

Cookbook for Elementary School

Created by HPS Menu Planner

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Toasted Cheese Sandwich

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14216

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	152 Slice	722360
Aunt Millie's Wheat Sandwich Bread	96 Slice	466
MARGARINE SLD 30-1 GCHC	1 1/4 Pound	733061

Preparation Instructions

Makes 2 trays. 24 sandwiches on each tray.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.17		
Fat	17.50g		
SaturatedFat	7.71g		
Trans Fat	0.00g		
Cholesterol	23.75mg		
Sodium	946.67mg		
Carbohydrates	28.17g		
Fiber	2.00g		
Sugar	3.58g		
Protein	16.08g		
Vitamin A	625.00IU	Vitamin C	0.00mg
Calcium	310.00mg	Iron	8.00mg

Tomato Soup

Servings:	45.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14293

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO LO SOD RTS 12-5 CAMP	2 #5 CAN	514829
SOUP TOMATO 12-5 CAMP	3 #5 CAN	101427

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	123.09		
Fat	0.95g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	3.16mg		
Sodium	479.73mg		
Carbohydrates	25.56g		
Fiber	2.21g		
Sugar	15.46g		
Protein	2.84g		
Vitamin A	504.98IU	Vitamin C	7.20mg
Calcium	12.62mg	Iron	1.02mg

Ranch Dressing

Servings:	512.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14295

Ingredients

Description	Measurement	DistPart #
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon	426598
DRESSING RNCH LT 4-1GAL GCHC	1 Gallon	472999

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: 512.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	54.95		
Fat	4.62g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	104.90mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cereal Variety

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14298

Ingredients

Description	Measurement	DistPart #
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each	618902
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	265811

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.71		
Fat	1.21g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.86mg		
Carbohydrates	23.71g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.86g		
Vitamin A	258.57IU	Vitamin C	7.09mg
Calcium	38.57mg	Iron	7.69mg

Sausage & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14300

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD CN 1.5Z 10 JDF	1 Each	466891
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	618152

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	395.00		
Fat	27.00g		
SaturatedFat	13.25g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	1070.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	2.50g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	1.44mg

Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14304

Ingredients

Description	Measurement	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice	690041
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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	240.00		
Fat	7.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	500.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.72mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14307

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 3/5 Ounce	100121
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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	176.35		
Fat	3.51g		
SaturatedFat	1.01g		
Trans Fat	0.00g		
Cholesterol	28.18mg		
Sodium	410.69mg		
Carbohydrates	22.01g		
Fiber	2.00g		
Sugar	3.00g		
Protein	14.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Nacho Cheese Sauce

Servings:	332.00	Category:	Entree
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14308

Ingredients

Description	Measurement	DistPart #
SAUCE CHS NACHO MILD 6-10 CHEFMATE	3 #10 CAN	599751
1 % White Milk	4 1 carton	

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: 332.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	43.28		
Fat	3.30g		
SaturatedFat	0.95g		
Trans Fat	0.00g		
Cholesterol	2.52mg		
Sodium	207.13mg		
Carbohydrates	2.47g		
Fiber	0.00g		
Sugar	0.13g		
Protein	0.56g		
Vitamin A	0.12IU	Vitamin C	0.02mg
Calcium	9.71mg	Iron	0.00mg

Chicken & Noodles

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14309

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	7 Pound	100117
PASTA NOODL KLUSKI AMISH 10 INN MAID	6 Pound	456632
Tap Water for Recipes	5 Gallon	000001WTR
BASE CHIX 12-1 GFS	1/2 Pound	439606

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	150.73		
Fat	3.43g		
SaturatedFat	1.21g		
Trans Fat	0.00g		
Cholesterol	80.33mg		
Sodium	491.97mg		
Carbohydrates	19.28g		
Fiber	0.52g		
Sugar	2.00g		
Protein	10.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.69mg

Spaghetti

Servings:	86.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14311

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound	573201
PASTA SPAGHETTI 100 WHLWHE 2-5 GFS	6 Pound	654590

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 86.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	266.91		
Fat	7.53g		
SaturatedFat	2.79g		
Trans Fat	0.00g		
Cholesterol	54.82mg		
Sodium	289.04mg		
Carbohydrates	31.85g		
Fiber	5.34g		
Sugar	8.09g		
Protein	18.86g		
Vitamin A	644.85IU	Vitamin C	18.94mg
Calcium	43.85mg	Iron	3.00mg

Chicken Parmesan

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14312

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	56 Each	281622
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/2 Pound	852759
Cheese, Mozzarella, Part Skim, Shredded	1 Pound	100021

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.71		
Fat	17.00g		
SaturatedFat	3.93g		
Trans Fat	0.00g		
Cholesterol	32.14mg		
Sodium	496.07mg		
Carbohydrates	17.36g		
Fiber	3.36g		
Sugar	2.00g		
Protein	18.07g		
Vitamin A	70.00IU	Vitamin C	0.71mg
Calcium	42.14mg	Iron	1.80mg

Salisbury Steak

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14313

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	35 Each	785850
GRAVY MIX BROWN 8-13.37Z TRIO	3 Pound	741141

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: 35.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	303.28		
Fat	13.88g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	2132.35mg		
Carbohydrates	25.29g		
Fiber	1.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	4.80mg

Jello with Peaches

Servings:	123.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14314

Ingredients

Description	Measurement	DistPart #
Diced Peaches CND 6-10	5 #10 CAN	100220
GELATIN MIX BERRY BLUE 12-24Z GFS	48 Ounce	554901

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: 123.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	103.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.84mg		
Carbohydrates	24.62g		
Fiber	1.05g		
Sugar	23.57g		
Protein	0.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.00mg

Bread & Butter

Servings:	75.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14315

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	75 Each	380
MARGARINE SLD 30-1 GCHC	1 Pound	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: 75.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	132.67		
Fat	5.69g		
SaturatedFat	1.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	206.93mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	320.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Peanut Butter & Jelly Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14317

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GFS	3 3/4 Pound	100927
PEANUT BUTTER CRMY 6-4 JIF	4 1/2 Pound	241851
380 - Aunt Millie's WG Honey White Bread	100 Each	380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	264.94		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	328.49mg		
Carbohydrates	56.08g		
Fiber	4.00g		
Sugar	24.69g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Baked Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14318

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	860221
ONION DCD 1/4 2-5 RSS	1/4 Cup	198307
SUGAR BROWN MED 25 GFS	1 1/2 Cup	108626
Black Pepper	1 Tablespoon	24108

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	144.63		
Fat	1.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	185.53mg		
Carbohydrates	27.67g		
Fiber	5.83g		
Sugar	10.08g		
Protein	8.17g		
Vitamin A	5.56IU	Vitamin C	0.07mg
Calcium	0.15mg	Iron	0.00mg

Yogurt & Blueberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14320

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500
Blueberries, Frozen	1/8 Cup	110624

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.13
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	122.34		
Fat	1.01g		
SaturatedFat	0.37g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	59.96mg		
Carbohydrates	25.73g		
Fiber	0.52g		
Sugar	18.24g		
Protein	3.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.00mg

Macaroni & Cheese

Servings:	106.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14322

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 4-5 GFS	7 Pound	413320
CHEESE AMER 160CT SLCD R/F 6-5 LOL	5 Pound	722360
SAUCE MIX CHS INST 8-32Z TRIO	64 Ounce	290319
1 % White Milk	1 Gallon	
MARGARINE SLD 30-1 GCHC	1 Pound	733061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.00
Fruit	0.15
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 106.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	227.17		
Fat	7.65g		
SaturatedFat	3.47g		
Trans Fat	0.00g		
Cholesterol	13.58mg		
Sodium	489.06mg		
Carbohydrates	28.98g		
Fiber	1.06g		
Sugar	4.81g		
Protein	10.19g		
Vitamin A	227.92IU	Vitamin C	0.30mg
Calcium	149.43mg	Iron	0.95mg

Turkey Wrap

Servings:	49.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14336

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	5 1/2 Pound	100121
TORTILLA FLOUR ULTRGR 6 30-12CT	49 Each	882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
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: 49.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	153.25		
Fat	4.76g		
SaturatedFat	2.63g		
Trans Fat	0.00g		
Cholesterol	31.63mg		
Sodium	378.84mg		
Carbohydrates	16.13g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

Broccoli & Cheese

Servings:	52.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14338

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GFS	9 Pound	285590
SAUCE MIX CHS INST 8-32Z TRIO	5 Pound	290319

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: 52.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	177.88		
Fat	3.63g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1099.33mg		
Carbohydrates	34.75g		
Fiber	0.83g		
Sugar	8.09g		
Protein	0.83g		
Vitamin A	0.00IU	Vitamin C	20.77mg
Calcium	0.83mg	Iron	0.00mg

Chicken Fajita

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14347

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	6 3/4 Pound	100117
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	70 Each	882690

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
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: 70.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	183.70		
Fat	7.45g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	44.04mg		
Sodium	416.22mg		
Carbohydrates	16.26g		
Fiber	2.00g		
Sugar	1.91g		
Protein	12.61g		
Vitamin A	97.95IU	Vitamin C	0.00mg
Calcium	90.41mg	Iron	0.79mg

Ham & Potato Soup

Servings:	81.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14348

Ingredients

Description	Measurement	DistPart #
BASE SOUP CRM 6-25.22Z LEGO	50 4/9 Ounce	157001
POTATO DCD PLD FRSH 2-10 GFS	10 Pound	422169
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Pound	722360
TURKEY HAM DCD 2-5 JENNO	9 Pound	202150

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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: 81.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	228.83
Fat	9.94g
SaturatedFat	6.78g
Trans Fat	0.00g
Cholesterol	44.44mg
Sodium	893.42mg
Carbohydrates	18.83g
Fiber	0.92g
Sugar	2.06g
Protein	13.56g
Vitamin A 0.00IU	Vitamin C 1.07mg
Calcium 125.43mg	Iron 0.78mg