	Q 050 04
Oven-Glo Potatoes (Canned)	Q 050 03
Paprika Buttered Potatoes (Canned)	Q 033 03
Parsley Buttered Potatoes (Canned)	Q 033 02
Potatoes, White (Canned)	Q 119 01
Potatoes, White, Dehydrated	
German Potato Griddle Cakes (Dehydrated)	Q 019 00
Hashed Brown Potatoes (Dehydrated, Diced)	Q 054 04
Hashed Brown Potatoes (Dehydrated, Sliced)	Q 054 00
Lyonnais Potatoes (Dehydrated)	Q 054 01
O'Brien Potatoes (Dehydrated, Sliced)	Q 054 02
Potatoes Au Gratin (Dehydrated, Slices)	Q 051 01
Scalloped Potatoes (Dehydrated, Diced)	Q 055 02
Scalloped Potatoes (Dehydrated, Sliced)	Q 055 01
Scalloped Potatoes and Onions (Dehydrated, Sliced)	Q 055 00
Potatoes	
Baked Potatoes	Q 044 00
Cajun Oven Fries	Q 801 00
Cottage Fried Potatoes	Q 046 01
Deviled Oven Fries	Q 075 00
Franconia Potatoes	Q 050 01
French Fried Potatoes	Q 045 00
Garlic Cheese Potatoes	Q 500 00
Garlic Roasted Potato Wedges	Q 070 00
Garlic-Lemon Roasted Potato Wedges	Q 084 00
Grilled Potato Patties	Q 048 01
Hacienda Potatoes	Q 079 00
Hashed Brown Potatoes	Q 046 00
Home Fried Potatoes	Q 047 00
Italian Roasted Potatoes	Q 502 00
Lyonnais Potatoes	Q 046 03

SECTION Q – CONTINUED

Potatoes - continued	
Mashed Potatoes	Q 048 00
O'Brien Potatoes	Q 049 00
Oven Browned Potatoes	Q 050 00
Oven-Glo Potatoes	Q 050 02
Paprika Buttered Potatoes	Q 033 01
Parsley Buttered Potatoes	Q 033 00
Potatoes and Herbs	Q 078 00
Potatoes Au Gratin Using Prepared Sauce	Q 808 00
Potatoes Au Gratin	Q 051 00
Potatoes, White (Fresh)	Q 119 02
Quick Baked Potato Halves	Q 044 01
Rissole Potatoes	Q 052 00
Roasted Pepper Potatoes	Q 504 00
Rosemary Roasted Potato Wedges	Q 071 00
Scalloped Potatoes and Onions	Q 053 01
Scalloped Potatoes	Q 053 00
Potatoes, White, Frozen, French Fries	
Baked Potato Rounds (Precooked)	Q 045 06
French Fried Potatoes (Frozen)	Q 045 01
French Fried Potatoes (Frozen, Oven Method)	Q 045 02
French Fried Shoestring Potatoes (Frozen)	Q 045 03
French Fried Shoestring Potatoes (Frozen, Oven)	Q 045 04
Potatoes, White, Frozen, Shredded	
Baked Potato Pancakes (Frozen Shredded Potato)	Q 077 00
Hashed Brown Potatoes (Frozen, Shredded, 2.5 oz)	Q 046 04
Hashed Brown Potatoes (Frozen, Shredded, 3 oz)	Q 046 02
Potatoes, White, Instant, Granules	
Garlic Cheese Potatoes (Instant)	Q 500 01
Golden Potato Balls (Instant)	Q 056 00
Grilled Potato Cakes	Q 057 01
Mashed Potatoes (Instant)	Q 057 00
Roasted Pepper Potatoes (Instant)	Q 504 01
Potatoes, White, Shredded, Dehydrated	
Baked Potato Pancakes	Q 077 01
Hashed Brown Potatoes (Dehydrated, Shredded)	Q 054 03
Potato Mix	
French Fried Potatoes (Dehydrated Mix)	Q 045 05
Rutabagas (Fresh)	
Rutabagas (Fresh)	Q 128 00
Sauerkraut	
German Sauerkraut	Q 059 00
Sauerkraut (Canned)	Q 120 01

SECTION Q – CONTINUED

Spinach	
Club Spinach	Q 060 00
Spinach (Canned)	Q 121 01
Spinach (Fresh)	Q 121 02
Spinach (Frozen)	Q 121 00
Tangy Spinach	Q 063 00
Squash	
Baked Hubbard Squash	Q 061 00
Creole Summer Squash	Q 062 00
Louisiana Style Smothered Squash	Q 064 00
Savory Summer Squash	Q 064 01
Squash and Carrot Medley (Frozen)	Q 074 01
Squash and Carrot Medley (Fresh)	Q 074 00
Squash, Fall and Winter (Fresh)	Q 123 02
Squash, Summer (Fresh)	Q 122 02
Squash, Summer (Frozen)	Q 122 00
Tomatoes	
Stewed Tomatoes with Croutons	Q 058 01
Stewed Tomatoes	Q 058 00
Tomatoes (Canned)	Q 125 01
Turnips	
Turnips (Fresh)	Q 129 00
Turnips and Bacon	Q 040 00
Vegetable Combos	
Bean Combo	Q 001 02
Broccoli Combo	Q 001 01
Brussels Sprouts Combo	Q 001 04
Cauliflower Combo	Q 001 03
Corn Combo	Q 001 06
Green Bean Combo	Q 001 05
Honey Dijon Vegetables	Q 082 00
Japanese Vegetable Stir Fry	Q 073 00
Tempura Vegetables	Q 068 00
Vegetable Stir Fry Using Frozen Vegetables	Q 809 00
Vegetable Stir Fry	Q 025 00

MEATLESS ENTRÉE ALTERNATIVES

Baked Macaroni and Cheese	F 001 00
Broccoli Quiche (Frozen Eggs and Egg Whites)	F 011 02
Broccoli Quiche	F 011 01
Broccoli, Cheese, and Rice	L 075 00
Cheese Deli Sandwich	N 039 00
Cheese Pita Pizza	L 171 00
Cheese Tortellini Marinara (Dehydrated)	L 173 02
Cheese Tortellini Marinara	L 173 00
Chilies Rellenos	L 074 00
Crunchy Vegetable Burrito	N 050 00
Egg Salad Sandwich	N 010 00
French Bread Pizza	L 165 08
Garden Vegetable Wrap	N 046 00
Grilled Cheese Sandwich	N 006 00
Italian Broccoli Pasta	L 189 00
Japanese Vegetable Stir Fry	Q 073 00
Lasagna (Frozen)	L 804 00
Manicotti, Frozen	L 841 00
Monterey Egg Bake	F 014 00
Mushroom Quiche (Frozen Eggs and Egg Whites)	F 011 03
Mushroom Quiche	F 011 00
Mushroom, Green Pepper and Onion Pizza	L 165 02
Mushroom, Onion, and Green Pepper Pita Pizza	L 171 01
New York Egg Salad Sandwich (Egg and Tomato)	N 010 01
Pasta Primavera	L 501 00
Pizza (12 Inch Frozen Crust)	L 166 00
Pizza (Pourable Pizza Crust)	L 165 10
Pizza (Roll Mix)	L 165 06
Pizza (Thick Crust)	L 165 01
Pizza	L 165 00
Potato Frittata	L 175 00
Rice Frittata	L 174 00
Southwestern Sweet Potatoes, Black Beans, and Corn	L 196 00
Southwestern Sweet Potatoes, Black Beans, Corn (Canned)	L 196 01
Spinach Lasagna	L 009 00
Spinach Tortellini Marinara (Frozen)	L 173 01
Vegetable Curry with Rice	L 203 00
Vegetable Lasagna	L 508 00
Vegetable Stir Fry	Q 025 00
Vegetable Stuffed Peppers	L 176 00
Vegetarian Burrito	L 507 00
Vegetarian Hearty Burger	N 051 00
Veggie Egg Pocket	F 013 00
Western Sandwich (Denver)	N 018 00