

# **Cookbook for LAKE HILLS ELEMENTARY SCHOOL**

**Created by HPS Menu Planner**

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# Spaghetti with Meat Sauce

<b>Servings:</b>	36.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18727

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package		573201
PASTA SPAGHETTI 10 2-10 KE	2 1/2 Pound		654560
Tap Water for Recipes	3/4 Gallon		000001WTR

## Preparation Instructions

Thaw meat sauce.

Wash Hands and clean surface area- put on gloves.

Prepare full size, 6 inch steam pan by spraying with vegalene.

Empty 2 bags (5# each) of THAWED spaghetti sauce with meat into prepared pan.

Put 2.50 lbs. of noodles on top of sauce

Pour water over noodles and sauce. Cover with lid and place in refrigerator overnight

Next day- Bake convection oven 350 for 30 minutes.

Remove pan and stir softened noodles into sauce.

Return to oven and bake an additional 30 minutes until internal temperature reaches 165 degrees.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	243.65
<b>Fat</b>	6.11g
<b>SaturatedFat</b>	2.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.65mg
<b>Sodium</b>	230.16mg
<b>Carbohydrates</b>	30.48g
<b>Fiber</b>	2.70g
<b>Sugar</b>	6.67g
<b>Protein</b>	15.79g
<b>Vitamin A</b> 513.49IU	<b>Vitamin C</b> 15.08mg

**Calcium** 40.48mg **Iron** 2.70mg

# BBQ Pork 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-18728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1 Each		262670
BBQ Pork	4 Ounce	Weigh	16142

## Preparation Instructions

Preparation Notes:

- Sanitize work area
  - Thaw pork
  - Proof bun dough
  - Follow HACCP for temperature control
- Wash Hands Put on gloves  
Bake buns according to directions and cool  
Cut buns open and place on prep area  
Put BBQ Pork in stainless steel pan and cover with lid  
Heat at 350 degrees for 30 minutes to 165 degrees or  
Steam in the bag for 23-30 minutes till product temps at 165 degrees  
Place pork on bun, wrap and hold at 145 degrees

### 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>	407.00
<b>Fat</b>	15.90g
<b>SaturatedFat</b>	4.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.40mg
<b>Sodium</b>	891.00mg
<b>Carbohydrates</b>	41.20g
<b>Fiber</b>	3.23g
<b>Sugar</b>	4.00g
<b>Protein</b>	23.90g
<b>Vitamin A</b>	251.60IU
<b>Vitamin C</b>	0.01mg

**Calcium** 29.17mg **Iron** 2.73mg

# Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18729

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15- 20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

## Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

### 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>	340.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	78.00mg
<b>Calcium</b>	86.00mg	<b>Iron</b>	2.80mg

# Beef Steak Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18730

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each		105880
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

## Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Follow directions on box
- Heat burger to 155 degrees
- Assemble burger on bun and wrap in foil wrapper
- Hold in warmer for internal temperature of 135 degrees

### 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>	280.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	86.00mg	<b>Iron</b>	2.44mg



# Philly Steak Flat Bread

<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-18731

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
BEEF STK PHLL SEAS CKD 2.86Z 6- 5 JTM	1 3/4 Ounce		720861
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170
PEPPERS & ONION FLME RSTD 6-2.5	1 Tablespoon		847208
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1/2 Ounce	#50 scoop	722110

## Preparation Instructions

- Sanitize work area.
- Wash hands and put on gloves.
- Warm queso cheese so it is spreadable
- Lay flat bread on work area and spread with Queso Cheese
- Top with beef, onions and peppers, sprinkle with cheese
- Cook in the Oven to Temp at 155 degrees
- Place in warmer and temp before serving
- Hold at 140 degrees

## SLE Components

Amount Per Serving

<b>Meat</b>	1.75
<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

<b>Amount Per Serving</b>			
<b>Calories</b>		345.08	
<b>Fat</b>		15.45g	
<b>SaturatedFat</b>		6.16g	
<b>Trans Fat</b>		0.32g	
<b>Cholesterol</b>		39.48mg	
<b>Sodium</b>		774.28mg	
<b>Carbohydrates</b>		31.36g	
<b>Fiber</b>		3.11g	
<b>Sugar</b>		3.99g	
<b>Protein</b>		19.22g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	180.25mg	<b>Iron</b>	2.35mg

# Pepperjack Burger

<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-18732

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each		105880
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHEESE PEPR JK 2-5 GLCHS	1 Slice		550086

## Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Thaw hamburgers in plastic sleeve

Put a few holes in the top of the bag, place in 4" perforated pan.

Cook in steamer to 165 or cook in 375 degree oven for 45 minutes

Remove from Steamer, Let stand 3 min. before opening bag.

Temp to at least 155 degrees.

Place burger on the bun and top with cheese

Wrap in foil paper and hold at 140 degrees

### 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>	330.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	625.00mg
<b>Carbohydrates</b>	28.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b>	150.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 186.00mg **Iron** 2.44mg

# Chicken Sliders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	2 Each		645080
BUN HAMB MINI SLCD 2.5 8-24CT GFS	2 Each		676171

## Preparation Instructions

- Sanitize work area.
- Follow HACCP for temperature control
- Wash Hands Put on gloves
- Bake chicken according to directions.
- Heat to internal temperature of 165 degrees.
- Place chicken patties on the buns and wrap.
- Hold at 135 degrees.

### 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: 2.00 Each

Amount Per Serving			
<b>Calories</b>	390.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	50.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	130.00mg	<b>Iron</b>	4.00mg

# Spicy Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18734

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## Preparation Instructions

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 375 degree oven for 8 minutes until temps 165.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper and hold at 140 degrees

### 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

<b>Amount Per Serving</b>	
<b>Calories</b>	410.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g

<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	106.00mg	<b>Iron</b>	3.00mg

# Build a Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18735

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1 Each		133558
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
SALAMI GENOA SLCD 4/Z 5-2 PG	2 Slice		776250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice		861940
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
LETTUCE ROMAINE HRTS 2-7.5 MRKN	1/8 Cup		182570
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	3 Slice		242667

## Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.

Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night

Proof buns in warmer and bake according to the directions, coll and slice. Do this a day before serving

Wash hands and put on gloves

Lay buns on prep area

Layer meat and cheese on bun

Place sandwiches in pan and cover with bun bag

Give choices of tomato, shredded lettuce, pickles

### SLE Components

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.06



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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	729.68		
<b>Fat</b>	21.30g		
<b>SaturatedFat</b>	7.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.25mg		
<b>Sodium</b>	1794.50mg		
<b>Carbohydrates</b>	97.67g		
<b>Fiber</b>	4.42g		
<b>Sugar</b>	6.28g		
<b>Protein</b>	34.75g		
<b>Vitamin A</b>	194.92IU	<b>Vitamin C</b>	3.81mg
<b>Calcium</b>	154.42mg	<b>Iron</b>	6.08mg

# Sausage Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18736

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Slice		150260
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	<b>BAKE</b> Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

## Preparation Instructions

- Sanitize work area.
- Wash hands and wash surface.
- Take sheet pan and line with paper.
- Place bottom of biscuit on the sheet pan.
- Cook chicken sausage patties and temp to 160.
- Place cooked patty on the biscuit, top with cheese and finish with biscuit top.
- Wrap and place in warmer, hold at 150 degrees.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.25
<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

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**Amount Per Serving**

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<b>Calories</b>	325.00
<b>Fat</b>	16.25g
<b>SaturatedFat</b>	7.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.25mg
<b>Sodium</b>	772.50mg
<b>Carbohydrates</b>	29.25g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.25g
<b>Protein</b>	17.25g

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<b>Vitamin A</b>	75.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	267.50mg	<b>Iron</b>	3.00mg

# Turkey Sub

<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-18820

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
White Wheat Sub Bun	1 Each		31454
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 5X6 XL 5 MRKN	1 Slice		438197

## Preparation Instructions

Wash hands Wash surface

Open bun, place turkey on bun and top with slice of cheese, add top bun Wrap and keep cold.

Offer slice of tomato.

Offer mustard and mayo packet for choice of condiment

### 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>	0.02
<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>	293.02		
<b>Fat</b>	9.77g		
<b>SaturatedFat</b>	4.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	793.71mg		
<b>Carbohydrates</b>	28.79g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	4.71g		
<b>Protein</b>	22.73g		
<b>Vitamin A</b>	212.48IU	<b>Vitamin C</b>	1.03mg
<b>Calcium</b>	138.75mg	<b>Iron</b>	1.32mg

# 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-18821

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
BUN WHITE WHEAT 3.5"	1 Each		51032

## Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

### 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>	288.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	39.00mg		
<b>Sodium</b>	499.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

# 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-18822

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN WHITE WHEAT 3.5"	1 Each		51032

## Preparation Instructions

- Wash Hands. Put on gloves
- Thaw hamburgers in plastic sleeve
- Put a few holes in the top of the bag, place in 4" perforated pan
- Cook in steamer to 165 or cook in 375 degree oven for 45 minutes
- Remove from Oven, Let stand 3 min. before opening bag.
- Temp to at least 155 degrees.
- Place buns on work area
- Top with cheese and top with bun
- Wrap in foil paper and hold at 140 degrees

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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>	338.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	6.10g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	51.50mg
<b>Sodium</b>	724.00mg
<b>Carbohydrates</b>	27.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b>	150.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 108.00mg **Iron** 2.00mg

# Nachos with Meat and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18824

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Package		133273
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce		722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup		323616

## Preparation Instructions

Wash hands and put on gloves

Serve one bag of chips

Serve one 3 oz.scoop of meat

2 oz. ladle cheese

Heat meat in bag in steamer and temp at 165 degrees

Heat cheese in steamer to 135 degrees

Hold food at 135 degrees or higher

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<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>	381.40		
<b>Fat</b>	17.40g		
<b>SaturatedFat</b>	3.80g		
<b>Trans Fat</b>	0.29g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	1031.90mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.80g		
<b>Vitamin A</b>	650.00IU	<b>Vitamin C</b>	5.40mg
<b>Calcium</b>	92.00mg	<b>Iron</b>	1.98mg



# Bosco Cheese Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18826

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each		235411
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259

## Preparation Instructions

Sanitize work area.

Prepare butter buds according to directions.

Wash hands and put on gloves.

Preheat oven according to directions.

Place cheese sticks on lined sheet pan and cook according to directions and bake according to directions to 155 degrees.

Remove from the oven and brush cheese sticks with butter buds and sprinkle lightly with parmesan cheese.

Mix together and put in 350 degree oven for 10 minutes.

Hold at 135 degrees.

### 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: 2.00 Each

Amount Per Serving	
<b>Calories</b>	327.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	565.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 492.00mg **Iron** 2.00mg

# Hot Dog

<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-18828

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lower Sodium Beef Franks	1 57 g		29265
White Wheat Hot Dog bun	1 Each		53071

## Preparation Instructions

- Wash hands and put on gloves
- Steam hot dogs to 165 degrees
- Place hot dog on bun and wrap in foil wrapper
- Hold at 140 degrees in warmer

### 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>	325.21		
<b>Fat</b>	19.09g		
<b>SaturatedFat</b>	7.33g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	594.84mg		
<b>Carbohydrates</b>	27.35g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	4.59g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.49mg	<b>Iron</b>	1.40mg

# Pizza To Go

<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-18831

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

## Preparation Instructions

Wash hands and put on gloves

Cup up the mozzarella cheese in a cup and place lid on top.

Place the flat bread, marinara cup, cheese cup and

rice krispie treat in the bag and seal closed

Serve with vegetable, fruit, and milk.

Bag- GFS 466476

Cup- GFS 274991

Lid- GFS 796010

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<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: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	415.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	900.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b>	362.00IU
<b>Vitamin C</b>	6.00mg

**Calcium** 424.00mg **Iron** 0.30mg

# Yogurt Pack

<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-18835

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CRACKER GRHM TEDDY CINN 150-.75Z	1 Package		509965

## Preparation Instructions

Sanitize work area.

Wash hands. Put on gloves.

Place all packaged items in plastic bag.

Keep refrigerated.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	438.91mg	<b>Iron</b>	0.73mg

# PBJ Pack

<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-18836

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

Wash Hands put on gloves

Place all packaged items in plastic bag

Keep refrigerated

### 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>	460.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	348.00mg	<b>Iron</b>	2.00mg