

Cookbook for NWES

Created by HPS Menu Planner

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Assorted Muffins

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19789

Ingredients

Description	Measurement	DistPart #
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	279991
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	188.33		
Fat	7.00g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	20.00mg		
Sodium	133.33mg		
Carbohydrates	29.00g		
Fiber	1.17g		
Sugar	14.67g		
Protein	2.67g		
Vitamin A	2.40IU	Vitamin C	0.01mg
Calcium	14.34mg	Iron	0.98mg

Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19791

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.33		
Fat	1.67g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	1.83g		
Vitamin A	383.33IU	Vitamin C	6.10mg
Calcium	76.67mg	Iron	4.95mg

Assorted Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19792

Ingredients

Description	Measurement	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19793

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	70.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Variety of Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19794

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062

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	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.50mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.25g		
Protein	2.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Assorted Cereal Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19795

Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	262103

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	152.50		
Fat	4.50g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	127.50mg		
Carbohydrates	26.25g		
Fiber	2.75g		
Sugar	10.25g		
Protein	2.00g		
Vitamin A	312.55IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.08mg

Cold Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19798

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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	220.66		
Fat	7.28g		
SaturatedFat	3.14g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	670.33mg		
Carbohydrates	25.28g		
Fiber	2.00g		
Sugar	5.64g		
Protein	16.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Cold Turkey and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19799

Ingredients

Description	Measurement	DistPart #
TURKEY, DELI BREAST, SLICED	2 Ounce	110554
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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	220.14		
Fat	5.40g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	32.67mg		
Sodium	589.30mg		
Carbohydrates	23.40g		
Fiber	2.00g		
Sugar	4.00g		
Protein	19.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Variety of Fresh Fruit

Servings:	0.00	Category:	Fruit
Serving Size:	0.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19841

Ingredients

Description	Measurement	DistPart #
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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: 0.00

Serving Size: 0.00 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breaded Pork Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19844

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
3.5 WG Hamburger Bun	1 Each	3354

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	380.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.62mg

Glazed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19872

Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
SUGAR BROWN MED 25 GFS	3 Cup	108626

Preparation Instructions

Place carrots into a well sprayed pan (s).

Heat till al'dente or at least 165 degrees

For glaze melt butter and then add brown sugar by stirring until dissolved.

Drain of any liquid off cooked carrots. Then add glaze (melted butter and brown sugar).

Keep hot in a 180 degree heated cabinet.

Can also use 3 #10 cans of canned carrots.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	81.07		
Fat	4.57g		
SaturatedFat	2.27g		
Trans Fat	0.00g		
Cholesterol	33.74mg		
Sodium	72.22mg		
Carbohydrates	11.76g		
Fiber	2.00g		
Sugar	8.76g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sub Sandwich

Servings:	492.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19880

Ingredients

Description	Measurement	DistPart #
Aunt Millie's Whole Grain Hot Dog Buns	492 bun	2918
MEAT COMBO PK SLCD 12-1 JENNO	60 Pound	236012
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	15 Pound	100018

Preparation Instructions

Place 4 slices of meat per bun.

Alternate the 4th slice w/ 3 variety of meats

Example:

1. Bologna, salami, ham, bologna
2. Bologna, salami, ham, salami
3. Bologna, salami, ham, ham

Add 1 slice of cheese that has been cut in half per sandwich.

Place into a medium pan. Refrigerate until serving.

SLE Components

Amount Per Serving

Meat	1.75
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: 492.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	251.03		
Fat	11.57g		
SaturatedFat	4.04g		
Trans Fat	0.00g		
Cholesterol	53.69mg		
Sodium	714.86mg		
Carbohydrates	22.70g		
Fiber	2.00g		
Sugar	2.49g		
Protein	14.96g		
Vitamin A	24.27IU	Vitamin C	1.16mg
Calcium	42.83mg	Iron	10.87mg

Refried Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19882

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	4 #10 CAN	100362
Salsa, Low-Sodium, Canned	3 Cup	100330
Cheese, Cheddar Reduced fat, Shredded	6 Cup	100012
ONION RED JUMBO 25 MRKN	3 Cup	198722
CELERY STIX 4-3 RSS	1 1/2 Cup	781592

Preparation Instructions

Divide the ingredients equally into 2 well greased medium aluminum pans.

Add two cans of beans to each pan and stir well. Cover with foil loosely

Place into a 325 degree oven for at least 1 hour. Stir occasionally

When temperature reaches 180 degrees. Move to heating cabinet set at 180 degrees.

