

Cookbook for Cassopolis Public Schools

Created by HPS Menu Planner

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Sloppy Joe

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	1 Ounce		564790

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		0.27	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.08mg	
Sodium		0.77mg	
Carbohydrates		0.02g	
Fiber		0.00g	
Sugar		0.01g	
Protein		0.02g	
Vitamin A	0.84IU	Vitamin C	0.01mg
Calcium	0.06mg	Iron	0.00mg

Chicken Broccoli Bowl



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DRK MT FC 6-5 TYS	1 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

- 1 cup white rice.
- 12 ounces broccoli florets, about 2-3 cups.
- 1 tablespoon olive oil.
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks.
- Kosher salt and freshly ground black pepper, to taste.
- 1 green onion, thinly sliced.
- 1/4 teaspoon sesame seeds.

SLE Components

Amount Per Serving

Meat	0.00
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Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.31
Fat	0.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.18mg
Sodium	0.89mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	0.04g

Vitamin A	0.22IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg