

Cookbook for West Carroll School District 314

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Cookbook for West Carroll High School

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Green Beans (1/2 cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1/2 Cup		221990

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	200.00IU	Vitamin C	3.60mg
Calcium	20.00mg	Iron	0.72mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD NAT CHC 6-2 HRML	3 Slice	1 slice = .5 oz weight 3 slices = 1.5 oz weight	645340
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Hamburger Bun WGW 16 ct pkg	1 Each		6693

Preparation Instructions

Place 3 slices ham and 1 slice of cheese in the hamburger bun. Wrap with foil. Place wrapped sandwiches in the warmer until ready to serve.

SLE Components

Amount Per Serving

Meat	1.25
Grain	1.50
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	200.00		
Fat	4.63g		
SaturatedFat	1.63g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	612.50mg		
Carbohydrates	22.75g		
Fiber	2.00g		
Sugar	4.25g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	1.27mg

Veggie Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	Shelf Stable	272122

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Ketchup Low Sodium

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13366

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP POUCH 2-1.5GAL CRWNCOLL	2 Tablespoon		452801

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: 2.00 Tablespoon

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Bar Banana Choc Chunk

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

Preparation Instructions

Remove Product from Freezer. Thaw and serve.

Place in warming cabinet if wanting them warmed up.

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	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	220.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Fruit Cup-Diced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD CUP JCE 36-4Z DOLE	1 Each	READY_TO_EAT Ready to Eat	275260

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg