

# **Cookbook for HPTS ELE**

**Created by HPS Menu Planner**

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# Fruit Parfait with Boiled Egg, 2 WG sides

## Cook's Choice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1812

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	2 Ounce		541966
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	13/20 Ounce		621420
STRAWBERRY SLCD 4+1 6-6.5 GFS	1 7/20 Ounce		293393
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Each	READY_TO_EAT Ready to Eat	893711
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each		273681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800

### Preparation Instructions

1. Place 8 oz. of vanilla yogurt into a 16 oz. clear plastic cup.
2. Put 1/2 cup sliced strawberries on top of yogurt.
3. Label and date mark.
4. Serve with hard boiled egg ,blueberry muffin, and a bag of pretzels.

#### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.21
<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: 1.00

Serving Size: 1.00 Serving

##### Amount Per Serving

<b>Calories</b>	376.84
<b>Fat</b>	9.25g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.75mg
<b>Sodium</b>	362.50mg
<b>Carbohydrates</b>	64.63g
<b>Fiber</b>	3.75g
<b>Sugar</b>	33.55g
<b>Protein</b>	10.58g

<b>Vitamin A</b>	25.00IU	<b>Vitamin C</b>	12.09mg
<b>Calcium</b>	145.63mg	<b>Iron</b>	2.57mg

# Chicken Tender Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1813

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
LETTUCE ROMN HRYS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
DRESSING RNCH ORIG PKT 102-1Z MARZ	1 Package		554693

## Preparation Instructions

1. Place chicken tenders on 13x24 parchment lined cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees within 2 hrs and then to 41 degrees within 6 hrs.
5. Place tortilla in container, top with lettuce, and spinach, cheese, tomatoes, and chicken.
6. Serve with 1 pkg. of ranch dressing.
7. Label and date mark. Place in cooler until serving time.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Salad Meal

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**Amount Per Serving**

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<b>Calories</b>	515.00
<b>Fat</b>	31.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	705.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	8.50g
<b>Sugar</b>	4.50g
<b>Protein</b>	19.00g

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<b>Vitamin A</b>	11350.00IU	<b>Vitamin C</b>	31.50mg
<b>Calcium</b>	105.00mg	<b>Iron</b>	4.10mg

# Trix Yogurt Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1825

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280

## Preparation Instructions

At service time place yogurt , cheese stick, muffin and goldfish crackers on tray. ( Or prep ahead in a Zip Lock, Box, etc.)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving			
<b>Calories</b>	430.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	525.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	378.00mg	<b>Iron</b>	1.72mg

# Grab and Go Lunch Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168- 1Z	2 Each		786830

## Preparation Instructions

Prepare ahead in grab and go box: cereal, muffin and 2 cheese sticks.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	675.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 522.00mg	<b>Iron</b> 5.50mg



# Mostaccioli with Beef Italian Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1832

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/2 Cup		315494
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SEASONING ITAL HRB 6Z TRDE	1/4 Teaspoon		428574
PASTA PENNE PLUS 2-10 BARILLA	2 Ounce	BOIL Cooking Time: 10 Minutes Pre-cooking time: 7 Minutes	551321

## Preparation Instructions

Prepare Pasta Separately

1. Put meatballs in steam table pan.
2. Mix sauce and Italian herbs together.
3. Cover meatballs with sauce.
4. Cook in steamer for 40 minutes.
5. At service time, place 4 meatballs and 1/2 cup sauce over 1 cup cooked pasta.

### SLE Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.75 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	411.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	761.00mg
<b>Carbohydrates</b>	55.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 305.00IU	<b>Vitamin C</b> 7.00mg

**Calcium** 104.00mg **Iron** 4.88mg

# BBQ Boneless Chicken Breast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GFS	1 Tablespoon	Brush with sauce, bake a few minutes.	435170
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each	Put 1 chicken breast on a bun.	517810
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	1 Each		561331

## Preparation Instructions

1. Place 20 patties on a parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Brush with 1 Tbsp. BBQ sauce and return to oven for a few minutes.
5. At service time place one patty onto bun and serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	266.90		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.20g		
<b>Sugar</b>	12.50g		
<b>Protein</b>	20.10g		
<b>Vitamin A</b>	71.27IU	<b>Vitamin C</b>	0.53mg
<b>Calcium</b>	40.57mg	<b>Iron</b>	1.86mg

# French Toast Sticks with Egg Patty

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1839

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each		646222
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	<b>BAKE</b> Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091

