

Cookbook for NEW PRAIRIE HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

BANANA BREAD

CHICKEN TERIYAKI SANDWICH WITH PROVOLONE & PINEAPPLE (M-2, G-2 .95)

BOSCO MOZZARELLA STICKS & MARINARA SAUCE

CHICKEN AND NOODLE

SESAME GREEN BEANS

baked beans

Sloppy Joe on Roll (1-M,1-G)

Broccoli W/ Cheese (1-G)

Pulled Pork Mac and Cheese (1-M, 1--G, .89)

Apple Poppy Seed Coleslaw Crunch (1-O, .30)

BLUSHING CHILLED PEARS (.5-F, .50)

Tiger Fries (.5-S, .5-RO)

Lime-Honey Fruit Salad (1-F)

Strawberry Short Cake (1-G.1-F)

BANANA BREAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g

Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.00mg

CHICKEN TERIYAKI SANDWICH WITH PROVOLONE & PINEAPPLE (M-2, G-2 .95)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11591

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	1 Each		786520
SAUCE TERIYAKI GLAZE 6-80Z KIKKOMAN	1 Ounce		311502
PINEAPPLE SLCD IN JCE & WTR 6-10 GFS	1 Slice		612456
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	1 Each		831221

Preparation Instructions

Follow instructions for preparing chicken half way through cooking process glaze chicken breast with one oz teriyaki sauce and return to oven

Remove from oven and place one chicken patty on bottom of bun, top with pineapple and cheese place back in oven with top of bun open next to sandwich to toast

place top on sandwich and serve

SLE Components

Amount Per Serving

Meat	2.00
-------------	------

Grain	2.00
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	440.71
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1478.10mg
Carbohydrates	41.44g
Fiber	3.25g
Sugar	12.39g
Protein	29.79g

Vitamin A	100.00IU	Vitamin C	2.25mg
Calcium	155.00mg	Iron	2.61mg

BOSCO MOZZARELLA STICKS & MARINARA SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11599

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
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	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	458.00mg	Iron	2.00mg

CHICKEN AND NOODLE



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11655

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG 12-5 HRTHSTN	3 7/8 Gallon	3 Gallons Water, 8oz Base	261564
CELERY DCD 1/4 2-5 RSS	1 1/2 Quart	3 Cups	198196
CARROT MATCHSTICK SHRED 2-3 RSS	50 Ounce	3 cups	198161
ONION DEHY CHPD 15 P/L	1 1/4 Cup	3/4 cup	263036
SPICE PARSLEY FLAKES 2Z TRDE	1/4 Cup	1/4 cup	259195
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	1 Teaspoon	225061
SEASONING POULTRY 10Z TRDE	1 Teaspoon	1 Teaspoon	273996
PASTA NOODL KLUSKI 1/8 2-5 GCHC	12 1/2 Pound	3 1/2 Pounds	270385
CHIX PULLED WHT & DRK BLND 2-5 TYS	9 1/2 Pound	9 1/2 pounds	467802

Preparation Instructions

Directions:

Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning.

Bring to boil. Reduce heat and cover. Simmer for 20 minutes.

Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.

CCP: Heat to 165° F or higher for at least 15 seconds.

Pour 9 lb (1 gal cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings,

use 6 pans.

CCP: Hold for hot service at 135° F or higher

Portion with 8 oz ladle (1 cup).

SLE Components

Amount Per Serving

Meat	2.03
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	596.05		
Fat	11.10g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	170.80mg		
Sodium	770.85mg		
Carbohydrates	86.58g		
Fiber	3.27g		
Sugar	5.66g		
Protein	36.72g		
Vitamin A	4819.69IU	Vitamin C	2.18mg
Calcium	29.35mg	Iron	7.79mg

SESAME GREEN BEANS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	1/8 Pound		857424
OIL OLIVE PURE 4-3LTR GCHC	1/8 Tablespoon		432061
SALT SEA 36Z TRDE	1/8 Teaspoon		748590
SPICE SESAME SEED HULLED 19Z TRDE	1/8 Tablespoon		513806

Preparation Instructions

Directions:

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Notes:

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 0.25 Cup			
Amount Per Serving			
Calories	4.61		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.66mg		
Carbohydrates	0.80g		
Fiber	0.30g		
Sugar	0.40g		
Protein	0.20g		
Vitamin A	75.90IU	Vitamin C	1.34mg
Calcium	4.07mg	Iron	0.11mg

baked beans

NO IMAGE

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11945

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	1 #10 CAN		298913
KETCHUP POUCH 2-1.5GAL CRWNCOLL	1/2 Cup		452801
ONION DEHY CHPD 15 P/L	1 Ounce		263036
MUSTARD PKT 500-5.5GM GFS	5 1ea=5.5gm	BAKE	700051
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup		655937

Preparation Instructions

MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.

POUR MIXTURE INTO BEANS AND MIX WELL.

COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS.

STORE IN WARMER UNTIL SERVICE.

SERVE WITH #8 DIPPER for 1/2 cup serving.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

CCP: DISCARD LEFTOVERS

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	204.26		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	659.28mg		
Carbohydrates	41.73g		
Fiber	5.69g		
Sugar	18.06g		
Protein	9.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.55mg	Iron	2.26mg

Sloppy Joe on Roll (1-M,1-G)



Servings:	116.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15231

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	20 1/8 Pound		100158
ONION SPANISH JUMBO 50 MRKN	3 1/4 Cup		200778
SPICE GARLIC GRANULATED 20 TRDE	2 1/2 Tablespoon		228435
TOMATO PASTE 6-10 COMM	7 1/4 Cup		150580
KETCHUP BTL COLTS 16-20Z REDG	8 1/4 Cup		808401
WATER	1 1/4 Quart		H2O
VINEGAR WHT DISTILLED 4 4-1GAL	2 3/4 Cup		517582
SPICE MUSTARD DRY 1 COLMANS	1 1/4 Teaspoon		400018
Black Pepper	1/2 Teaspoon		24108
brown sugar	1 Cup		
3 1/2" Whole Grain Hamburger Bun	116 Each		

Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (cup) onto bottom half of each roll. Cover with top half of roll.

Notes:

1: Comments:

2: *See Marketing Guide.

3: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

SLE Components

Amount Per Serving

Meat	2.06
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.04
Legumes	0.00
Starch	0.00

Nutrition Facts

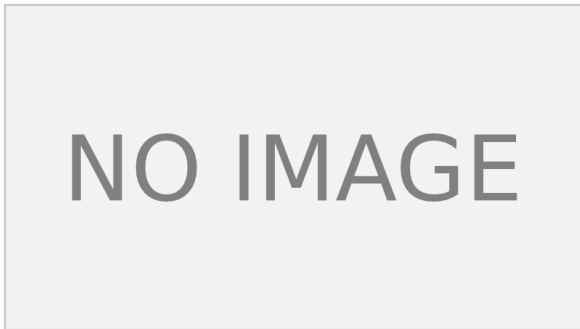
Servings Per Recipe: 116.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.96		
Fat	13.86g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	0.00mg		
Sodium	241.26mg		
Carbohydrates	24.61g		
Fiber	2.59g		
Sugar	4.17g		
Protein	18.98g		
Vitamin A	0.07IU	Vitamin C	0.26mg
Calcium	4.96mg	Iron	10.02mg

Broccoli W/ Cheese (1-G)



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS 30 COMM	1 Cup		256211
JTM Cheddar Cheese Sauce Boil in Bag	1/4 Ounce		15013

Preparation Instructions

steam broccoli for approx 4-8 min or until crisp to the tooth, cook times will vary depending of fresh, frozen or cut size of product

Follow heating instructions for cheese

Place one cup of broccoli on tray and top with 2 oz of cheese sauce

SLE Components

Amount Per Serving

Meat	0.12
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	64.98		
Fat	0.96g		
SaturatedFat	0.55g		
Trans Fat	0.00g		
Cholesterol	3.37mg		
Sodium	93.53mg		
Carbohydrates	10.24g		
Fiber	6.00g		
Sugar	2.12g		
Protein	6.84g		
Vitamin A	46.64IU	Vitamin C	0.00mg

Calcium 24.28mg **Iron** 0.00mg

Pulled Pork Mac and Cheese (1-M, 1--G, .89)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16435

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 2-5 AUSTBL	1 Ounce		632160
ENTREE MACAR & CHS WGRAIN 6-5 JTM	4 Ounce		609121
DRESSING RANCH LT 4-1GAL KRAFT	1 Tablespoon		672802
SAUCE BBQ CANNONBALL 4-1GAL KENS	1 Tablespoon		433388
BREAD GARL TST SLC WGRAIN 12-12CT GFS	1 Slice		277862

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.08
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 Serving

Amount Per Serving

Calories	416.40
Fat	20.05g
SaturatedFat	8.40g
Trans Fat	0.33g
Cholesterol	61.33mg
Sodium	1170.67mg
Carbohydrates	39.33g
Fiber	2.00g
Sugar	10.00g

Protein	19.03g
Vitamin A 433.33IU	Vitamin C 0.40mg
Calcium 254.00mg	Iron 2.26mg

Apple Poppy Seed Coleslaw Crunch (1-O, .30)

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 P/L	1/2 Cup		361300
ONION GREEN 2 RSS	1/8 Cup		596981
DRESSING POPPYSEED DELI 4-1GAL LTHSE	1/8 Cup		112798
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/8 Cup		337910
APPLE RED DCD 3/8 2-5 MI LOCAL	1/2 Ounce		601092

Preparation Instructions

In a large bowl, combine cabbage, apples and green onions. Drizzle with dressing; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, top with sunflower kernels.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	149.60
Fat	8.84g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.86mg
Carbohydrates	17.61g
Fiber	2.65g

Sugar	9.97g
Protein	0.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.17mg	Iron 0.17mg

BLUSHING CHILLED PEARS (.5-F, .50)



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR HALVES W/P 6-10 GFS	1/2 Cup		167622
GELATIN MIX CHERRY 12-24Z GFS	1/8 Teaspoon		524611

Preparation Instructions

1. Pour drained pears into serving line pans.
2. Sprinkle cherry gelatin over pears to give blushing color (pink to light red).
3. Cover and chill.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

4. Portion two pear halves. Each portion provides.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.28
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.65mg
Carbohydrates	8.31g
Fiber	1.00g

Sugar	7.31g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.00mg

Tiger Fries (.5-S, .5-RO)



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	3 Ounce		273660
FRIES 3/8 R/C 6-5 STLTH	2 Ounce		614149

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

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	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	254.31
Fat	9.63g
SaturatedFat	1.78g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.34mg
Carbohydrates	38.07g
Fiber	3.57g
Sugar	7.74g
Protein	2.60g
Vitamin A	4838.71IU
Vitamin C	5.81mg

Calcium 30.78mg **Iron** 1.16mg

Lime-Honey Fruit Salad (1-F)



Servings:	1.00	Category:	Fruit
Serving Size:	3.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16576

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	3 Piece		569392
PEAR 95-110CT MRKN	2 Each		198056
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
GRAPES GREEN SEEDLESS 17AVG	1 Cup		197858
STARCH CORN 24-1 ARGO	1 Teaspoon		108413
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1/4 Cup		217523
SPICE POPPY SEED WHOLE 20Z TRDE	1/2 Teaspoon		225134
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581

Preparation Instructions

1. Cube Fruit and clean grapes
2. In a small microwave-safe bowl, combine cornstarch and lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey and poppy seeds.
3. In a large bowl, combine the apples, pears and grapes. Pour dressing over fruit; toss to coat. Cover and

refrigerate overnight.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	878.33		
Fat	1.13g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.23mg		
Carbohydrates	243.17g		
Fiber	24.02g		
Sugar	192.67g		
Protein	5.22g		
Vitamin A	375.36IU	Vitamin C	42.39mg
Calcium	106.56mg	Iron	2.66mg

Strawberry Short Cake (1-G.1-F)



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 6-6.5 GFS	1 Cup		293393
DOUGH CKY STRAWB SHRTCK WGRAIN 240-1Z	1 Each		459482
TOPPING WHIP CRM 12-10.8Z DRMWHP	2 1/2 Gram		161128

Preparation Instructions

top half Biscuit with other items and serve

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.50
Fruit	1.00
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	333.88
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	110.00mg
Carbohydrates	76.72g
Fiber	3.99g
Sugar	60.25g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 71.64mg

Calcium 20.00mg **Iron** 1.79mg