

Cookbook for Liberty Elementary

Created by HPS Menu Planner

Table of Contents

Oatmeal

Spicy Chicken Bowl

Mashed Potatoes

Chicken Gravy

SPAGHETTI W/ MEAT SAUCE-Liberty Elem

Pork and Beans-Liberty Elem

Corn-Liberty Elem

Peach Crisp-Liberty Elem

Apple Crisp-Liberty Elem

Chicken & Noodles-Liberty Elem

Variety of Cereal

Assorted Muffin

Glazed Carrots

Green Beans *

Turkey and American Sandwich

Ham and American Cheese Sandwich

BBQ Rib Sandwich

Chicken Chef Salad

Chef Salad w/ Cheese

Chef Salad w/ Ham

Chili-Non-Commodity

Philly Steak Sandwich

Bosco Sticks w/ Marinara Sauce

Meatball Sub

Grilled Cheese Sandwich*

Chicken Alfredo

Hot Dog w/ Chili Sauce

Soft Taco Bar

Hamburger

Cheeseburger

Breaded Tenderloin Sandwich

Spicy Chicken Wrap

Mostaccioli

Broccoli and Cheese Sauce

Variety of Dressing

Variety of Soup

Salad Bar

Sub Sandwich Bar

Beef Gravy

Lettuce and Tomato Slice

Chili-Commodity

Baked Potato Bar

Chicken Alfredo-Liberty Elementary

Broccoli-Liberty Elem

Oatmeal

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

Ingredients

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

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Spicy Chicken Bowl

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

Ingredients

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

Preparation Instructions

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

SLE Components

Amount Per Serving

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: 94.00

Serving Size: 1.00 Bowl

Amount Per Serving

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

Mashed Potatoes

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18069

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	10 Package	613738

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	0.50

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.91		
Fat	0.84g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.82mg		
Carbohydrates	14.34g		
Fiber	0.84g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.43mg	Iron	0.25mg

Chicken Gravy

Servings:	2560.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18070

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pound	733061
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup	442704
STARCH CORN 24-1 ARGO	5 Pound	108413
BASE CHIX 12-1 KE	2 Pound	160790

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: 2560.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	5.72		
Fat	0.21g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	53.84mg		
Carbohydrates	0.94g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.00g		
Vitamin A	9.38IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

SPAGHETTI W/ MEAT SAUCE-Liberty Elem

Servings:	450.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18074

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	24 Package	573201
PASTA SPAGHETTI 10 4-5 GCHC	30 Pound	413370
SAUCE MARINARA 6-10 REDPK	2 #10 CAN	502181
TOMATO DCD NSA 6-10 ANGELA MIA	2 #10 CAN	827614
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	840860
SPICE GARLIC GRANULATED 24Z TRDE	12 Ounce	513881

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	255.03		
Fat	6.82g		
SaturatedFat	2.45g		
Trans Fat	0.00g		
Cholesterol	41.90mg		
Sodium	246.50mg		
Carbohydrates	32.18g		
Fiber	3.15g		
Sugar	7.66g		
Protein	15.60g		
Vitamin A	550.43IU	Vitamin C	15.52mg
Calcium	44.61mg	Iron	2.73mg

Pork and Beans-Liberty Elem

Servings:	288.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18075

Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GCHC	18 #10 CAN	118826
KETCHUP CAN NAT LO SOD 6-10 REDG	114 Ounce	200621
ONION DEHY CHPD 15 P/L	2 Cup	263036
SUGAR BROWN LT 12-2 P/L	2 Pound	860311

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	0.75
Starch	0.00

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	234.94		
Fat	1.62g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	647.38mg		
Carbohydrates	46.14g		
Fiber	8.12g		
Sugar	16.73g		
Protein	11.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.36mg	Iron	3.24mg

Corn-Liberty Elem

Servings:	108.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18077

Ingredients

Description	Measurement	DistPart #
Corn fzn	54 Cup	100348
BUTTER SUB 24-4Z BTRBU DS	1 1/8 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	0.50

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.17		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.04mg		
Carbohydrates	16.33g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Peach Crisp-Liberty Elem

Servings:	845.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18079

Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	16 Pound	840860
SUGAR BROWN LT 12-2 P/L	21 Pound	860311
SUGAR CANE GRANUL 25 GFS	13 Pound	108642
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE CINNAMON GRND 15Z TRDE	8 Tablespoon	224723
OATS QUICK HOT CEREAL 50 GILST	16 Pound	286070
FLOUR H&R A/P 2-25 GCHC	14 Pound	227528
PEACH DCD XL/S 6-10 GFS	39 #10 CAN	268348

Preparation Instructions

No Preparation Instructions available.

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: 845.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	255.92		
Fat	7.38g		
SaturatedFat	2.82g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.06mg		
Carbohydrates	45.05g		
Fiber	0.96g		
Sugar	30.04g		
Protein	2.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.71mg	Iron	0.62mg

Apple Crisp-Liberty Elem

Servings:	845.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18081

Ingredients

Description	Measurement	DistPart #
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	16 Pound	840860
SUGAR BROWN LT 12-2 P/L	21 Pound	860311
SUGAR CANE GRANUL 25 GFS	13 Pound	108642
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE CINNAMON GRND 15Z TRDE	8 Tablespoon	224723
OATS QUICK HOT CEREAL 50 GILST	16 Pound	286070
FLOUR H&R A/P 2-25 GCHC	14 Pound	227528
APPLE SLCD W/P 6-10 GFS	39 #10 CAN	117773

Preparation Instructions

No Preparation Instructions available.

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: 845.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	243.98		
Fat	7.38g		
SaturatedFat	2.82g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.06mg		
Carbohydrates	42.66g		
Fiber	3.35g		
Sugar	27.65g		
Protein	2.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.71mg	Iron	0.62mg

Chicken & Noodles-Liberty Elem

Servings:	675.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18085

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	80 Pound	100101
PASTA NOODL KLUSKI AMISH 10 INN MAID	40 Pound	456632
BASE CHIX 12-1 KE	3 Pound	160790
ONION DCD 1/4 2-5 RSS	10 Pound	198307
CELERY JUMBO 16-24CT 40 MARKON	10 Pound	198536

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.07
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 675.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	186.78		
Fat	4.21g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	101.45mg		
Sodium	363.44mg		
Carbohydrates	20.22g		
Fiber	0.58g		
Sugar	0.34g		
Protein	15.69g		
Vitamin A	29.89IU	Vitamin C	0.21mg
Calcium	4.32mg	Iron	1.06mg

Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18088

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each	247197
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.50		
Fat	1.46g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	132.92mg		
Carbohydrates	23.50g		
Fiber	2.33g		
Sugar	7.42g		
Protein	2.08g		
Vitamin A	225.00IU	Vitamin C	2.70mg
Calcium	80.83mg	Iron	5.09mg

Assorted Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18090

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	192.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	130.00mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.25g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	27.75mg	Iron	1.06mg

Glazed Carrots

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18306

Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C LRG 30 GFS	15 Pound	285680
SUGAR BROWN LT 12-2 P/L	1 1/2 Cup	860311
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	35.88		
Fat	1.68g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.55mg		
Carbohydrates	4.87g		
Fiber	1.92g		
Sugar	2.95g		
Protein	0.64g		
Vitamin A	114.29IU	Vitamin C	0.00mg
Calcium	25.59mg	Iron	0.23mg

Green Beans *

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18410

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	4 #10 CAN	273856
BUTTER SUB 24-4Z BTRBUDS	3/4 Ounce	209810
BACON BIT REAL FAST N EASY 4-5 HRML	3/4 Cup	437735

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.50		
Fat	3.13g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	15.63mg		
Sodium	403.10mg		
Carbohydrates	4.38g		
Fiber	2.16g		
Sugar	2.16g		
Protein	5.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Turkey and American Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18413

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SMKD DELI SLCD 6-2 GFS	3 Slice	833592
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

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	270.00		
Fat	3.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	810.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.54mg

Ham and American Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18414

Ingredients

Description	Measurement	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	2 Slice	680621
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

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	245.00		
Fat	3.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	610.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.50g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.40mg

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18422

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	451410
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun	3480

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	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	670.00mg		
Carbohydrates	13.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Chicken Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18426

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon	861950
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.24
Grain	0.00
Fruit	0.00
GreenVeg	1.50
RedVeg	12.75
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	345.51		
Fat	8.19g		
SaturatedFat	3.03g		
Trans Fat	0.00g		
Cholesterol	136.67mg		
Sodium	595.15mg		
Carbohydrates	43.51g		
Fiber	14.70g		
Sugar	22.05g		
Protein	24.72g		
Vitamin A	426.45IU	Vitamin C	6.35mg
Calcium	278.86mg	Iron	2.39mg

Chef Salad w/ Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18430

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	4 Tablespoon	861950

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.50
RedVeg	12.75
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	293.56		
Fat	7.11g		
SaturatedFat	3.28g		
Trans Fat	0.00g		
Cholesterol	107.50mg		
Sodium	746.82mg		
Carbohydrates	43.84g		
Fiber	14.70g		
Sugar	22.55g		
Protein	16.22g		
Vitamin A	470.95IU	Vitamin C	6.35mg
Calcium	371.19mg	Iron	1.72mg

Chef Salad w/ Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18444

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Cup	735787
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	199001
CUCUMBER SDLSS 12-1CT P/L	1/8 Cup	532312
EGG HRD CKD DCD IQF 4-5 GFS	1 1/2 Tablespoon	192198
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup	768146
CHEESE AMER SHRD R/F 4-5 LOL	2 Tablespoon	861950
Ham, Cubed Frozen	3 Ounce	100188-H

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.75
Grain	0.00
Fruit	0.00
GreenVeg	1.50
RedVeg	0.50
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	349.54		
Fat	7.32g		
SaturatedFat	4.48g		
Trans Fat	0.00g		
Cholesterol	144.26mg		
Sodium	1082.32mg		
Carbohydrates	47.76g		
Fiber	14.70g		
Sugar	24.51g		
Protein	25.01g		
Vitamin A	426.45IU	Vitamin C	6.35mg
Calcium	274.19mg	Iron	1.72mg

Chili-Non-Commodity

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18452

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/4 2-5 RSS	2 Pound	198307
CELERY STIX 4-3 RSS	2 Pound	781592
PEPPERS GREEN DCD SWT 12-2 GFS	2 Pound	508632
JUICE TOMATO 100 12-46FLZ SACRM	138 Fluid Ounce	302414
TOMATO DCD NSA 6-10 ANGELA MIA	1 #10 CAN	827614
SPICE CHILI POWDER MILD 16Z TRDE	1 Pound	331473
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN	118788
BEEF GRND 81/19 FINE GRIND 6-10AVG	8 Pound	764720

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.13
Legumes	0.13
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	188.59		
Fat	8.96g		
SaturatedFat	3.84g		
Trans Fat	0.00g		
Cholesterol	32.00mg		
Sodium	532.99mg		
Carbohydrates	13.87g		
Fiber	4.45g		
Sugar	4.17g		
Protein	12.52g		
Vitamin A	282.01IU	Vitamin C	3.86mg
Calcium	42.87mg	Iron	2.13mg

Philly Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18461

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	3 Ounce	593591
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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	320.00		
Fat	14.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	20.00mg		
Sodium	710.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	12.00g		
Vitamin A	100.00IU	Vitamin C	9.00mg
Calcium	20.00mg	Iron	0.72mg

Bosco Sticks w/ Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18468

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	235411
SAUCE MARINARA 6-10 REDPK	1/2 Cup	502181

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.80
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	11.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	575.00mg		
Carbohydrates	46.00g		
Fiber	6.00g		
Sugar	10.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	468.00mg	Iron	3.00mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18471

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	785860
SAUCE MARINARA 6-10 REDPK	1/8 Cup	502181
CHEESE MOZZ SHRD 4-5 LOL	1/3 Cup	645170
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.25
Grain	2.00
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	428.00
Fat	19.31g
SaturatedFat	8.12g
Trans Fat	0.60g
Cholesterol	55.80mg
Sodium	748.70mg
Carbohydrates	37.44g
Fiber	4.52g
Sugar	9.40g
Protein	27.76g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 346.84mg	Iron 12.26mg

Grilled Cheese Sandwich*

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18472

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	220 Each	380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	440 Slice	722360
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	3 Pound	840860

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: 110.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	407.27
Fat	19.60g
SaturatedFat	8.93g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1256.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 388.99mg	Iron 12.00mg

Chicken Alfredo

Servings:	284.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18490

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	35 1/2 Pound	570533
SAUCE ALFREDO FZ 6-5 JTM	2 1/2 Package	155661
DINNER ROLL, W GRAIN, AM	284 roll	4372
PASTA LINGUINE 10 4-5 GCHC	20 Pound	413380

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
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: 284.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	497.03		
Fat	16.92g		
SaturatedFat	7.91g		
Trans Fat	0.00g		
Cholesterol	80.45mg		
Sodium	1070.18mg		
Carbohydrates	52.85g		
Fiber	3.13g		
Sugar	10.04g		
Protein	33.77g		
Vitamin A	509.27IU	Vitamin C	0.00mg
Calcium	454.44mg	Iron	9.68mg

Hot Dog w/ Chili Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18492

Ingredients

Description	Measurement	DistPart #
HOT DOG BUN, W GRAIN, AM	1 bun	4040
CHILI HOT DOG W/MT 6-10 CHEFM	2 Tablespoon	233684
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913

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	19.25g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	1015.00mg		
Carbohydrates	33.00g		
Fiber	3.50g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.94mg

Soft Taco Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18493

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	1/3 Cup	722330
CHEESE AMER SHRD R/F 4-5 LOL	3 Tablespoon	861950
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup	242489
RICE SPANISH 6-36Z UBEN	1/3 Cup	555169
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	192007
SOUR CREAM PKT 400-1Z GCHC	1 Each	836750

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.73
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	467.05		
Fat	16.54g		
SaturatedFat	8.16g		
Trans Fat	0.29g		
Cholesterol	65.90mg		
Sodium	1206.91mg		
Carbohydrates	56.78g		
Fiber	5.72g		
Sugar	7.72g		
Protein	25.03g		
Vitamin A	705.38IU	Vitamin C	7.19mg
Calcium	291.37mg	Iron	4.18mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18496

Ingredients

Description	Measurement	DistPart #
BEEF PTY 4/ 80/20 15 GCHC	1 Each	482770
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
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	450.00		
Fat	24.00g		
SaturatedFat	9.00g		
Trans Fat	1.50g		
Cholesterol	75.00mg		
Sodium	255.00mg		
Carbohydrates	0.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18497

Ingredients

Description	Measurement	DistPart #
BEEF PTY 4/ 80/20 15 GCHC	1 Each	482770
4 inch whole grain hamburger buns - 30 ct	1 bun	3480
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.50
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	485.00		
Fat	26.00g		
SaturatedFat	10.25g		
Trans Fat	1.50g		
Cholesterol	82.50mg		
Sodium	465.00mg		
Carbohydrates	1.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	30.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	1.80mg

Breaded Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18498

Ingredients

Description	Measurement	DistPart #
4 inch whole grain hamburger buns - 30 ct	1 bun	3480
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950

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	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	520.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

Spicy Chicken Wrap

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18500

Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	1/2 Package	150160
CHEESE AMER SHRD R/F 4-5 LOL	20 Cup	861950
TORTILLA FLOUR 10 ULTRGR 12-12CT	80 Each	690141
Asian Base Sauce	240 Ounce	776247

Preparation Instructions

No Preparation Instructions available.

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: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	551.51		
Fat	18.79g		
SaturatedFat	7.15g		
Trans Fat	0.00g		
Cholesterol	121.16mg		
Sodium	1744.90mg		
Carbohydrates	66.65g		
Fiber	3.00g		
Sugar	24.00g		
Protein	33.23g		
Vitamin A	89.00IU	Vitamin C	0.00mg
Calcium	325.94mg	Iron	1.62mg

Mostaccioli

Servings:	450.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18510

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	21 Package	573201
PASTA PENNE RIGATE 51 WGRAIN 2-10	30 Pound	221482
SAUCE MARINARA 6-10 REDPK	4 #10 CAN	502181
TOMATO DCD NSA 6-10 ANGELA MIA	4 #10 CAN	827614
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Pound	840860
SPICE GARLIC POWDER 21Z TRDE	37 Ounce	224839

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	261.40		
Fat	7.38g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	243.63mg		
Carbohydrates	32.10g		
Fiber	4.42g		
Sugar	8.26g		
Protein	14.46g		
Vitamin A	546.30IU	Vitamin C	14.74mg
Calcium	50.49mg	Iron	2.71mg

Broccoli and Cheese Sauce

Servings:	25.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18511

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS 6-4 GFS	6 Pound	610871
SAUCE CHS CHED BASIC 6-10 CHEFM	1/2 #10 CAN	565695

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.11
Fat	5.48g
SaturatedFat	1.59g
Trans Fat	0.00g
Cholesterol	5.17mg
Sodium	429.71mg
Carbohydrates	12.62g
Fiber	3.26g
Sugar	1.54g
Protein	4.11g
Vitamin A 1127.64IU	Vitamin C 61.51mg
Calcium 81.76mg	Iron 0.88mg

Variety of Dressing

Servings:	5.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18516

Ingredients

Description	Measurement	DistPart #
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Each	195758

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	38.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	2.60g		
Fiber	0.00g		
Sugar	2.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Variety of Soup

Servings:	5.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18517

Ingredients

Description	Measurement	DistPart #
SOUP GLDN BROCC 3-4# CAMP	1/2 Cup	165500
SOUP TOMATO 12-5 CAMP	1/2 Cup	101427
SOUP CHIX NOODLE HT&SRV 4-8 GFS	1/2 Cup	115900
SOUP CHIX DUMPLING CONC 4-4 CHFRAN	1/2 Cup	492655
SOUP STFD GRN PEPR CONC 4-4 CHFRAN	1/2 Cup	773611

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: 5.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	126.00		
Fat	5.45g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	16.50mg		
Sodium	774.00mg		
Carbohydrates	15.60g		
Fiber	0.90g		
Sugar	4.90g		
Protein	4.30g		
Vitamin A	190.00IU	Vitamin C	4.56mg
Calcium	60.00mg	Iron	0.69mg

Salad Bar

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18564

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	73 1/4 Ounce	100188-H
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	76 Ounce	570533
EGG HRD CKD DCD IQF 4-5 GFS	66 Tablespoon	192198
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce	861950
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	70 Each	159791
CRACKER SALTINE 500-2CT GCHC	140 Package	870400
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	50 Cup	242489
SPINACH LEAF FLAT CLND 4-2.5 RSS	76 Cup	329401
TOMATO 6X6 LRG 10 MRKN	3 1/2 Cup	199001
PEPPERS GREEN LRG 5 MRKN	6 1/2 Cup	592315
CUCUMBER SDLSS 12-1CT P/L	7 1/2 Cup	532312
ONION DCD 1/4 2-5 RSS	1/2 Cup	198307
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	80 Piece	328391
PEPPERS BAN RING MILD 4-1GAL GFS	6 Ounce	466220
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	200 Gram	544426
CRANBERRY DRD 2-48Z OCSPR	165 Gram	392313
BACON BIT REAL FAST N EASY 4-5 HRML	42 Ounce	437735
SEED SUNFLWR RSTD SLTD 4-4 GFS	60 Tablespoon	337910

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	506.75		
Fat	20.79g		
SaturatedFat	5.23g		
Trans Fat	0.00g		
Cholesterol	132.60mg		
Sodium	1095.26mg		
Carbohydrates	50.58g		
Fiber	4.24g		
Sugar	21.66g		
Protein	25.63g		
Vitamin A	132.91IU	Vitamin C	12.52mg
Calcium	84.10mg	Iron	3.64mg

Sub Sandwich Bar

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18569

Ingredients

Description	Measurement	DistPart #
TURKEY BRST DELI SLCD CKD 6-2 GFS	100 Ounce	680613
HAM BOILED DELI SLCD 10 6-2 GFS	88 Piece	680621
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	75 bun	5113
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup	329401
LETTUCE ROMAINE CHOP 6-2 RSS	13 Cup	735787
TOMATO 6X6 LRG 10 MRKN	13 Cup	199001
PEPPERS GREEN LRG 5 MRKN	3 1/4 Cup	592315
ONION DCD 1/4 2-5 RSS	1 Cup	198307
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1 1/2 Cup	328391
PEPPERS BAN RING MILD 4-1GAL GFS	18 Ounce	466220
MAYONNAISE PKT 200-12GM GFS	75 Each	700011

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.88
Grain	2.00
Fruit	0.00
GreenVeg	0.09
RedVeg	0.17
OtherVeg	0.17
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.71
Fat	14.86g
SaturatedFat	2.65g
Trans Fat	0.00g
Cholesterol	36.73mg
Sodium	980.62mg
Carbohydrates	35.10g
Fiber	2.92g
Sugar	6.88g
Protein	20.13g
Vitamin A 283.79IU	Vitamin C 9.47mg
Calcium 76.30mg	Iron 0.66mg

Beef Gravy

Servings:	2560.00	Category:	Entree
Serving Size:	3.00 Teaspoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18616