## Preparation Instructions

1. Place french toast sticks (65 per pan) on parchment lined 13x24 cookie sheet.
2. Place cookie sheet into a preheated 325 degree oven.
3. Bake for 8 - 10 minutes to 165 degrees for at least 15 seconds.
4. Place egg patties in 2 inch steam table pan. Steam for 20 minutes to 145 degrees for at least 15 seconds.
5. At service place 3 french toast sticks, 1 egg patty, and 1 syrup cup on tray.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	210.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	205.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b>	100.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 76.00mg **Iron** 1.36mg

# Egg Salad Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	1/3 Cup		695210
BREAD 7 GRAIN SLCD 3/4 7-2 GFS	2 Slice		230812

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	640.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	290.00mg		
<b>Sodium</b>	830.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	5.08mg

# Build Your Own Fiesta Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11207

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning Mix	2 tsp.	BAKE	5935879
BEEF GRND 40 COMM	2 17/25 Ounce		110520
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED MILD 6-10 MI PUEBLO	1/4 Cup	READY_TO_EAT Ready to eat.	141931

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	519.00		
<b>Fat</b>	29.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	2.00g		
<b>Cholesterol</b>	52.00mg		
<b>Sodium</b>	658.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.72mg

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11296

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	525.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.88mg



# Popcorn Chicken with Rice Krispies Treat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11309

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	319.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	635.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	168.00IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	17.00mg	<b>Iron</b>	2.36mg

# Teriyaki Chicken and Brown Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11332

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 17/20 Ounce		890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	826.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	163.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	31.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 3.96mg

# Stir Fry Veggies

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11333

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	20 Cup		732478
Carrots, Baby 15/1	1 Cup		381413
ONION SPANISH JUMBO 10 P/L	2 Cup		109620
PEPPERS RED DOMESTIC 23 MRKN	2 Cup		560715
BOK CHOY BABY 10	2 Cup		139821
PEAS SGR SNAP STRINGLESS 10 P/L	2 Cup		778214
CAULIFLOWER BITE SIZE 2-3 RSS	2 Cup		732486
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GINGER GRND 16Z TRDE	1 Tablespoon		513695
SAUCE SOY 4-1GAL GFS	2 Tablespoon		124524

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.34
<b>RedVeg</b>	0.05
<b>OtherVeg</b>	0.09
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	19.19
<b>Fat</b>	0.17g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	39.40mg
<b>Carbohydrates</b>	4.38g
<b>Fiber</b>	1.78g

<b>Sugar</b>	1.06g		
<b>Protein</b>	1.45g		
<b>Vitamin A</b>	332.55IU	<b>Vitamin C</b>	23.34mg
<b>Calcium</b>	10.67mg	<b>Iron</b>	0.20mg

# Romaine Spinach Mix

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11372

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<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: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	7.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.50mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	2500.00IU	<b>Vitamin C</b>	15.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.86mg

# Macaroni and Cheese with WG Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11412

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	67/100 Cup		119122
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	1070.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	750.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.16mg

# Yogurt Cup with WG Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11579

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 12-5.3Z DANN	1 Each		827611
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	25.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	240.00mg	<b>Iron</b>	1.08mg

# Variety Oatmeal with Scooby Snacks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.94
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	5.68g		
<b>SaturatedFat</b>	1.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	335.00mg		
<b>Carbohydrates</b>	53.25g		
<b>Fiber</b>	4.33g		
<b>Sugar</b>	19.25g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	1083.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	3.18mg



# Popcorn Chicken Salad W/ Goldfish (Elementary)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11944

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMN HRTS CHPD 6-2 TAYLR FRM	1 1/2 Cup		688853
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED MLD SHRD 4- 5# COMM	6/25 Ounce		150250
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Each		736280

## Preparation Instructions

1. Place popcorn chicken on a parchment paper lined 13x24 cookie sheet.
2. Place in preheated 325 degree oven.
3. Bake for 20 minutes until internal temperature reaches 165 degrees for at least 15 seconds.
4. Cool to 70 degrees in 2 hrs. for less and then to 41 degrees in 6 hrs. or less.
5. Place romaine and spinach into container, top with cheese, tomatoes, and chicken.
6. Label and date mark, place into cooler until serving time. Serve with one package of goldfish.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	420.40
<b>Fat</b>	19.16g
<b>SaturatedFat</b>	4.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.20mg
<b>Sodium</b>	825.60mg
<b>Carbohydrates</b>	39.24g
<b>Fiber</b>	7.50g
<b>Sugar</b>	1.50g
<b>Protein</b>	23.68g

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<b>Vitamin A</b>	11490.00IU	<b>Vitamin C</b>	32.50mg
<b>Calcium</b>	129.76mg	<b>Iron</b>	4.30mg