

# **Cookbook for Wanatah**

**Created by HPS Menu Planner**

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# Oatmeal

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9491

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GFS	8 Cup		240869
Tap Water for Recipes	16 Cup	UNPREPARED	000001WTR

## 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: 16.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.80mg

# Spicy Chicken Bowl

<b>Servings:</b>	94.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10840

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Asian Base Sauce	3 Package		776247
CHICKEN FAJITA STRIPS, COOKED, FROZEN	20 Pound	B	100117
RICE PILAF CHIX FLVR 12-25Z UBEN	4 Package		246824

## Preparation Instructions

Pour 1 1/2 bags of sauce over 10 lbs. (2 bags) of meat. Bake until it reaches temperature. Make rice according to box. Serve 1/2 cup rice and 2/3 cup meat in a bowl with a slice of bread for additional grain.

### 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: 94.00

Serving Size: 1.00 Bowl

#### Amount Per Serving

<b>Calories</b>	333.00		
<b>Fat</b>	4.54g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.09mg		
<b>Sodium</b>	1587.18mg		
<b>Carbohydrates</b>	52.43g		
<b>Fiber</b>	0.53g		
<b>Sugar</b>	20.41g		
<b>Protein</b>	20.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.28mg	<b>Iron</b>	0.77mg

# Macaroni & Cheese

<b>Servings:</b>	90.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	7 Pound		654550
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Cup	READY_TO_EAT	840860
SALT IODIZED 24-26Z GFS	2 Teaspoon		108308
Black Pepper	1 Teaspoon	BAKE	24108
1 % White Milk	1 1/2 Gallon		
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound	READY_TO_EAT	100036
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Pound		100012

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.27
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.33
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	279.11		
<b>Fat</b>	11.24g		
<b>SaturatedFat</b>	5.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.67mg		
<b>Sodium</b>	443.21mg		
<b>Carbohydrates</b>	31.11g		
<b>Fiber</b>	1.24g		
<b>Sugar</b>	5.96g		
<b>Protein</b>	13.69g		
<b>Vitamin A</b>	2.67IU	<b>Vitamin C</b>	0.54mg
<b>Calcium</b>	14.67mg	<b>Iron</b>	1.24mg

# Green Beans

<b>Servings:</b>	88.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN	BAKE	100307
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	23.36		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	169.61mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	1.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

# Chef Salad w/ roll & goldfish

<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-15049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG FS 4-6CT MRKN	2 Cup	Approximately 5 oz. weight	307769
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
CARROT JUMBO 50 P/L	1/4 Cup	3 strips, 3" long	198501
Ham, Cubed Frozen	3 Ounce	Weight.	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	1 fluid oz OR 0.50 oz. weight	100012
DINNER ROLL, W GRAIN, AM	1 roll	READY_TO_EAT	4372
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
MARGARINE CUP SPRD WHPD 900-5GM	1 Each		880981

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	1.00
<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>	380.45		
<b>Fat</b>	13.18g		
<b>SaturatedFat</b>	6.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.66mg		
<b>Sodium</b>	1013.26mg		
<b>Carbohydrates</b>	44.35g		
<b>Fiber</b>	6.44g		
<b>Sugar</b>	8.61g		
<b>Protein</b>	23.44g		
<b>Vitamin A</b>	7337.79IU	<b>Vitamin C</b>	4.61mg



**Calcium** 148.04mg **Iron** 9.20mg

# PBJ Sandwich w/ string cheese

<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-15050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.		100396
JELLY APPLE-GRAPE 6-10 GFS	1 Tablespoon		100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## 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>	490.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	365.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	198.00mg	<b>Iron</b>	0.00mg

# Chicken Patty 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-15051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each		558061
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## 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>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	12.00mg

# Hamburger on Bun

<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-15052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each		205030
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<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>	290.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	11.80mg

# Cereal Choice

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15056

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

## 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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	2.13g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.75g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	425.00IU	<b>Vitamin C</b>	5.10mg
<b>Calcium</b>	115.00mg	<b>Iron</b>	4.05mg

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	BAKE	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon		840860

## 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>	123.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	36.67mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.38mg	<b>Iron</b>	0.00mg

# Bread & Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15058

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	BAKE	336
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon		840860

## 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>	123.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	36.67mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.38mg	<b>Iron</b>	0.00mg

# Broccoli

<b>Servings:</b>	67.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15061

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GFS	14 Pound		285590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup		840860

## 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: 67.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	40.93		
<b>Fat</b>	2.63g		
<b>SaturatedFat</b>	1.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	37.80mg		
<b>Carbohydrates</b>	2.51g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	15.05mg
<b>Calcium</b>	10.30mg	<b>Iron</b>	0.00mg



# Pasta Salad

<b>Servings:</b>	90.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15063

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW 4-5 GFS	6 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 1/2 Each		592315
CARROT JUMBO 50 P/L	2 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	3 Each		418439
TOMATO 5X6 XL 5 MRKN	3 Each		438197
DRESSING ITAL 4-1GAL KE	3/4 Gallon		631420

## 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: 90.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	136.62		
<b>Fat</b>	1.63g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	620.53mg		
<b>Carbohydrates</b>	25.28g		
<b>Fiber</b>	0.77g		
<b>Sugar</b>	3.63g		
<b>Protein</b>	3.86g		
<b>Vitamin A</b>	653.29IU	<b>Vitamin C</b>	3.04mg
<b>Calcium</b>	13.11mg	<b>Iron</b>	1.01mg

# Hot Dog on Bun

<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-15064

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each		4040

## 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>	310.00		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	582.60mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.11mg	<b>Iron</b>	10.76mg

# Rice Krispie Treat

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15069

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup		732427
MARSHMALLOW MINI 12-1 GFS	10 Ounce		191736
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 Tablespoon		840860

## 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: 12.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	155.62		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	103.29mg		
<b>Carbohydrates</b>	30.47g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.18g		
<b>Protein</b>	1.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.86mg	<b>Iron</b>	3.60mg

# Mashed Potato Bowl

<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-15070

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 33/100 Tablespoon	1/4 cup, prepared gravy	552061

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	360.91		
<b>Fat</b>	12.91g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.82mg		
<b>Sodium</b>	851.82mg		
<b>Carbohydrates</b>	35.27g		
<b>Fiber</b>	4.27g		
<b>Sugar</b>	2.09g		
<b>Protein</b>	18.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

# Corn

<b>Servings:</b>	76.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15072

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GFS	4 #10 CAN		118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	114.17		
<b>Fat</b>	1.94g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.38mg		
<b>Carbohydrates</b>	23.14g		
<b>Fiber</b>	2.72g		
<b>Sugar</b>	6.81g		
<b>Protein</b>	2.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.06mg	<b>Iron</b>	0.54mg

# Mixed Vegetables

<b>Servings:</b>	93.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15073

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 GFS	14 Pound		285690
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	40.48		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	17.65mg		
<b>Carbohydrates</b>	6.20g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	1.55g		
<b>Protein</b>	1.03g		
<b>Vitamin A</b>	387.58IU	<b>Vitamin C</b>	3.10mg
<b>Calcium</b>	10.38mg	<b>Iron</b>	0.37mg

# Taco Meat

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15076

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
SEASONING TACO 21Z TRDE	2 1/2 Cup		413429

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 42.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	261.70		
<b>Fat</b>	17.06g		
<b>SaturatedFat</b>	5.69g		
<b>Trans Fat</b>	2.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	756.90mg		
<b>Carbohydrates</b>	5.72g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.43g		
<b>Protein</b>	21.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.86mg

# Carrots

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15077

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	BAKE Cook on stove	100309
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup		840860

## 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>	0.00
<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: 56.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	40.81		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	221.98mg		
<b>Carbohydrates</b>	5.89g		
<b>Fiber</b>	1.47g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.00mg



# Sub 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-15078

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY, DELI BREAST, SLICED	2 Ounce		110554
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Mini Sub Bun, WG	1 Each	READY_TO_EAT	5157

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<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>	280.47		
<b>Fat</b>	7.54g		
<b>SaturatedFat</b>	2.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.43mg		
<b>Sodium</b>	919.46mg		
<b>Carbohydrates</b>	33.04g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.82g		
<b>Protein</b>	24.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Powdered Sugar Icing

<b>Servings:</b>	220.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15079

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GFS	10 Cup		108693
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Cup		840860
1 % White Milk	1 Cup		
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744

## 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>	0.00
<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: 220.00

Serving Size: 1.00 Tablespoon

#### Amount Per Serving

<b>Calories</b>	29.55		
<b>Fat</b>	0.81g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.07mg		
<b>Sodium</b>	8.56mg		
<b>Carbohydrates</b>	5.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.32g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.05IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.22mg	<b>Iron</b>	0.00mg

# Winter Blend

<b>Servings:</b>	76.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND WINTER 30 GFS	14 Pound		285770
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/2 Cup		840860

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	33.69		
<b>Fat</b>	1.16g		
<b>SaturatedFat</b>	0.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.11mg		
<b>Carbohydrates</b>	4.63g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	1.85g		
<b>Protein</b>	1.85g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.92mg	<b>Iron</b>	0.93mg

# Creamed Chicken

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15082

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound		840860
FLOUR H&R A/P 2-25 GFS	2 Pound		227528
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
1 % White Milk	2 Gallon		
BASE CHIX LO SOD 12-1 LEGO	1/2 Pound		130869
Chicken, Diced, Cooked, Frozen	12 Pound		100101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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: 65.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	261.50		
<b>Fat</b>	9.98g		
<b>SaturatedFat</b>	2.95g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	72.26mg		
<b>Sodium</b>	264.31mg		
<b>Carbohydrates</b>	16.79g		
<b>Fiber</b>	0.37g		
<b>Sugar</b>	5.99g		
<b>Protein</b>	23.86g		
<b>Vitamin A</b>	4.92IU	<b>Vitamin C</b>	0.99mg
<b>Calcium</b>	17.42mg	<b>Iron</b>	0.61mg

# Peas

<b>Servings:</b>	93.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15083

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GFS	14 Pound		285660
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	42.05		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.73mg		
<b>Carbohydrates</b>	6.47g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	2.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.59mg

# Mostaccioli

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15084

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	READY_TO_EAT None	592714
PASTA MOSTACC RIG W/LINES 4-5 GFS	4 3/4 Pound		413350

## Preparation Instructions

No Preparation Instructions available.

### 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	394.11		
<b>Fat</b>	16.65g		
<b>SaturatedFat</b>	3.67g		
<b>Trans Fat</b>	1.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	864.40mg		
<b>Carbohydrates</b>	43.66g		
<b>Fiber</b>	7.01g		
<b>Sugar</b>	14.22g		
<b>Protein</b>	22.79g		
<b>Vitamin A</b>	977.92IU	<b>Vitamin C</b>	15.12mg
<b>Calcium</b>	40.33mg	<b>Iron</b>	1.05mg

# Garlic Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15085

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Teaspoon		840860

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<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>	133.33		
<b>Fat</b>	5.17g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	38.07mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.38mg	<b>Iron</b>	6.00mg

# Caesar Salad

<b>Servings:</b>	40.00	<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-15086

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	5 Pound		702595
CHEESE PARM GRTD 4-5 PG	1/2 Pound		445401
DRESSING CAESAR 4-1 GAL GFS	2 Cup		818201
CROUTON LRG SEAS 10-2 GFS	1/2 Pound		748520

## 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: 40.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	69.15		
<b>Fat</b>	5.64g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.06mg		
<b>Sodium</b>	162.66mg		
<b>Carbohydrates</b>	4.96g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	0.89g		
<b>Vitamin A</b>	334.48IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	2.37mg	<b>Iron</b>	0.04mg



# Apple Crisp

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15087

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR H&R A/P 2-25 GFS	14 Ounce		227528
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce		240869
SUGAR BROWN MED 25 GFS	15 Ounce		108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon		224731
SALT IODIZED 24-26Z GFS	1/2 Teaspoon		108308
APPLE SLCD W/P 6-10 GFS	1 #10 CAN		117773
SUGAR CANE GRANUL 25 GFS	10 1/2 Ounce		108642
LEMON JUICE 100 12-32FLZ GFS	1/4 Cup		311227

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.25
<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: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	127.30		
<b>Fat</b>	0.37g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	33.79mg		
<b>Carbohydrates</b>	30.18g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	19.23g		
<b>Protein</b>	1.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	1.21mg	<b>Iron</b>	0.58mg

# Cheesy Potatoes

<b>Servings:</b>	90.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15095

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GFS	15 Pound		316334
1 % White Milk	4 Cup		
Cheese, Cheddar Reduced fat, Shredded	3 Pound		100012
SOUR CREAM 4-5 GCHC	2 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 1/2 Cup	READY_TO_EAT	840860
SOUP CRM OF CHIX 12-5 CAMP	3 #5 CAN		101125

## 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>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	181.57		
<b>Fat</b>	9.85g		
<b>SaturatedFat</b>	4.89g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.21mg		
<b>Sodium</b>	359.44mg		
<b>Carbohydrates</b>	20.63g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	1.94g		
<b>Protein</b>	6.67g		
<b>Vitamin A</b>	112.90IU	<b>Vitamin C</b>	8.09mg
<b>Calcium</b>	14.66mg	<b>Iron</b>	0.64mg

# Chicken & Noodles

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15096

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	2 Cup		130869
PASTA NOODL KLUSKI 1/8 2-5 GFS	2 1/2 Pound		270385
ONION SPANISH JUMBO 10 P/L	14 Ounce	Chopped	109620
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	4 Ounce		840860
FLOUR H&R A/P 2-25 GFS	4 Ounce		227528
1 % White Milk	6 Cup		
Black Pepper	1 1/2 Teaspoon		24108
Chicken, Diced, Cooked, Frozen	6 3/8 Pound		100101

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.06
<b>Grain</b>	0.75
<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: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	221.30		
<b>Fat</b>	5.40g		
<b>SaturatedFat</b>	0.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	76.28mg		
<b>Sodium</b>	317.12mg		
<b>Carbohydrates</b>	23.54g		
<b>Fiber</b>	0.60g		
<b>Sugar</b>	4.36g		
<b>Protein</b>	18.68g		
<b>Vitamin A</b>	1.36IU	<b>Vitamin C</b>	0.83mg

**Calcium** 5.85mg **Iron** 0.84mg

# Sloppy Joe on Bun

<b>Servings:</b>	50.00	<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-15097

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	8 5/8 Pound	8 lb. + 10 oz.	100158
ONION SPANISH JUMBO 10 P/L	10 Ounce		109620
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
TOMATO PASTE CALIF 26 6-10 GCHC	1/4 #10 CAN		100196
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 #10 CAN		100129
Tap Water for Recipes	2 Cup		000001WTR
VINEGAR APPLE CIDER 5% 4-1GAL HNZ	1 1/8 Cup	1 cup + 2 Tbsp.	201812
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221
Black Pepper	1 Teaspoon		24108
SUGAR BROWN MED 25 GFS	2 3/4 Ounce		108626
4" WG HAMBURGER BUN, AUNT MILLIES	50 bun		3159

## Preparation Instructions

Serve 1/3 cup meat mixture on each bun.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.03
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	435.37
<b>Fat</b>	18.58g
<b>SaturatedFat</b>	5.52g
<b>Trans Fat</b>	2.76g
<b>Cholesterol</b>	71.80mg
<b>Sodium</b>	445.01mg
<b>Carbohydrates</b>	40.33g

<b>Fiber</b>	2.75g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	26.45g		
<b>Vitamin A</b>	362.41IU	<b>Vitamin C</b>	4.94mg
<b>Calcium</b>	5.72mg	<b>Iron</b>	10.41mg

# Cheeseburger on Bun

<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-15098

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR 210-2.4Z	1 Each		205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.75
<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>	330.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	11.80mg

# Grilled Cheese 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-15099

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Teaspoon		840860
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice		336

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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>	326.67		
<b>Fat</b>	12.33g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	373.33mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.76mg	<b>Iron</b>	0.00mg



# Hot Ham & Cheese on Bun

<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-15100

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## 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>	260.66		
<b>Fat</b>	7.78g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.01mg		
<b>Sodium</b>	720.33mg		
<b>Carbohydrates</b>	33.28g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.64g		
<b>Protein</b>	17.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

# Tomato Soup

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15101

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	5 #5 CAN		101427
1 % White Milk	1 Gallon		

## 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>	0.00
<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: 50.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	159.82		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.80mg		
<b>Sodium</b>	720.12mg		
<b>Carbohydrates</b>	31.93g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	20.56g		
<b>Protein</b>	5.40g		
<b>Vitamin A</b>	571.30IU	<b>Vitamin C</b>	9.16mg
<b>Calcium</b>	9.60mg	<b>Iron</b>	1.02mg

# Chili

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
Diced Tomatoes cnd	3 #10 CAN		100329
BEAN RED 6-10 GCHC	3 #10 CAN		190209
JUICE TOMATO 100 12-46FLZ SACRM	2 Quart		302414

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	312.56		
<b>Fat</b>	10.23g		
<b>SaturatedFat</b>	3.41g		
<b>Trans Fat</b>	1.71g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1152.27mg		
<b>Carbohydrates</b>	32.32g		
<b>Fiber</b>	6.88g		
<b>Sugar</b>	5.23g		
<b>Protein</b>	21.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.65mg	<b>Iron</b>	2.26mg

# Spaghetti & Meat Sauce

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15104

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound		100158
Diced Tomatoes cnd	2 #10 CAN		100329
SAUCE MARINARA A/P 6-10 REDPK	4 #10 CAN	READY_TO_EAT None	592714
PASTA SPAGHETTI 10 2-10 KE	4 3/4 Pound		654560

## Preparation Instructions

No Preparation Instructions available.

### 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>	1.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	388.27		
<b>Fat</b>	16.65g		
<b>SaturatedFat</b>	3.67g		
<b>Trans Fat</b>	1.84g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	864.40mg		
<b>Carbohydrates</b>	43.66g		
<b>Fiber</b>	7.01g		
<b>Sugar</b>	13.64g		
<b>Protein</b>	22.79g		
<b>Vitamin A</b>	977.92IU	<b>Vitamin C</b>	15.12mg
<b>Calcium</b>	46.17mg	<b>Iron</b>	1.17mg

# PBJ 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-15109

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
USDA Commodity Smooth Peanut Butter	2 TBSP.		100396
JELLY APPLE-GRAPE 6-10 GFS	1 Tablespoon		100927
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<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>	430.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	165.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg