

Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

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Cole Slaw

Servings:	258.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING COLE SLAW 4-1GAL GCHC	1 Tablespoon		106992
CABBAGE GREEN 45 P/L	20 Pound		198463

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 258.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		17.62	
Fat		0.02g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.02mg	
Sodium		6.52mg	
Carbohydrates		4.04g	
Fiber		1.40g	
Sugar		2.03g	
Protein		1.00g	
Vitamin A	60.19IU	Vitamin C	28.22mg
Calcium	36.11mg	Iron	0.13mg

Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	66.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.83mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	12.00g

Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	17.20mg
Calcium	8.95mg	Iron	0.11mg

Rosy Applesauce

Servings:	105.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	5 #10 CAN		179990
GELATIN MIX STRAWB 12-24Z GFS	24 Ounce		524581

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		135.10	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		41.75mg	
Carbohydrates		32.99g	
Fiber		2.46g	
Sugar		28.06g	
Protein		0.35g	
Vitamin A	0.00IU	Vitamin C	5.19mg
Calcium	0.00mg	Iron	0.00mg

Bread & Butter Sandwich

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
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 Each

Amount Per Serving			
Calories	280.00		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	430.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg