

Cookbook for Triton Elementary

Created by HPS Menu Planner

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Canned Fruit Variety

Servings:	6.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10175

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GFS	1/2 Cup	271497
APRICOT HLVS PLD XL/S 6-10 GFS	1/2 Cup	705535
FRUIT COCKTAIL XL/S 6-10 GFS	1/2 Cup	225304
PEACH DCD XL/S 6-10 P/L	1/2 Cup	256760
PEAR DCD XL/S 6-10 GFS	1/2 Cup	290203
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1/2 Cup	189979

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.42
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	14.83g		
Fiber	0.83g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	375.00IU	Vitamin C	2.50mg
Calcium	0.83mg	Iron	0.12mg

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10176

Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	135450

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

Cereal Breakfast Kits

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10177

Ingredients

Description	Measurement	DistPart #
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	156.00		
Fat	2.60g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.00mg		
Carbohydrates	32.00g		
Fiber	2.20g		
Sugar	10.80g		
Protein	2.20g		
Vitamin A	430.00IU	Vitamin C	51.60mg
Calcium	84.40mg	Iron	2.16mg

EZ Jammer with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10179

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	1 Each	630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00		
Fat	22.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	420.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	15.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.70mg

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10180

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GFS	3 #10 CAN	118737
SEASONING SALT 2-5 LAWR	3 Tablespoon	266566

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	0.56
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.01		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	341.14mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	12.10IU	Vitamin C	0.01mg
Calcium	34.63mg	Iron	0.44mg

Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10184

Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GFS	6 #10 CAN	118826
SUGAR BROWN MED 25 GFS	4 Pound	108626
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	4 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
ONION DEHY SUPER TOPPER 6-2 P/L	4 Ounce	223255

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	119.70		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	443.55mg		
Carbohydrates	24.56g		
Fiber	6.55g		
Sugar	8.41g		
Protein	5.46g		
Vitamin A	44.44IU	Vitamin C	0.53mg
Calcium	44.16mg	Iron	1.57mg

Choice of Cereal

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10197

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434

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	108.57		
Fat	1.50g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	152.86mg		
Carbohydrates	23.71g		
Fiber	2.00g		
Sugar	7.71g		
Protein	1.71g		
Vitamin A	314.29IU	Vitamin C	3.77mg
Calcium	94.29mg	Iron	4.76mg

Ham & Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10201

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Sausage & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10222

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each	208640

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
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	214.90		
Fat	7.10g		
SaturatedFat	2.70g		
Trans Fat	0.01g		
Cholesterol	37.50mg		
Sodium	459.20mg		
Carbohydrates	23.00g		
Fiber	0.80g		
Sugar	2.00g		
Protein	13.60g		
Vitamin A	0.78IU	Vitamin C	1.23mg
Calcium	37.06mg	Iron	1.95mg

Macaroni & Cheese

Servings:	270.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10227

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 2-10 KE	17 1/4 Pound	654550
CHEESE AMER SHRD R/F 4-5 LOL	32 Pound	861950
FAT FREE SKIM MILK	4 33/100 Gallon	5404
Black Pepper	1/4 Cup	24108

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.51
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	255.49		
Fat	9.04g		
SaturatedFat	4.74g		
Trans Fat	0.00g		
Cholesterol	29.73mg		
Sodium	922.05mg		
Carbohydrates	28.08g		
Fiber	1.02g		
Sugar	5.74g		
Protein	18.90g		
Vitamin A	171.34IU	Vitamin C	0.51mg
Calcium	380.69mg	Iron	1.02mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10231

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .5Z 300-340CT 2-5 GCHC	3 Each	197645
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
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	320.00
Fat	15.00g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	27.50mg
Sodium	725.00mg
Carbohydrates	32.50g
Fiber	4.00g
Sugar	5.00g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 10.72mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10233

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Bologna & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10236

Ingredients

Description	Measurement	DistPart #
BOLOGNA BEEF DELI SLCD 6-2 GCHC	1 1/2 Ounce	126680
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

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	335.00		
Fat	15.75g		
SaturatedFat	6.00g		
Trans Fat	0.38g		
Cholesterol	33.75mg		
Sodium	617.50mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	6.50g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.54mg

Salad Bar- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12773

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
Ham, Cubed Frozen	1 11/50 Ounce	100188-H
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	329487
EGG HRD CKD DCD IQF 4-5 GFS	1/4 Cup	192198
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	2 Cup	600504
BEAN GARBANZO 6-10 GCHC	1/8 Cup	118753
CARROT BABY WHL CLEANED 12-2 RSS	1/8 Cup	510637
TOMATO 6X6 LRG 10 MRKN	1/8 Cup	199001
PEPPERS GREEN LRG 5 MRKN	1/8 Cup	592315
CUCUMBER SELECT 6CT MRKN	1/8 Cup	592323
MUSHROOM LRG XFCY 3 MRKN	1/8 Cup	285188
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/8 Cup	337910
BACON BITS IMIT 1-10 FARBURY	1 Tablespoon	230904
PEAS GREEN IQF 30 KE	1/8 Cup	283760
Whole Grain Garlic Butter Croutons	1 Package	111212
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	3/4 Ounce	282422

Preparation Instructions

Package 2 cups lettuce and 1/4 cup (2 fl. oz.) cheese in container.

Additional Meat/Meat Alternates offered: 1.22 oz. weight diced ham, 1/4 cup cottage cheese, and 1/4 cup diced eggs. Students may take 1 of each of these.

Students may also take 1 package of croutons & 1 package of cheeze-its with their salad to count as 2 grains.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.88
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		682.23	
Fat		32.14g	
SaturatedFat		11.45g	
Trans Fat		0.00g	
Cholesterol		299.67mg	
Sodium		1396.07mg	
Carbohydrates		55.39g	
Fiber		9.62g	
Sugar		11.41g	
Protein		43.13g	
Vitamin A	3800.41IU	Vitamin C	20.85mg
Calcium	463.01mg	Iron	4.84mg

Side Salad- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12774

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1 Cup	600504
BEAN GARBANZO 6-10 GCHC	1/8 Cup	118753
CARROT BABY WHL CLEANED 12-2 RSS	1/8 Cup	510637
TOMATO 6X6 LRG 10 MRKN	1/8 Cup	199001

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.04		
Fat	0.59g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	102.55mg		
Carbohydrates	9.67g		
Fiber	2.98g		
Sugar	3.17g		
Protein	2.71g		
Vitamin A	2863.03IU	Vitamin C	3.71mg
Calcium	42.39mg	Iron	1.25mg

Nachos with Meat & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12775

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 3/5 Ounce	722330
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Each	526160
CHIP TORTL YEL RND WGRAIN 80-1.5Z	1 Each	510876

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	446.23		
Fat	20.47g		
SaturatedFat	7.91g		
Trans Fat	0.15g		
Cholesterol	47.67mg		
Sodium	877.33mg		
Carbohydrates	47.52g		
Fiber	4.01g		
Sugar	11.01g		
Protein	19.46g		
Vitamin A	328.08IU	Vitamin C	2.73mg
Calcium	347.19mg	Iron	1.90mg

2 ct. Pop Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12781

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082

Preparation Instructions

No Preparation Instructions available.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	366.67		
Fat	5.67g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	386.67mg		
Carbohydrates	76.00g		
Fiber	6.00g		
Sugar	30.33g		
Protein	4.67g		
Vitamin A	666.67IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Peanut Butter Sandwich- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12782

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER SMOOTH 6-5 GFS	3 Tablespoon	183245
380 - Aunt Millie's WG Honey White Bread	2 Each	380

Preparation Instructions

Serve whole sandwich to grades 9-12 with Salisbury steak. Serve 1/2 sandwich (0.75 meat/meat alternate and 1 oz. eq. whole grain) to grades 7-8 with Salisbury Steak.

SLE Components

Amount Per Serving

Meat	1.50
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	465.00		
Fat	24.50g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	515.00mg		
Carbohydrates	44.50g		
Fiber	7.00g		
Sugar	10.50g		
Protein	16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	13.08mg

Peanut Butter Sandwich- Half- JH

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12783

Ingredients

Description	Measurement	DistPart #
PEANUT BUTTER SMOOTH 6-5 GFS	3 Tablespoon	183245
380 - Aunt Millie's WG Honey White Bread	2 Each	380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	232.50		
Fat	12.25g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	257.50mg		
Carbohydrates	22.25g		
Fiber	3.50g		
Sugar	5.25g		
Protein	8.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.54mg

Apple Crisp

Servings:	48.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12784

Ingredients

Description	Measurement	DistPart #
FLOUR H&R A/P 50 GFS	6 Cup	765180
OATS QUICK HOT CEREAL 12-42Z GFS	11 Ounce	240869
SUGAR BROWN LT 12-2 P/L	22 Ounce	860311
SALT IODIZED 24-26Z GFS	1/2 Teaspoon	108308
MARGARINE SLD 30-1 GCHC	2 Cup	733061
Tap Water for Recipes	1 1/2 Cup	000001WTR
SUGAR CANE GRANUL 50 GFS	1 1/4 Cup	425311
APPLE SLCD W/P 6-10 GFS	2 #10 CAN	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	224723
LEMON JUICE 100 12-32FLZ GFS	1/2 Cup	311227

Preparation Instructions

Directions:

Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6

Filling: Drain apples, reserving juice. Add enough water to juice to make 3/4 cup for 30 servings, and 1 1/2 cups for 48 servings. Reserve for step 5.

Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 can. For 24 servings, use 1 pan. For 48 servings use 2 pans.

Over apples in each pan, sprinkle 5 oz (3/4 cup) sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine
For each pan, pour 3/4 cup liquid over apples

Sprinkle approximately 1 lb 11 oz (1 qt 1 cup) topping from step 1 evenly over apples in each pan.

Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes

Cool. Cut each pan 6x4 (24 pieces). Portion is 1 piece.

No CCP necessary.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.50
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 Piece

Amount Per Serving			
Calories	265.70		
Fat	7.84g		
SaturatedFat	3.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.98mg		
Carbohydrates	46.32g		
Fiber	3.21g		
Sugar	27.40g		
Protein	2.58g		
Vitamin A	500.00IU	Vitamin C	0.60mg
Calcium	13.14mg	Iron	1.05mg

Fruit Yogurt Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13138

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	3 Fluid Ounce	811500
Blueberries, Frozen	1/4 Cup	110624

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.25
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	95.00		
Fat	1.06g		
SaturatedFat	0.38g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	39.88mg		
Carbohydrates	19.63g		
Fiber	1.38g		
Sugar	14.00g		
Protein	2.63g		
Vitamin A	375.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	0.68mg

Milk- Jr/Sr Lunch

Servings:	1324.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13143

Ingredients

Description	Measurement	DistPart #
1% Vanillia Milk	35 Each	
1% CHOCOLATE MILK	736 Carton	
1 % White Milk	88 1 cup	1% White
Fat Free HP Strawberry Milk	126 Each	

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: 1324.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.68		
Fat	1.62g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	6.49mg		
Sodium	153.60mg		
Carbohydrates	16.95g		
Fiber	0.00g		
Sugar	15.81g		
Protein	5.95g		
Vitamin A	0.95IU	Vitamin C	0.19mg
Calcium	2.85mg	Iron	0.00mg

Milk- Jr/Sr Breakfast

Servings:	126.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13144

Ingredients

Description	Measurement	DistPart #
1% Vanillia Milk	4 Each	
1% CHOCOLATE MILK	64 Carton	
1 % White Milk	9 1 cup	1% White
Fat Free HP Strawberry Milk	7 Each	

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: 126.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	95.08		
Fat	1.53g		
SaturatedFat	0.81g		
Trans Fat	0.00g		
Cholesterol	6.11mg		
Sodium	139.68mg		
Carbohydrates	15.13g		
Fiber	0.00g		
Sugar	14.08g		
Protein	5.33g		
Vitamin A	0.56IU	Vitamin C	0.11mg
Calcium	1.67mg	Iron	0.00mg

California Blend

Servings:	34.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13170

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	12 Pound	283780
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup	209810

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: 34.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.41		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.96mg		
Carbohydrates	3.55g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.66g		
Vitamin A	663.53IU	Vitamin C	11.94mg
Calcium	13.27mg	Iron	0.00mg

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13534

Ingredients

Description	Measurement	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	8 Piece	327130
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	357.27		
Fat	18.45g		
SaturatedFat	7.32g		
Trans Fat	0.00g		
Cholesterol	34.55mg		
Sodium	542.27mg		
Carbohydrates	30.91g		
Fiber	3.45g		
Sugar	1.73g		
Protein	19.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13535

Ingredients

Description	Measurement	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	283562
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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	420.00		
Fat	22.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	295.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Philly Cheese Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13536

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Ounce	701201
MINI SUB BUN, W GRAIN	1 bun	5157

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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	368.34		
Fat	15.15g		
SaturatedFat	6.45g		
Trans Fat	0.66g		
Cholesterol	50.85mg		
Sodium	885.67mg		
Carbohydrates	32.89g		
Fiber	3.00g		
Sugar	6.94g		
Protein	21.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.19mg	Iron	1.52mg

Texas Straw Hat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13539

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 19/50 Ounce	722330
CHIP TORTL YEL RND 6-32Z COMM	10 Each	658784
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Tablespoon	100012

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
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	113.64		
Fat	5.93g		
SaturatedFat	2.85g		
Trans Fat	0.22g		
Cholesterol	33.78mg		
Sodium	294.16mg		
Carbohydrates	4.13g		
Fiber	1.50g		
Sugar	1.50g		
Protein	12.24g		
Vitamin A	488.01IU	Vitamin C	4.05mg
Calcium	30.03mg	Iron	1.49mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13540

Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	4 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380

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	340.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	920.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	10.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

Egg McMuffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13541

Ingredients

Description	Measurement	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
BACON CANAD SLCD 64/ W/A 5-2 HRML	8 Slice	212067
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	1100.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	2.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 1.96mg

Grilled Pizza Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13663

Ingredients

Description	Measurement	DistPart #
SAUCE PIZZA W/BASL CALIF 6-10 GCHC	3 Tablespoon	100234
PEPPERONI SLCD 14-16/Z 2-5 GFS	5 Each	729981
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	3 Slice	726567
380 - Aunt Millie's WG Honey White Bread	2 Each	380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	460.00
Fat	21.06g
SaturatedFat	11.75g
Trans Fat	0.00g
Cholesterol	39.38mg
Sodium	1003.75mg
Carbohydrates	39.25g
Fiber	5.50g
Sugar	9.00g
Protein	24.38g
Vitamin A 600.00IU	Vitamin C 2.70mg
Calcium 454.00mg	Iron 12.92mg

Chicken & Noodles

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13666

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound	100101
Tap Water for Recipes	9 Gallon	000001WTR
SPICE PEPR BLK REST GRIND 5 TRDE	1/4 Cup	242179
ONION DEHY SUPER TOPPER 6-2 P/L	3/4 Pound	223255
MARGARINE SLD 30-1 GCHC	1 1/4 Pound	733061
FLOUR H&R A/P 2-25 GFS	2 Pound	227528
BASE CHIX LO SOD 12-1 LEGO	3 Pound	130869
1 % White Milk	2 Gallon	
PASTA NOODL KLUSKI 1/8 2-5 GFS	10 Pound	270385
GRAVY MIX CHIX LO SOD 6-1# KNOR	1 Pound	562860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
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: 225.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	244.81
Fat	7.02g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	86.36mg
Sodium	279.33mg
Carbohydrates	20.98g
Fiber	0.54g
Sugar	3.66g

Protein	22.30g		
Vitamin A	221.34IU	Vitamin C	0.28mg
Calcium	6.44mg	Iron	0.72mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13677

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13808

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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	260.44		
Fat	11.52g		
SaturatedFat	6.76g		
Trans Fat	0.00g		
Cholesterol	55.22mg		
Sodium	633.36mg		
Carbohydrates	21.26g		
Fiber	2.00g		
Sugar	1.00g		
Protein	21.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Egg Bacon Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14355

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
BACON CANAD SLCD 64/ W/A 5-2 HRML	4 Slice	212067
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

Place 24 croissants on large sprayed baking pan

Remove tops of the croissants and place to the side.

Heat egg patties in the steamer for 5 minutes CCP 165

While eggs are heating place 4 slices of canadian bacon on bottom of each croissant

Add heated egg

Place 1 slice of cheese on top of egg pattie, then place top of croissant.

Cover each pan tightly with foil.

Heat for about 1 hr in warmer

CCP 145

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	340.00
Fat	16.75g
SaturatedFat	6.75g
Trans Fat	0.15g
Cholesterol	102.50mg
Sodium	835.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	17.00g

Vitamin A	0.00IU	Vitamin C	0.14mg
Calcium	37.14mg	Iron	1.98mg

Broccoli & Cheese

Servings:	135.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14517

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	25 Pound	110473
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN	150991

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: 135.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	53.11		
Fat	1.72g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	233.01mg		
Carbohydrates	7.35g		
Fiber	3.03g		
Sugar	2.16g		
Protein	3.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.99mg	Iron	0.00mg

Egg Bacon Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15252

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND 3.5 165-1.25Z GFS	1 Each	592625
BACON CANAD SLCD 64/ W/A 5-2 HRML	4 Slice	212067
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131

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	255.00
Fat	9.75g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	117.50mg
Sodium	825.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	2.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.00mg	Iron 1.78mg

Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15254

Ingredients

Description	Measurement	DistPart #
TURKEY HAM 2-7AVG JENNO	2 7/10 Ounce	434663
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1/2 Ounce	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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	294.50		
Fat	8.55g		
SaturatedFat	2.85g		
Trans Fat	0.00g		
Cholesterol	54.75mg		
Sodium	1015.00mg		
Carbohydrates	31.35g		
Fiber	2.00g		
Sugar	6.35g		
Protein	21.15g		
Vitamin A	0.00IU	Vitamin C	1.62mg
Calcium	4.00mg	Iron	10.97mg

Tomato Soup

Servings:	18.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15255

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN	101427
1 % White Milk	3 Cup	
Tap Water for Recipes	3 Cup	000001WTR

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: 18.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	87.68		
Fat	0.42g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	398.73mg		
Carbohydrates	17.61g		
Fiber	0.79g		
Sugar	11.30g		
Protein	2.91g		
Vitamin A	317.28IU	Vitamin C	5.07mg
Calcium	5.00mg	Iron	0.57mg

BBQ Rib Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15256

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

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	360.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	20.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	44.00mg	Iron	11.80mg

Texas Straw Hat (Elementary)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15257

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 19/50 Ounce	722330
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	100012
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	696871

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	233.64		
Fat	9.18g		
SaturatedFat	3.35g		
Trans Fat	0.22g		
Cholesterol	36.28mg		
Sodium	444.16mg		
Carbohydrates	23.25g		
Fiber	2.50g		
Sugar	1.50g		
Protein	15.11g		
Vitamin A	488.01IU	Vitamin C	4.05mg
Calcium	60.03mg	Iron	1.79mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15258

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
White Hot Dog Bun	1 bun	3162

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	290.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	790.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	40.11mg	Iron	0.76mg

Turkey Burger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15259

Ingredients

Description	Measurement	DistPart #
TURKEY BRGR FLAMEBR 90-2.5Z ADV	1 Each	897690
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

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	300.00		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	430.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	11.44mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15260

Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	1 Each	509728
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	680.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	12.00mg

Breaded Fish on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15261

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	11.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	490.00mg		
Carbohydrates	44.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.00mg	Iron	11.00mg

Chili (Elementary)

Servings:	220.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15272

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5 COMM	25 Pound	581950
ONION DEHY CHPD 15 P/L	10 Ounce	263036
SPICE GARLIC GRANULATED 24Z TRDE	33/100 Cup	513881
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon	225037
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup	224707
SPICE PAPRIKA 16Z TRDE	1/2 Cup	518331
SPICE ONION POWDER 19Z TRDE	33/100 Cup	126993
SPICE CUMIN GRND 15Z TRDE	1 Cup	273945
TOMATO CRSHD MW 6-10 GCHC	3 #10 CAN	275492
TOMATO PASTE CALIF 26 6-10 GCHC	2 #10 CAN	100196
BEAN KIDNEY RED LT 6-10 GFS	13 #10 CAN	118788
Cheese, Mozzarella, Part Skim, Shredded	3 Pound	100021
Tap Water for Recipes	5 Gallon	000001WTR

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00

Legumes	0.38
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 220.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories	346.71		
Fat	6.67g		
SaturatedFat	3.27g		
Trans Fat	0.00g		
Cholesterol	27.27mg		
Sodium	724.00mg		
Carbohydrates	47.10g		
Fiber	15.63g		
Sugar	8.26g		
Protein	25.71g		
Vitamin A	1216.36IU	Vitamin C	9.11mg
Calcium	98.84mg	Iron	7.73mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15274

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	4 Slice	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
White Hot Dog Bun	1 bun	3162

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	251.34		
Fat	9.94g		
SaturatedFat	3.17g		
Trans Fat	0.00g		
Cholesterol	50.89mg		
Sodium	771.05mg		
Carbohydrates	23.76g		
Fiber	1.00g		
Sugar	3.00g		
Protein	14.91g		
Vitamin A	25.37IU	Vitamin C	1.22mg
Calcium	40.59mg	Iron	0.91mg