

Cookbook for Great Lakes Elementary

Created by HPS Menu Planner

Table of Contents

Better Butter & Jelly Sandwich Combo Meal

Yogurt Combo Meal

Grilled Cheese Sandwich

Cheesy Breadsticks with Marinara Sauce

Sugar Snap Peas

Better Butter & Jelly Sandwich Combo Meal



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2720

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	50 Each	Thaw and Serve	630302
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Serve	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 460.00

Fat 22.00g

Saturated Fat 7.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 545.00mg

Carbohydrates 47.00g

Fiber 6.00g

Sugar 14.00g

Protein 19.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	278.00mg	Iron	2.70mg

Yogurt Combo Meal



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2722

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	50 Package	Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	50 Each	Ready to eat	869921
CHEESE STRING MOZZ IW 168-1Z LOL	50 Each	Ready to eat	786580
Whole Grain Dinner Roll	50	BAKE	4372

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 360.00

Fat 7.50g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 525.00mg

Carbohydrates	58.00g
Fiber	4.00g
Sugar	22.00g
Protein	16.00g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 448.00mg	Iron 4.50mg

Grilled Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD, 100% WW SLICED, AM	100 Each	READY_TO_EAT	0336
CHEESE AMER 160CT SLCD 6-5 COMM	100 Each		150260
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	100 Gram		827021
CHEESE STRING MOZZ LT IW 168-1Z LOL	50 Each		786801

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 368.40

Fat 16.60g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 958.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 6.00g

Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	361.00mg	Iron	0.00mg

Cheesy Breadsticks with Marinara Sauce



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2730

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6- 10 REDPK	200 Ounce	READY_TO_EAT None	592714
BREADSTICK CHS STFD 2.1Z 10- 20CT	200 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	328.57
Fat	12.43g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	718.57mg

Carbohydrates	34.29g
Fiber	4.43g
Sugar	6.86g
Protein	20.43g
Vitamin A 355.14IU	Vitamin C 4.29mg
Calcium 374.43mg	Iron 2.00mg

Sugar Snap Peas



Servings:	50.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP 12-2 GFS	18 3/4 Cup		434396

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	22.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	3.92g		
Fiber	1.12g		
Sugar	1.68g		
Protein	1.12g		
Vitamin A	111.94IU	Vitamin C	5.04mg
Calcium	22.39mg	Iron	0.40mg