

# Cookbook for Findlay City Schools

Created by HPS Menu Planner

# Table of Contents

HAM / CHEESE SANDWICH

TURKEY ROLL UP

EZ Jammer Summer

Frosted Cookie

# HAM / CHEESE SANDWICH

NO IMAGE

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GFS	36 Slice		204822
CHEESE AMER 184CT SLCD 4-5 GFS	18 Slice		272744
TURKEY HAM SLCD 12-1 JENNO	108 Slice		556121

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	325.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	37.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	23.50g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	1.20mg

**Calcium** 175.00mg **Iron** 2.88mg

# TURKEY ROLL UP

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	1 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 184CT SLCD 4-5 GFS	1 Slice		272744

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.03
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 1

<b>Amount Per Serving</b>			
<b>Calories</b>		4.36	
<b>Fat</b>		0.16g	
<b>SaturatedFat</b>		0.06g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.79mg	
<b>Sodium</b>		8.93mg	
<b>Carbohydrates</b>		0.38g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		0.01g	
<b>Protein</b>		0.34g	
<b>Vitamin A</b>	2.14IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.21mg	<b>Iron</b>	0.03mg

# EZ Jammer Summer



<b>Servings:</b>	20.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	40 Each		630302

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	580.00
<b>Fat</b>	32.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 160.00mg **Iron** 5.40mg



# Frosted Cookie



<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frosted Cookie	25 Each	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	172.00		
<b>Fat</b>	6.70g		
<b>SaturatedFat</b>	1.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.50mg		
<b>Sodium</b>	78.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	4.00mg