

Cookbook for SOUTH CENTRAL SCHL/FOOD SERVICE

Created by HPS Menu Planner

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Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14702
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	1 1/4 Ounce	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Cup	242489
White Wheat Dinner Rolls	2 Each	33119

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.02
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	1.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.91		
Fat	13.02g		
SaturatedFat	7.76g		
Trans Fat	0.06g		
Cholesterol	48.44mg		
Sodium	757.70mg		
Carbohydrates	36.05g		
Fiber	4.00g		
Sugar	5.02g		
Protein	18.12g		
Vitamin A	300.02IU	Vitamin C	0.00mg
Calcium	284.84mg	Iron	1.58mg

Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14703
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
School White Wheat Sandwich Bread	2 Slice	12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.16
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	261.26
Fat	7.73g
SaturatedFat	2.84g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	862.30mg
Carbohydrates	26.40g
Fiber	2.36g
Sugar	4.00g
Protein	20.78g
Vitamin A 0.02IU	Vitamin C 1.50mg
Calcium 137.68mg	Iron 2.24mg

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14704
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup	242489
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.18
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	327.20
Fat	13.43g
SaturatedFat	6.37g
Trans Fat	0.00g
Cholesterol	65.60mg
Sodium	760.05mg
Carbohydrates	30.02g
Fiber	3.25g
Sugar	2.25g
Protein	21.14g
Vitamin A 156.00IU	Vitamin C 1.50mg
Calcium 225.98mg	Iron 2.52mg

Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14705
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce	282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	310.83
Fat	11.67g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	615.00mg
Carbohydrates	39.17g
Fiber	3.33g
Sugar	3.50g
Protein	13.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 414.17mg	Iron 1.76mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14706
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice	689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
School White Wheat Sandwich Bread	2 Slice	12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	287.80
Fat	5.88g
SaturatedFat	2.22g
Trans Fat	0.00g
Cholesterol	58.18mg
Sodium	982.51mg
Carbohydrates	26.40g
Fiber	2.36g
Sugar	4.00g
Protein	31.09g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 137.68mg	Iron 1.34mg

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14707
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice	689541
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup	242489
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.05
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	353.74
Fat	11.58g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	66.28mg
Sodium	880.26mg
Carbohydrates	30.02g
Fiber	3.25g
Sugar	2.25g
Protein	31.45g
Vitamin A 156.00IU	Vitamin C 0.00mg
Calcium 225.98mg	Iron 1.62mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14708
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup	881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	226671
Variety of Fruit	1 1/2 cup	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.75
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	460.60
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	375.67mg
Carbohydrates	94.63g
Fiber	6.24g
Sugar	57.54g
Protein	12.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14709
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	4 Slice	189071
School White Wheat Sandwich Bread	2 Slice	12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	278.76		
Fat	9.98g		
SaturatedFat	5.34g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	727.30mg		
Carbohydrates	29.40g		
Fiber	2.36g		
Sugar	7.00g		
Protein	18.78g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	433.18mg	Iron	1.34mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14710
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
White Wheat Hamburger Bun	1 Each	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	315.00
Fat	14.50g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	750.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.00mg	Iron 2.44mg

Refried Beans

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14711
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	7 #10 CAN	100362
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.51
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.57
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	180.40		
Fat	4.58g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	15.25mg		
Sodium	255.02mg		
Carbohydrates	23.14g		
Fiber	5.66g		
Sugar	1.13g		
Protein	11.48g		
Vitamin A	152.50IU	Vitamin C	0.00mg
Calcium	101.16mg	Iron	0.00mg

Baked Apples

Servings:	45.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14712
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD MI 7+1 30 GCHC	7 1/2 Pound	270954
SUGAR BROWN LT 50 BIG CHIEF	1/2 Cup	846775
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup	224723
MARGARINE SLD 30-1 GCHC	1/2 Cup	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	101.75		
Fat	1.96g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.98mg		
Carbohydrates	19.85g		
Fiber	0.76g		
Sugar	18.33g		
Protein	0.76g		
Vitamin A	285.71IU	Vitamin C	1.83mg
Calcium	0.00mg	Iron	0.27mg

Chicken Alfredo

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14713
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	15 Pound	100101
SAUCE ALFREDO FZ 6-5 JTM	45 Pound	155661
PASTA MOSTACC RIG W/LINES 4-5 GCHC	20 Pound	413350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.82
Grain	1.42
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	338.17		
Fat	10.53g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	55.66mg		
Sodium	684.57mg		
Carbohydrates	38.62g		
Fiber	1.42g		
Sugar	6.67g		
Protein	21.88g		
Vitamin A	386.87IU	Vitamin C	0.00mg
Calcium	341.47mg	Iron	1.28mg

