

Cookbook for Michigan City Area Schools Elementary

Created by HPS Menu Planner

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Spaghetti with Meat Sauce

Servings:	36.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	1.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Calcium 40.48mg **Iron** 2.70mg

BBQ Pork Sandwich

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

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

Calcium 29.17mg **Iron** 2.73mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Beef Steak Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Philly Steak Flat Bread

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

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		345.08	
Fat		15.45g	
SaturatedFat		6.16g	
Trans Fat		0.32g	
Cholesterol		39.48mg	
Sodium		774.28mg	
Carbohydrates		31.36g	
Fiber		3.11g	
Sugar		3.99g	
Protein		19.22g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	180.25mg	Iron	2.35mg

Pepperjack Burger

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

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	305.00		
Fat	14.50g		
SaturatedFat	5.75g		
Trans Fat	0.50g		
Cholesterol	47.50mg		
Sodium	582.50mg		
Carbohydrates	28.25g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.75g		
Vitamin A	75.00IU	Vitamin C	0.00mg

Calcium 136.00mg **Iron** 2.44mg

Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 2.00 Each

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

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION 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

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	410.00
Fat	17.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	650.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	4.00g

Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	3.00mg

Build a Sub

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	1/2 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

Meat	2.25
Grain	3.75
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	479.68
Fat	18.30g
SaturatedFat	7.60g
Trans Fat	0.00g
Cholesterol	71.25mg
Sodium	1494.50mg
Carbohydrates	50.67g
Fiber	2.42g
Sugar	4.28g
Protein	26.75g

Vitamin A	194.92IU	Vitamin C	3.81mg
Calcium	154.42mg	Iron	3.38mg

Sausage Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY 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	BAKE 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

Meat	1.25
Grain	2.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	325.00		
Fat	16.25g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	51.25mg		
Sodium	772.50mg		
Carbohydrates	29.25g		
Fiber	1.00g		
Sugar	3.25g		
Protein	17.25g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	267.50mg	Iron	3.00mg

Turkey Sub

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
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			293.02
Fat			9.77g
SaturatedFat			4.03g
Trans Fat			0.00g
Cholesterol			50.00mg
Sodium			793.71mg
Carbohydrates			28.79g
Fiber			2.59g
Sugar			4.71g
Protein			22.73g
Vitamin A	212.48IU	Vitamin C	1.03mg
Calcium	138.75mg	Iron	1.32mg

Hamburger on Bun

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

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

Cheeseburger on Bun

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

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

Calcium 108.00mg **Iron** 2.00mg

Nachos with Meat and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	381.40		
Fat	17.40g		
SaturatedFat	3.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	1031.90mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	16.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	93.00mg	Iron	2.00mg

Bosco Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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: 2.00 Each

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

Calcium 492.00mg **Iron** 2.00mg

Hot Dog

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

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

Pizza To Go

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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	415.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	900.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	12.00g
Protein	22.00g
Vitamin A	362.00IU
Vitamin C	6.00mg

Calcium 424.00mg **Iron** 0.30mg

Yogurt Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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 1Z 4-12CT	1 Package		728760

Preparation Instructions

Sanitize work area.

Wash hands. Put on gloves.

Place all packaged items in plastic bag.

Keep refrigerated.

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	280.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	36.00g		
Fiber	1.00g		
Sugar	17.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	474.00mg	Iron	0.78mg

PBJ Pack

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

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

Yogurt & Cereal Pouch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	READY_TO_EAT Ready to eat cereal bars	656562

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.00
Fat	2.80g
SaturatedFat	0.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	219.60mg
Carbohydrates	36.00g
Fiber	1.40g
Sugar	19.00g
Protein	5.40g
Vitamin A 0.00IU	Vitamin C 6.44mg
Calcium 244.08mg	Iron 4.76mg