

Cookbook for West Carroll School District 314

Created by HPS Menu Planner

Cookbook for West Carroll High School

Created by HPS Menu Planner

Table of Contents

Variety of Fresh Fruit (apple slices, orange or banana)

Sausage Gravy & Biscuit (HS)

Breakfast Sandwich (HS)

Glazed WG Donut

100% Fruit Juice

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait

PBJ, Cheese Stick, Graham Snack

Sloppy Joe Meat (HS)

Variety of Fresh Fruit (apple slices, orange or banana)

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13504

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	25 Each		198005
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
APPLE SLCD FRSH	25 Package		530851

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		60.15	
Fat		0.17g	
SaturatedFat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.02mg	
Carbohydrates		15.83g	
Fiber		2.30g	
Sugar		9.33g	
Protein		0.68g	
Vitamin A	93.10IU	Vitamin C	19.68mg
Calcium	13.79mg	Iron	0.14mg

Sausage Gravy & Biscuit (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/2 Cup		464694
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	2 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

SLE Components

Amount Per Serving

Meat	0.00
Grain	4.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	580.00
Fat	34.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1300.00mg
Carbohydrates	58.00g
Fiber	4.00g
Sugar	4.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 300.00mg	Iron 2.16mg

Breakfast Sandwich (HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13780

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each		277722
MUFFIN ENG 100WHLWHT 2Z 6- 12CT THMAS	1 Each		880111

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	435.00
Fat	28.50g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	730.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	1.50g
Protein	18.50g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	2.68mg

Glazed WG Donut

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
GLAZE DONUT HNY DIP 24# RICH	1 Tablespoon		889442

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	325.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	64.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	16.20g		
Fiber	0.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.80mg	Iron	0.00mg

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GFS	1/2 Cup		119873

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	151.94
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	31.63g
Fiber	2.00g
Sugar	22.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.00mg

Strawberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	136.94
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	29.63g
Fiber	1.50g
Sugar	20.92g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

PBJ, Cheese Stick, Graham Snack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

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	480.00		
Fat	22.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	595.00mg		
Carbohydrates	54.00g		
Fiber	5.00g		
Sugar	24.00g		
Protein	18.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	338.00mg	Iron	1.72mg

Sloppy Joe Meat (HS)

Servings:	300.00	Category:	Entree
Serving Size:	2.17 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	50 Pound		110520
KETCHUP CAN 33% FCY 6-10 REDG	2 #10 CAN	READY_TO_EAT None	137661
SUGAR BROWN LT 12-2 P/L	12 Ounce		860311
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SAUCE WORCESTERSHIRE 3-1GAL L&P	1/4 Cup		358851

Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

SLE Components

Amount Per Serving

Meat	1.99
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: 300.00

Serving Size: 2.17 Ounce

Amount Per Serving

Calories 192.32

Fat 11.94g

SaturatedFat 3.98g

Trans Fat 1.99g

Cholesterol 51.74mg

Sodium 273.43mg

Carbohydrates 7.30g

Fiber 0.02g

Sugar 5.73g

Protein 13.95g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.28mg **Iron** 0.01mg

Cookbook for West Carroll Middle School

Created by HPS Menu Planner

Table of Contents

Variety of Fresh Fruit (apple slices, orange or banana)

Fruit Slushie Cup

Glazed WG Donut

Sausage Gravy & Biscuit (MS)

Banana

Breakfast Sandwich (Biscuit, Egg, Cheese)

Blueberry Yogurt Parfait

Strawberry Yogurt Parfait

Breakfast Sandwich (Biscuit, Sausage, Cheese)

Sloppy Joe Meat (MS)

Variety of Fresh Fruit (apple slices, orange or banana)

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13504

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES FANCY 72-88CT MRKN	25 Each		198005
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
APPLE SLCD FRSH	25 Package		530851

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	60.15		
Fat	0.17g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.02mg		
Carbohydrates	15.83g		
Fiber	2.30g		
Sugar	9.33g		
Protein	0.68g		
Vitamin A	93.10IU	Vitamin C	19.68mg
Calcium	13.79mg	Iron	0.14mg

Fruit Slushie Cup

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.25mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Glazed WG Donut

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
GLAZE DONUT HNY DIP 24# RICH	1 Tablespoon		889442

Preparation Instructions

DONUTS: Place on lined sheet pans. Thaw 60 minutes at room temperature. Heat in 375 degree oven for 2-3 minutes.

GLAZE: Store at room temperature. Stir glaze before applying to hot donuts. Dip or pour glaze over hot donuts. Allow to dry on cooling rack 10-15 minutes. Securely tighten lid after each use.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	325.00		
Fat	16.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	41.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Sausage Gravy & Biscuit (MS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13809

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830

Preparation Instructions

SERVING = 1/2 CUP SAUSAGE GRAVY AND 2 BISCUITS

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	860.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Banana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Breakfast Sandwich (Biscuit, Egg, Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18654

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	950.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	10.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg

Calcium 156.00mg **Iron** 2.16mg

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18964

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GFS	1/2 Cup		119873

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	151.94
Fat	1.25g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	31.63g
Fiber	2.00g
Sugar	22.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 1.80mg
Calcium 134.33mg	Iron 0.00mg

Strawberry Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GFS	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	136.94
Fat	0.75g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	59.70mg
Carbohydrates	29.63g
Fiber	1.50g
Sugar	20.92g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 144.33mg	Iron 0.36mg

Breakfast Sandwich (Biscuit, Sausage, Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	1 Each	BAKE Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE	277722

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	475.00		
Fat	32.00g		
SaturatedFat	12.75g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	1000.00mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	3.50g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	2.52mg

Sloppy Joe Meat (MS)

Servings:	300.00	Category:	Entree
Serving Size:	2.17 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18973

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	50 Pound		110520
KETCHUP CAN 33% FCY 6-10 REDG	2 #10 CAN	READY_TO_EAT None	137661
SUGAR BROWN LT 12-2 P/L	12 Ounce		860311
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE MUSTARD GRND 14Z TRDE	2 Tablespoon		224928
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SAUCE WORCESTERSHIRE 3-1GAL L&P	1/4 Cup		358851

Preparation Instructions

1. Brown ground beef and drain.
2. Add remaining ingredients and stir well
3. Heat to 165 degrees

Total Weight of Recipe = 40.68# = 650 oz

Serving Size = 2.17 oz by weight

Serve using 2 oz (blue) scoop

SLE Components

Amount Per Serving

Meat	1.99
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: 300.00

Serving Size: 2.17 Ounce

Amount Per Serving

Calories 192.32

Fat 11.94g

SaturatedFat 3.98g

Trans Fat 1.99g

Cholesterol 51.74mg

Sodium 273.43mg

Carbohydrates 7.30g

Fiber 0.02g

Sugar 5.73g

Protein 13.95g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.28mg **Iron** 0.01mg

Cookbook for West Carroll Primary School

Created by HPS Menu Planner

Table of Contents

Veggie Juice Box

String Cheese

Fruit Slushie Cup

Broccoli Steamed

Veggie Juice Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13365

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	Shelf Stable	272122

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

1 case = 168 / 1 oz sticks

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	3.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

Fruit Slushie Cup

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863890

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.25mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Broccoli Steamed

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1/4 Cup		610902

Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	10.00g		
Fiber	6.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.00mg