Stir before serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	142.93		
Fat	1.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	210.45mg		
Carbohydrates	22.76g		
Fiber	5.75g		
Sugar	1.55g		
Protein	9.35g		
Vitamin A	17.49IU	Vitamin C	0.47mg
Calcium	2.63mg	Iron	0.01mg

Seasoned Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19888

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, No Salt Added, Frozen	30 Pound	100348
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
No Salt	1 Teaspoon	NS-360034
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Heat corn in steamer until internal temperature is 165 degrees.

Add seasonings. Stir well

Keep hot in heated cabinet at 180 degrees.

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.37		
Fat	0.99g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.84mg		
Carbohydrates	16.12g		
Fiber	1.99g		
Sugar	2.98g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Broccoli w/ Cheese

Servings:	175.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19903

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	36 Pound	110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package	290319
Tap Water for Recipes	1 Gallon	000001WTR
SALT SEA 36Z TRDE	3 Tablespoon	748590
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon	225061

Preparation Instructions

Place 12# of broccoli into each of 3 well sprayed pans.

Steam for 15 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add salt and pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

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: 175.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.81		
Fat	0.43g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.04mg		
Carbohydrates	8.96g		
Fiber	3.04g		
Sugar	1.88g		
Protein	3.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Lettuce Salad

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19909

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	20 Pound	600504
Cheese, Cheddar Reduced fat, Shredded	2 Pound	100012
DRESSING RNCH 4-1GAL HVALL	12 Cup	759082

Preparation Instructions

In each Cambro mix 1 bag lettuce (5 lbs) with 1 cup of shredded cheese.

At serving time, mix 3 cups of ranch dressing to coat the lettuce.

Serve.

Keep cold below 45 degrees in the pass through refrigerator.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	104.53		
Fat	9.60g		
SaturatedFat	2.13g		
Trans Fat	0.00g		
Cholesterol	10.67mg		
Sodium	209.78mg		
Carbohydrates	3.63g		
Fiber	0.71g		
Sugar	1.35g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.19mg	Iron	0.75mg

Green Beans

Servings:	158.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19916

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	7 #10 CAN	100307
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

Preparation Instructions

Divide drained green beans into 2 well sprayed medium pans.

Heat through to at least 180 degrees

Drain again if necessary after heating.

Add seasonings and stir gently.

Cover. Keep hot in a 180 degree cabinet.

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: 158.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	167.59mg		
Carbohydrates	3.68g		
Fiber	2.29g		
Sugar	1.15g		
Protein	1.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bacon Cheese Mashed Potatoes

Servings:	425.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19917

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	11 Package	613738
Cheddar Buds	2 Pound	49002
BACON TOPPING 3/8 DCD 2-5 HRML	1 Pound	104396
Tap Water for Recipes	12 Gallon	000001WTR

Preparation Instructions

Mix cheese sauce with 1 gallon of boiling water. Stir well

Thaw bacon. You may heat until it's crispy if time allows

In each of 5 well sprayed medium pans, you will need:

Put 2 bags of potato pearls, 2 gallons of water and 3 cups of cheese sauce, and 1 cup of bacon crumbles.

Stir well, until all is combined.

You will have 1 bag of potatoes to mix with 1 gallon of boiling water, mix with remaining cup of cheese sauce mix divide among 5 pans. Stir well to combine.

Alternate method:

In well sprayed tilt skillet place 1 lb. bacon heat until crisp. Add 12 gallons of water bring to a boil. Add cheese sauce mix and stir well. Turn off heat add potatoes and stir until combined. Place into well sprayed pans. Place into heated cabinet and hold at 185 degrees.

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: 425.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.83
Fat	1.41g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	2.85mg
Sodium	445.80mg
Carbohydrates	16.39g
Fiber	0.87g
Sugar	0.39g

Protein	2.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.45mg	Iron	0.26mg

Seasoned Peas

Servings:	95.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19919

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	20 Pound	100350
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
No Salt	1 Teaspoon	NS-360034
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061
SUGAR CANE GRANUL 25 GFS	1 Tablespoon	108642

Preparation Instructions

Put peas into a well sprayed medium steam table pan.
Steam for 10-12 minutes or until internal temperature is 165 degrees.
Drain off any liquid and add seasonings. Stir gently.
Keep hot in heated cabinet at 180 degrees.

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: 95.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.86		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	81.11mg		
Carbohydrates	13.65g		
Fiber	4.77g		
Sugar	4.90g		
Protein	4.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Potato Smiles

Servings:	400.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19949

Ingredients

Description	Measurement	DistPart #
POTATO SMILES 26/ 6-4 OREI	60 1/4 Pound	228818
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place smiles on a parchment lined baking pan. Keep them in a single layer.

Heat in a 350 degree oven until internal temperature is at least 165 and they are slightly browned.