Ingredients

Description	Measurement	DistPart #
BASE BEEF 12-1 KE	2 Pound	160810
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Pound	840860
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup	442704
STARCH CORN 24-1 ARGO	5 Pound	108413

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: 2560.00

Serving Size: 3.00 Teaspoon

Amount Per Serving

Calories	6.97		
Fat	0.35g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.92mg		
Carbohydrates	0.87g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

Lettuce and Tomato Slice

Servings:	25.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18719

Ingredients

Description	Measurement	DistPart #
TOMATO SLCD 1/4 5 RSS	50 Slice	786535
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	25 Piece	702595

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	8.78		
Fat	0.11g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.51mg		
Carbohydrates	1.88g		
Fiber	0.61g		
Sugar	1.25g		
Protein	0.46g		
Vitamin A	708.08IU	Vitamin C	6.58mg
Calcium	6.12mg	Iron	0.16mg

Chili-Commodity

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19000

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/4 2-5 RSS	2 Pound	198307
CELERY STIX 4-3 RSS	2 Pound	781592
PEPPERS GREEN DCD SWT 12-2 GFS	2 Pound	508632
JUICE TOMATO 100 12-46FLZ SACRM	138 Fluid Ounce	302414
TOMATO DCD NSA 6-10 ANGELA MIA	1 #10 CAN	827614
SPICE CHILI POWDER MILD 16Z TRDE	1 Pound	331473
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN	118788
85/15 Ground Beef, Frozen	8 Pound	

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.14
Legumes	0.14
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.56		
Fat	7.64g		
SaturatedFat	2.55g		
Trans Fat	1.27g		
Cholesterol	33.11mg		
Sodium	537.10mg		
Carbohydrates	13.87g		
Fiber	4.45g		
Sugar	4.17g		
Protein	12.48g		
Vitamin A	282.01IU	Vitamin C	3.86mg
Calcium	42.87mg	Iron	1.37mg

Baked Potato Bar

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19003

Ingredients

Description	Measurement	DistPart #
Beef Chili-North Judson	50 Cup	
POTATO BAKER FOIL WRPD 100CT P/L	700 Ounce	246859
Broccoli and Cheese Sauce-North Judson	68 Cup	
BACON BIT REAL FAST N EASY 4-5 HRML	16 1/4 Ounce	437735
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750
CHEESE AMER SHRD R/F 4-5 LOL	7 Pound	861950
MARGARINE CUP SPRD WHPD 900-5GM GCHC	75 Each	772331
CRACKER SALTINE 500-2CT GCHC	200 Package	870400

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.13
Legumes	0.13
Starch	0.75

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	750.65		
Fat	30.50g		
SaturatedFat	12.95g		
Trans Fat	0.00g		
Cholesterol	82.33mg		
Sodium	2021.15mg		
Carbohydrates	87.27g		
Fiber	13.08g		
Sugar	8.38g		
Protein	33.80g		
Vitamin A	1935.16IU	Vitamin C	106.55mg
Calcium	444.09mg	Iron	5.90mg

Chicken Alfredo-Liberty Elementary

Servings:	284.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19176

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	35 1/2 Pound	570533
SAUCE ALFREDO FZ 6-5 JTM	2 1/2 Package	155661
PASTA LINGUINE 10 4-5 GCHC	20 Pound	413380

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: 284.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	407.03		
Fat	15.42g		
SaturatedFat	7.91g		
Trans Fat	0.00g		
Cholesterol	80.45mg		
Sodium	945.18mg		
Carbohydrates	35.85g		
Fiber	1.13g		
Sugar	8.04g		
Protein	29.77g		
Vitamin A	509.27IU	Vitamin C	0.00mg
Calcium	450.44mg	Iron	1.68mg

Broccoli-Liberty Elem

Servings:	108.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19275

Ingredients

Description	Measurement	DistPart #
BUTTER SUB 24-4Z BTRBU DS	3/4 Ounce	209810
BROCCOLI CUTS 6-4 GFS	27 13/21 Pound	610871

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: 108.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.43		
Fat	0.33g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.88mg		
Carbohydrates	5.79g		
Fiber	3.48g		
Sugar	1.64g		
Protein	3.27g		
Vitamin A	1201.60IU	Vitamin C	65.54mg
Calcium	65.08mg	Iron	0.94mg