Mostaccioli

Servings:	480.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14714
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	30 Pound	413350
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	90 Pound	573201
SAUCE SPAGHETTI FCY 6-10 REDPK	6 #10 CAN	852759
Cheese, Mozzarella, Part Skim, Shredded	30 Pound	100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.07
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.54
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	294.93
Fat	11.25g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	54.46mg
Sodium	472.27mg
Carbohydrates	30.14g
Fiber	3.18g
Sugar	7.96g
Protein	18.64g
Vitamin A 563.11IU	Vitamin C 12.39mg
Calcium 35.20mg	Iron 1.97mg

Chicken & Noodles

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14715
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
Chicken, Diced, Cooked, Frozen	60 Pound	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	40 Pound	270385
GRAVY CHIX RSTD 12-49Z HRTHSTN	12 #5 CAN	516309

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 320.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	365.28		
Fat	7.63g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	108.00mg		
Sodium	456.16mg		
Carbohydrates	44.26g		
Fiber	2.00g		
Sugar	2.00g		
Protein	27.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.20mg	Iron	1.90mg

Apple Crisp

Servings:	80.00	Category:	Condiments or Other
Serving Size:	1.00 Square	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14718
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD RED PLD IQF 4-5 GFS	10 Pound	818895
SUGAR BROWN MED 25 GCHC	4 1/2 Cup	108626
OATS QUICK HOT CEREAL 12-42Z QUAK	4 1/2 Cup	467251
FLOUR H&R A/P 2-25 GCHC	4 1/2 Cup	227528
MARGARINE SLD 30-1 GCHC	3 Cup	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
Fruit	0.25
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 Square

Amount Per Serving			
Calories	168.49		
Fat	6.98g		
SaturatedFat	2.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	91.84mg		
Carbohydrates	26.34g		
Fiber	1.42g		
Sugar	17.27g		
Protein	1.35g		
Vitamin A	489.75IU	Vitamin C	47.70mg
Calcium	3.26mg	Iron	0.47mg

Hot Wings

Servings:	255.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14719
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	2550 Each	394053
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	2 Quart	282944
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon	426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.09
Grain	2.04
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 255.00

Serving Size: 4.00 Each

Amount Per Serving			
Calories	332.36		
Fat	20.88g		
SaturatedFat	3.40g		
Trans Fat	0.00g		
Cholesterol	59.65mg		
Sodium	892.10mg		
Carbohydrates	14.79g		
Fiber	1.43g		
Sugar	0.50g		
Protein	22.86g		
Vitamin A	301.08IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Ranch Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20135
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Ounce	100101
BACON TOPPING 1 DCD 10 HRML	3/16 Cup	827002
CHEESE CHED MLD SHRD 4-5 LOL	3/16 Cup	150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup	242489
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon	426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
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	526.40
Fat	32.30g
SaturatedFat	9.26g
Trans Fat	0.00g
Cholesterol	80.06mg
Sodium	877.49mg
Carbohydrates	31.02g
Fiber	3.25g
Sugar	3.25g
Protein	26.08g
Vitamin A 156.00IU	Vitamin C 0.27mg

Calcium 228.02mg **Iron** 1.82mg

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20136

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice	556121
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
School White Wheat Sandwich Bread	2 Slice	12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.16
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	261.26		
Fat	7.73g		
SaturatedFat	2.84g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	862.30mg		
Carbohydrates	26.40g		
Fiber	2.36g		
Sugar	4.00g		
Protein	20.78g		
Vitamin A	0.02IU	Vitamin C	1.50mg
Calcium	137.68mg	Iron	2.24mg

Philly Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20486
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon	100021
5" White Wheat French	1 Each	31011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	338.10		
Fat	13.40g		
SaturatedFat	5.90g		
Trans Fat	0.52g		
Cholesterol	52.50mg		
Sodium	793.50mg		
Carbohydrates	31.50g		
Fiber	3.00g		
Sugar	4.50g		
Protein	21.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.44mg

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20487
School:	SOUTH CENTRAL SCHL/FOOD SERVICE		

Ingredients

Description	Measurement	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	105880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
White Wheat Hamburger Bun	1 Each	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	335.00
Fat	16.00g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	860.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	3.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.00mg	Iron 2.44mg

Sloppy Joe Sandwich

Servings:	52.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20552

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	9 Pound	100158
SAUCE SLOPPY JOE 4-10 MANWICH	1 #10 CAN	860166
White Wheat Hamburger Bun	52 Each	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 52.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.28		
Fat	14.90g		
SaturatedFat	4.63g		
Trans Fat	2.07g		
Cholesterol	0.00mg		
Sodium	610.07mg		
Carbohydrates	33.96g		
Fiber	3.99g		
Sugar	8.97g		
Protein	21.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.36mg