

Cookbook for Stow-Munroe Falls City Schools

Created by HPS Menu Planner

Table of Contents

Assorted Fresh Fruit

CHEESE PIZZA

PB&J SANDWICH & CHEESESTICK

SIDE SALAD

ASSORTED FRUIT CUPS

1.5 OZ DRESSINGS

CONDIMENTS

CEREAL BOWLS HS

ASSORTED FRUIT JUICES

ASSORTED VEGGIE STICKS

TRIX YOGURT

PEACH OATMEAL

TURKEY SUB

Assorted Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3/50 Each		200999
APPLE DELICIOUS GOLDEN 125-138CT MRKN	3/50 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	3/50 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3/50 Each		198021
STRAWBERRY CLAMSHELL 8 MRKN	3/50 Cup		212768
KIWI 33-39CT P/L	3/50 Each		287008
PEAR 95-110CT MRKN	3/50 Ounce		198056
MELON MUSK CANTALOUPE 12CT MFC	3/50 Cup		200565

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.04
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		26.73	
Fat		0.09g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.57mg	
Carbohydrates		6.76g	
Fiber		0.83g	
Sugar		3.96g	
Protein		0.40g	
Vitamin A	33.49IU	Vitamin C	41.49mg
Calcium	8.54mg	Iron	0.12mg

CHEESE PIZZA

NO IMAGE

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.25
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving	
Calories	45.00
Fat	2.00g
SaturatedFat	0.88g
Trans Fat	0.00g
Cholesterol	4.38mg
Sodium	61.25mg
Carbohydrates	4.38g

Fiber		0.38g	
Sugar		1.13g	
Protein		2.63g	
Vitamin A	11.63IU	Vitamin C	0.00mg
Calcium	55.13mg	Iron	0.26mg

PB&J SANDWICH & CHEESESTICK

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	360.00
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	15.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 224.00mg **Iron** 1.00mg

SIDE SALAD

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CABBAGE SHRED RED 1/8 2-3 RSS	1 Cup		212679

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		62.66	
Fat		0.20g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		66.56mg	
Carbohydrates		14.17g	
Fiber		5.89g	
Sugar		5.83g	
Protein		2.92g	
Vitamin A	49.50IU	Vitamin C	51.60mg

Calcium 81.89mg **Iron** 1.44mg

ASSORTED FRUIT CUPS

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
PEACH CUP 96-4.4Z COMM	1 Each		232470
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570
PEAR DCD CUP 72-4.5Z ZEE ZEES	1 Each		136752
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	1 Ounce		731041
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1		849531
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single- serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

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: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	10.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.74mg		
Carbohydrates	2.74g		
Fiber	0.12g		
Sugar	2.27g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	4.80mg
Calcium	0.00mg	Iron	0.00mg

1.5 OZ DRESSINGS

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5FLZ LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	745371
DRESSING ITAL LT PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135871
DRESSING HNY MSTRD PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Use as a dressing or dip	135581
DRESSING GRK PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135971
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

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: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	11.40		
Fat	0.92g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	34.20mg		
Carbohydrates	0.76g		
Fiber	0.00g		
Sugar	0.58g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.00mg

CONDIMENTS

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	READY_TO_EAT None	700051
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	READY_TO_EAT None	188741
SAUCE BBQ PKT 200-12GM PPI	1 Each	READY_TO_EAT None	772080
SOUR CREAM IMIT PKT 100-1Z DSTAR	1 Each	READY_TO_EAT Ready to Eat or used as an ingredient	698731
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	READY_TO_EAT None	192007
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY_TO_EAT None	499521
CARAMEL DIP L/F CUP 200-1Z LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	450430
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	READY_TO_EAT None	499410
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

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: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	8.22		
Fat	0.42g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.50mg		
Sodium	16.82mg		
Carbohydrates	1.04g		
Fiber	0.00g		
Sugar	0.68g		
Protein	0.02g		
Vitamin A	1.60IU	Vitamin C	0.05mg
Calcium	0.40mg	Iron	0.00mg

CEREAL BOWLS HS

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.15
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories		17.00	
Fat		0.20g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		22.00mg	
Carbohydrates		3.65g	
Fiber		0.30g	
Sugar		1.35g	
Protein		0.30g	
Vitamin A	50.50IU	Vitamin C	1.10mg
Calcium	10.50mg	Iron	1.70mg

ASSORTED FRUIT JUICES



Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 96-4FLZ COMM	1		939854
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00

Amount Per Serving			
Calories	2.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	0.66g		
Fiber	0.00g		
Sugar	0.60g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.02mg

Calcium 0.40mg

Iron 0.00mg

ASSORTED VEGGIE STICKS



Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1 Each		610902
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
CELERY STIX 4-3 RSS	1 Cup		781592
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.03
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00

Amount Per Serving	
Calories	3.63
Fat	0.03g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.95mg
Carbohydrates	0.68g

Fiber			0.29g
Sugar			0.35g
Protein			0.19g
Vitamin A	226.04IU	Vitamin C	3.21mg
Calcium	4.78mg	Iron	0.05mg

TRIX YOGURT

NO IMAGE

Servings:	20.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.15
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: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	12.00
Fat	0.08g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.75mg
Sodium	9.00mg
Carbohydrates	2.25g
Fiber	0.00g
Sugar	1.35g

Protein		0.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

PEACH OATMEAL



Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches	4 Cup		
OATS OLD FASHIONED 12-42Z MOM	4 Cup	RECONSTITUTE	144391

Preparation Instructions

PREHEAT OVEN TO 400 F
RINSE AND PAT DRY BEANS
MIX RANCH IN OIL AND TOSS IN BEANS
BAKE FOR 30 MINUTES OR UNTIL GOLDEN BROWN AND CRUNCHY

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: 4.00

Serving Size: 1.00

Amount Per Serving	
Calories	300.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	54.00g
Fiber	8.00g
Sugar	2.00g

Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.60mg

TURKEY SUB

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST HNY SMKD SLCD 5-2 BRICK	1 Ounce		820161
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489
BUN SUB SLCD WGRAIN 5 12-8CT GFS	1	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
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: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	100.00
Fat	5.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	430.00mg
Carbohydrates	6.00g
Fiber	1.00g

Sugar	4.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.50mg	Iron	2.18mg