

Cookbook for HPTS ELE

Created by HPS Menu Planner

Table of Contents

Fruit Parfait with Boiled Egg, 2 WG sides Cook's Choice

Chicken Tender Wrap

Trix Yogurt Meal

Grab and Go Lunch Box

Mostaccioli with Beef Italian Meatballs

BBQ Boneless Chicken Breast Sandwich

French Toast Sticks with Egg Patty

Egg Salad Sandwich

Build Your Own Fiesta Nachos

Chicken Sandwich

Popcorn Chicken with Rice Krispies Treat

Teriyaki Chicken and Brown Rice

Stir Fry Veggies

Romaine Spinach Mix

Macaroni and Cheese with WG Dinner Roll

Yogurt Cup with WG Bread

Variety Oatmeal with Scooby Snacks

Popcorn Chicken Salad W/ Goldfish (Elementary)

Fruit Parfait with Boiled Egg, 2 WG sides

Cook's Choice

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

Meat	1.50
Grain	2.00
Fruit	0.21
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 Serving

Amount Per Serving

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

Vitamin A	25.00IU	Vitamin C	12.09mg
Calcium	145.63mg	Iron	2.57mg

Chicken Tender Wrap

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	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.	283951
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
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
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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Salad Meal

Amount Per Serving

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

Vitamin A	11350.00IU	Vitamin C	31.50mg
Calcium	105.00mg	Iron	4.10mg

Trix Yogurt Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
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 1 meal

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

Grab and Go Lunch Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
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 1 meal

Amount Per Serving

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

Mostaccioli with Beef Italian Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.75 Cup

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

Calcium 104.00mg **Iron** 4.88mg

BBQ Boneless Chicken Breast Sandwich

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

Meat	2.00
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 Sandwich

Amount Per Serving

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

French Toast Sticks with Egg Patty

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

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 Serving

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

Calcium 76.00mg **Iron** 1.36mg

Egg Salad Sandwich

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

Meat	2.00
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 Each

Amount Per Serving

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

Build Your Own Fiesta Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	3.00
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	519.00		
Fat	29.00g		
SaturatedFat	7.00g		
Trans Fat	2.00g		
Cholesterol	52.00mg		
Sodium	658.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

Chicken Sandwich

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

Meat	2.00
Grain	3.00
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	400.00		
Fat	17.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	525.00mg		
Carbohydrates	41.00g		
Fiber	8.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.88mg

Popcorn Chicken with Rice Krispies Treat

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

Meat	2.00
Grain	1.25
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	319.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	635.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	168.00IU	Vitamin C	1.00mg
Calcium	17.00mg	Iron	2.36mg

Teriyaki Chicken and Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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	BOIL 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

Meat	2.00
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	826.00		
Fat	7.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	480.00mg		
Carbohydrates	163.00g		
Fiber	8.00g		
Sugar	15.00g		
Protein	31.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.96mg

Stir Fry Veggies

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.34
RedVeg	0.05
OtherVeg	0.09
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

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

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

Romaine Spinach Mix

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Macaroni and Cheese with WG Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
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 1 meal

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

Yogurt Cup with WG Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.00
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 Each

Amount Per Serving

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

Variety Oatmeal with Scooby Snacks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.00
Grain	1.94
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	5.68g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	53.25g		
Fiber	4.33g		
Sugar	19.25g		
Protein	6.00g		
Vitamin A	1083.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	3.18mg

Popcorn Chicken Salad W/ Goldfish (Elementary)

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	420.40		
Fat	19.16g		
SaturatedFat	4.94g		
Trans Fat	0.00g		
Cholesterol	67.20mg		
Sodium	825.60mg		
Carbohydrates	39.24g		
Fiber	7.50g		
Sugar	1.50g		
Protein	23.68g		
Vitamin A	11490.00IU	Vitamin C	32.50mg
Calcium	129.76mg	Iron	4.30mg