Sprinkle with No Salt and keep hot in a 180 degree heated cabinet.

Note-2.41 oz equals 1/2 cup starchy vegetable serving. 2.41 oz is about 4 potato smiles.

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: 4.00 Each

Amount Per Serving

Calories	130.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.36mg

Potato Cubes

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19950

Ingredients

Description	Measurement	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	72 Pound	504122
No Salt	2 Tablespoon	NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.
Heat in 350 degree oven until potatoes are hot and dry to the touch.
Internal temperature should be 180 or higher.
Sprinkle each pan lightly with No Salt.
Keep hot in heated cabinet at 180 degrees.

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	128.66		
Fat	5.94g		
SaturatedFat	1.48g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	267.22mg		
Carbohydrates	17.81g		
Fiber	1.98g		
Sugar	0.99g		
Protein	1.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.89mg	Iron	0.99mg

Apple Crisp

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19966

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	9 #10 CAN	100206
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Cup	515002
SUGAR BROWN MED 25 GFS	9 1/2 Cup	108626
SUGAR BEET GRANUL 50 BIG CHIEF	9 1/2 Cup	589225
OATS QUICK HOT CEREAL 12-42Z QUAK	6 Cup	467251
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Pound	191205
SPICE CINNAMON GRND 15Z TRDE	3 Tablespoon	224723

Preparation Instructions

Mix fruit, 6 cups flour, 3 cups brown sugar, and 3 cups white sugar ingredients. Place into 6 pans shallow pans. Approximately 10 cups per pan.

Sprinkle topping ingredients (6 cups oatmeal, 3 cups butter, 3 Tablespoons Cinnamon, 6 1/2 cups brown sugar, 6 1/2 cups white sugar, and 3 1/2 cups flour), which is about approximately 4 cups per pan. Press down lightly.

Bake at 350 degrees until hot and bubbly. Keep warm for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.25
Fruit	0.39
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	119.90
Fat	1.98g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	4.87mg
Sodium	22.45mg
Carbohydrates	25.34g
Fiber	1.98g
Sugar	19.19g
Protein	0.69g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.89mg	Iron	0.22mg

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19987

Ingredients

Description	Measurement	DistPart #
Beef Taco Meat-North Webster Elem	2 Ounce	R-19978
Cheese, Cheddar Reduced fat, Shredded	2 Ounce	100012
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	3 Ounce	600504
Beans, Refried, Low sodium, canned	1/2 Cup	100362

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	457.11		
Fat	23.46g		
SaturatedFat	11.82g		
Trans Fat	1.91g		
Cholesterol	89.67mg		
Sodium	857.88mg		
Carbohydrates	28.30g		
Fiber	6.43g		
Sugar	3.65g		
Protein	36.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.73mg	Iron	1.38mg

Chocolate Chip Cookie

Servings:	450.00	Category:	Grain
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20009

Ingredients

Description	Measurement	DistPart #
SHORTENING SLD 6-6 CRISC	6 Cup	430814
BUTTER PRINT SLTD GRD AA 36-1 GFS	12 Pound	191205
SUGAR BEET GRANUL 50 BIG CHIEF	12 Cup	589225
SUGAR BROWN MED 25 GFS	12 Cup	108626
SALT IODIZED 25 CARG	4 Tablespoon	108286
BAKING SODA 36Z GCHC	5 Tablespoon	513849
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup	110736
EGG SHL LRG A GRD 6-30CT GCHC	28 Each	206539
FLOUR ULTRAGRAIN 50 HLCHC	56 Cup	515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	12 Cup	283610

Preparation Instructions

Cream shortening and butter and sugars until fluffy. Whip 3 minutes.

Add eggs, soda, salt, and vanilla. Whip again until fluffy.

Add flour. Blend only until moistened. Add chips and blend again only until blended.

Using a #30 scoop dip dough on to a lined baking sheet.

Bake at 325 degrees for 10 to 12 minutes. DO NOT OVERBAKE.

Note: Alternative may use butterscotch chips.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 450.00			
Serving Size: 2.00 Tablespoon			
Amount Per Serving			
Calories	234.44		
Fat	14.41g		
SaturatedFat	7.81g		
Trans Fat	0.00g		
Cholesterol	39.04mg		
Sodium	215.44mg		
Carbohydrates	25.46g		
Fiber	1.47g		
Sugar	13.65g		
Protein	2.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.68mg	Iron	1.08mg

Pancake

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20053

Ingredients

Description	Measurement	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	3 Each	617650
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package	642230
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	269230

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	6.40g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	232.00mg		
Carbohydrates	37.40g		
Fiber	2.20g		
Sugar	8.20g		
Protein	4.20g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.40mg