

Cookbook for Argos High School

Created by HPS Menu Planner

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Salad Bar Grades 9-12

Servings:	98.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13608

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	106 1/6 Ounce	Weight	722330
Ham, Cubed Frozen	81 2/3 Ounce	Weight	100188-H
Turkey Breast Deli	114 1/3 Ounce	Weight	100121
CHICKEN FAJITA STRIPS, COOKED, FROZEN	114 1/3 Ounce	Weight	100117
CHIP TORTL YEL RND WGRAIN 80-1.5Z	98 Each		510876
Aunt Millie's Homestyle Whole Grain Honey White	98 Slice		380
MARGARINE SLD 30-1 GCHC	196 Teaspoon		733061
SPICE GARLIC POWDER 21Z TRDE	12 1/4 Teaspoon		224839
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	8 1/6 Cup	UNPREPARED	100012
CHEESE COTTAGE SML 1 4-5 GCHC	8 1/6 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
EGG HRD CKD DCD IQF 4-5 GFS	65 1/3 Tablespoon		192198
SEED SUNFLWR RSTD SLTD 4-4 GFS	32 2/3 Tablespoon		337910
WALNUT PCS MED 30 GFS	32 2/3 Tablespoon	PREPARED	585041
LETTUCE ROMAINE CHOP 6-2 RSS	98 Cup		735787
CUCUMBER SELECT 6CT MRKN	8 1/6 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	8 1/6 Cup		510637
TOMATO CHERRY 11 MRKN	8 1/6 Cup		569551

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	8 1/6 Cup		732478
Salsa, Low-Sodium, Canned	8 1/6 Cup		IN100330
CROUTON CHS GARL WGRAIN 250-.5Z	98 Package		661022
DRESSING RNCH 4-1GAL KENS	65 1/3 Tablespoon		188662
DRESSING POPPYSEED DELI 4-1GAL LTHSE	65 1/3 Tablespoon	READY_TO_EAT Open, pour and enjoy!	112798
DRESSING HNY FREN 4-1GAL LTHSE	65 1/3 Tablespoon	READY_TO_EAT Open, pour and enjoy!	170082

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.87
Grain	2.50
Fruit	0.00
GreenVeg	1.17
RedVeg	0.29
OtherVeg	0.04
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	699.97
Fat	38.48g
SaturatedFat	10.14g
Trans Fat	0.10g
Cholesterol	122.97mg
Sodium	1347.59mg
Carbohydrates	57.43g
Fiber	7.19g
Sugar	11.28g
Protein	32.96g
Vitamin A	7464.05IU
Vitamin C	40.85mg
Calcium	83.90mg
Iron	3.89mg

Potato Bar Grades 5-12

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13609

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chili- Argos	18 Fluid Ounce		864
POTATO BAKER IDAHO 100CT MRKN	3 Each		233285
CRACKER SALTINE 500-2CT KEEB	3 Package		190241
Aunt Millie's Homestyle Whole Grain Honey White	6 Slice		380
MARGARINE SLD 30-1 GCHC	12 Teaspoon		733061
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
SEED SUNFLWR RSTD SLTD 4-4 GFS	1 Tablespoon		337910
WALNUT PCS MED 30 GFS	1 Tablespoon	PREPARED	585041
CUCUMBER SELECT 6CT MRKN	1/4 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup		323616
SOUR CREAM IMIT PKT 400-1Z KE	3 Each	READY_TO_EAT Ideal for use as an ingredient or a topping on a baked potato	838560
MARGARINE CUP SPRD WHPD 900-5GM	3 Each		880981

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.13
Legumes	0.25
Starch	0.75

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	622.21
Fat	30.19g
SaturatedFat	13.11g
Trans Fat	0.00g
Cholesterol	59.97mg
Sodium	1262.79mg
Carbohydrates	58.59g
Fiber	11.32g
Sugar	6.34g
Protein	29.23g
Vitamin A 2636.87IU	Vitamin C 22.17mg
Calcium 56.19mg	Iron 0.94mg

Mixed Vegetables

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13610

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
Carrots, Sliced, low sodium, canned	1 #10 CAN		100309
Corn cnd	1 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 pouch of butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Mix.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.51		
Fat	0.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.55mg		
Carbohydrates	7.28g		
Fiber	1.90g		
Sugar	1.92g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13611

Ingredients

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

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	123.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13612

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound		IN110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	27.25mg		
Carbohydrates	5.88g		
Fiber	3.07g		
Sugar	1.02g		
Protein	3.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Corn

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13613

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	4 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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	0.50

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.27		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.12mg		
Carbohydrates	16.64g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13614

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	4 #10 CAN		100309
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	163.39mg		
Carbohydrates	5.06g		
Fiber	1.15g		
Sugar	2.29g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13623

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN		520098
Beans, Vegetarian, Low Sodium, Canned	2 #10 CAN		100364
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1 1/2 Teaspoon	1/2 pump of mustard dispenser	819506
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
KETCHUP DISPENSER PK 2-1.5GAL HNZ	20 Tablespoon	20 pumps of ketchup from dispenser	819492

Preparation Instructions

Drain beans.

Pour into 4" steam table pan.

Add the remaining ingredients.

Stir.

Bake in oven on 350 degrees-400 degrees for 2-2.5 hours.

Check that temperature is at least 135 degrees.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	154.30
Fat	1.08g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	397.17mg
Carbohydrates	31.42g
Fiber	5.39g
Sugar	13.96g

Protein		7.03g	
Vitamin A	20.00IU	Vitamin C	0.24mg
Calcium	24.25mg	Iron	0.96mg

Mashed Potatoes

Servings:	132.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	9 Package	9, 4 lb. bags of frozen potatoes per pan	860560
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

- Place unopened bags of potatoes in 6" pan. (6 bags per pan)
- Steam for approximately 40 minutes.
- Check that temperature is at least 135 degrees.
- Empty 9 bags of steamed potatoes into mixer with 1/2 lb. of margarine.
- Mix until nice and fluffy.
- Transfer potatoes to 6" pan.
- Check that temperature is at least 135 degrees.

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	0.50

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	122.43		
Fat	4.34g		
SaturatedFat	1.55g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.87mg		
Carbohydrates	18.05g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	90.91IU	Vitamin C	0.00mg
Calcium	20.06mg	Iron	0.72mg

Potato Salad

Servings:	25.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13629

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 80CT MRKN	8 Each		322385
SPICE ONION MINCED 12Z TRDE	1/4 Cup		513997
SPICE CELERY SALT 32Z TRDE	2 Tablespoon		231517
RELISH SWT PICKLE 4-1GAL GFS	1/2 Cup		517186
MAYONNAISE HVY DUTY 4-1GAL KE	3 Cup		693911
SUGAR CANE GRANUL 25 GFS	1/4 Cup		108642

Preparation Instructions

Cut up potatoes leftover from potato bar.

Add other ingredients and mix together.

Keep at 41 degrees or below.

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	0.25

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	279.37		
Fat	21.61g		
SaturatedFat	3.46g		
Trans Fat	0.31g		
Cholesterol	15.36mg		
Sodium	438.98mg		
Carbohydrates	20.64g		
Fiber	2.03g		
Sugar	3.63g		
Protein	2.20g		
Vitamin A	22.47IU	Vitamin C	17.89mg
Calcium	15.58mg	Iron	0.80mg

Chili

Servings:	310.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13632

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158
SPICE ONION MINCED 12Z TRDE	2 Cup		513997
JUICE TOMATO 100 12-46FLZ SACRM	15 #5 CAN	READY_TO_EAT None	302414
BEAN CHILI MEX STYLE 6-10 GFS	6 #10 CAN		192015
Tomato Sauce cnd	2 #10 CAN	BAKE	100334
SPICE CHILI POWDER MILD 16Z TRDE	3 Cup		331473

Preparation Instructions

Brown hamburger with onion. Drain.

Add remaining ingredients. Simmer for at least 1 hour.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 310.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	321.49		
Fat	18.49g		
SaturatedFat	6.16g		
Trans Fat	3.08g		
Cholesterol	0.00mg		
Sodium	616.79mg		
Carbohydrates	13.46g		
Fiber	1.89g		
Sugar	2.62g		
Protein	25.80g		
Vitamin A	150.19IU	Vitamin C	0.60mg
Calcium	25.59mg	Iron	1.45mg

Garlic Bread

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
BUTTER ALT LIQ GARLIC NT 3-1GAL GFS	1 Tablespoon		614650

Preparation Instructions

Cut bread slice in half.

Spray with 1 Tbsp. liquid butter.

Bake at 375 degrees for 12 minutes.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Slice

Amount Per Serving			
Calories	105.00		
Fat	7.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.50mg		
Carbohydrates	8.50g		
Fiber	1.00g		
Sugar	1.50g		
Protein	1.50g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	3.00mg

Taco Meat

Servings:	192.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX 6-9Z LAWR	3 Package		159204
100158 - Beef, Find Ground, 85/15, Frozen	30 Pound		100158

Preparation Instructions

BROWN 30# GROUND BEEF,DRAIN. ADD TACO SEASONING MIX & 7.5 PTS WATER. BLEND,BRING TO BOIL,REDUCE HEAT & SIMMER 20-30 MIN,STIRRING OCCASIONALLY

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: 192.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	167.93		
Fat	11.19g		
SaturatedFat	3.73g		
Trans Fat	1.87g		
Cholesterol	0.00mg		
Sodium	275.84mg		
Carbohydrates	1.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	13.06g		
Vitamin A	199.30IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13868

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.84mg		
Carbohydrates	3.71g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Peas

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13874

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peas, Green, Low Sodium, Canned	4 #10 CAN		100315
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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	0.50

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.60mg		
Carbohydrates	12.62g		
Fiber	4.42g		
Sugar	4.42g		
Protein	4.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13875

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GFS	4 #10 CAN		117773
SUGAR BROWN LT 12-2 P/L	8 1/4 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
FLOUR H&R A/P 50 GFS	1 Pound		765180

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	134.56		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.64mg		
Carbohydrates	33.07g		
Fiber	2.19g		
Sugar	26.46g		
Protein	0.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.35mg	Iron	0.33mg

Sausage Gravy

Servings:	96.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13877

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	3 Package		701450
PORK CRMBL CKD 120/Z W/TVP 10 PG	1 1/4 Pound		499595

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.49		
Fat	5.51g		
SaturatedFat	2.55g		
Trans Fat	0.00g		
Cholesterol	3.11mg		
Sodium	601.44mg		
Carbohydrates	13.10g		
Fiber	0.21g		
Sugar	2.13g		
Protein	0.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.20mg	Iron	0.11mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13879

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce	Place two slices of each meat- ham, salami, and pepperoni- on each sub bun.	199721
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
Mini Sub Bun, WG	1 Each		5157

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.25
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	363.30
Fat	15.30g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	78.00mg
Sodium	1175.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.50g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 3.20mg
Calcium 115.00mg	Iron 1.32mg

Spaghetti & Meat Sauce

Servings:	400.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158
SPICE ONION MINCED 12Z TRDE	2 Cup		513997
SAUCE SPAGHETTI FCY 6-10 REDPK	18 #10 CAN		852759
SPICE GARLIC POWDER 21Z TRDE	1/4 Cup		224839
PASTA SPAGHETTI 10 2-10 KE	25 Pound		654560

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.99
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	351.81		
Fat	14.83g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	0.00mg		
Sodium	588.66mg		
Carbohydrates	33.05g		
Fiber	4.99g		
Sugar	8.95g		
Protein	24.21g		
Vitamin A	779.43IU	Vitamin C	7.95mg
Calcium	28.94mg	Iron	1.01mg

Turkey & Noodles

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	80 Pound		100125
PASTA NOODL KLUSKI AMISH 10 INN MAID	30 Pound		456632
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Cup		225037
Tap Water for Recipes	17 Quart		000001WTR
BASE CHIX LO SOD 12-1 LEGO	1 Pound		130869

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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: 480.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	264.31		
Fat	10.08g		
SaturatedFat	3.17g		
Trans Fat	0.00g		
Cholesterol	119.60mg		
Sodium	23.52mg		
Carbohydrates	19.31g		
Fiber	0.50g		
Sugar	1.15g		
Protein	25.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13918

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

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	353.33
Fat	13.67g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1196.67mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 250.00IU	Vitamin C 0.00mg
Calcium 388.00mg	Iron 12.00mg

Sloppy Joe

Servings:	390.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158
KETCHUP POUCH 6-114Z HNZ	228 Ounce		315702
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Gallon		655937
SUGAR BROWN LT 12-2 P/L	4 Cup		860311

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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: 390.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	240.49		
Fat	14.70g		
SaturatedFat	4.90g		
Trans Fat	2.45g		
Cholesterol	0.00mg		
Sodium	267.93mg		
Carbohydrates	10.06g		
Fiber	0.00g		
Sugar	8.88g		
Protein	17.15g		
Vitamin A	99.09IU	Vitamin C	1.19mg
Calcium	1.82mg	Iron	0.02mg

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	BAKE Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.	451400
GRAVY MIX BROWN 12- 15Z GCHC	7 1/2 Ounce		242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

SLE Components

Amount Per Serving

Meat	3.00
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.33		
Fat	17.13g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	458.61mg		
Carbohydrates	1.01g		
Fiber	0.00g		
Sugar	0.25g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.70mg	Iron	1.60mg