

# **Cookbook for VALLEY CHRISTIAN SCHOOL K-8**

**Created by HPS Menu Planner**

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# UNCRUSTABLE



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1331

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1/2 Each	THAW & SERVE	536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1/2 Each	THAW & SERVE	527462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	1.00mg

# Baked Bean MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1403
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	50 Cup		520098

## Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	29.00g

<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Cocca's Cheese Pizza



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5720
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG CHEESE PIZZA	1 Slice	READY_TO_EAT	1001

## Preparation Instructions

WASH HANDS

READY TO EAT

Hold in Warmer until ready to serve for no longer than 4 hours

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	256.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Popcorn Chicken

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg



# Green Beans

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT IQF 30 KE	1/2 Cup		360191

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	1.00mg

# BBQ Pork Rib Patty Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9997

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
5" WG Hoagie Bun	1 66g		3737

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	202.42		
<b>Fat</b>	10.03g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	673.94mg		
<b>Carbohydrates</b>	13.42g		
<b>Fiber</b>	2.03g		
<b>Sugar</b>	10.06g		
<b>Protein</b>	14.09g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg

**Calcium** 40.00mg **Iron** 1.80mg

# Salad w/ Italian Dressing



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL GLDN 4-1GAL GCHC	1 Ounce		257885
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1 Cup		15D44

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	62.35		
<b>Fat</b>	6.40g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.10g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	171.15mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	162.59IU	<b>Vitamin C</b>	0.61mg
<b>Calcium</b>	0.59mg	<b>Iron</b>	0.02mg

# 100 % Fruit Juice Choice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10459
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	0 Each	Refrigerate. Ready to serve	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	Refrigerate. Ready to serve	118940
ORANGE JUICE	1 Each	Refrigerate. Ready to serve	264

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	140.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	31.00g
<b>Protein</b>	1.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Fruit Cup Choice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10460
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S 6-10 GFS	1/4 Cup		225304
Diced Pears 6-10	0 Cup	BAKE	100225
Applesauce, Unsweetened, Cups	0 Cup		110361
Diced Peaches CND 6-10	1/4 Cup	BAKE	100220
Mandarin Oranges	1/4 Serving	READY_TO_EAT wash/wipe can free from dirt & debris	3802
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1/4 Ounce	READY_TO_EAT Ready to Eat	216300

## Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)	
Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.63
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
<b>Amount Per Serving</b>			
<b>Calories</b>	83.75		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.25mg		
<b>Carbohydrates</b>	19.69g		
<b>Fiber</b>	1.31g		
<b>Sugar</b>	17.88g		
<b>Protein</b>	0.31g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.60mg
<b>Calcium</b>	2.50mg	<b>Iron</b>	0.27mg



# Peanut Butter & Jelly Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10641
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

## Preparation Instructions

- WASH HANDS
- Spoon 1 Ounce (2 tblsp) of Peanut Butter on one slice of bread
- Spoon 1 tablespoon of Jelly on other slice of bread
- Put both slices together and put in sandwich bag.
- Serve with String Cheese.
- Hold in cooler for cold service at no higher than 40°

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	600.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	64.00g

<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.00mg	<b>Iron</b>	2.00mg

# Sub Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10877
<b>School:</b>	VALLEY CHRISTIAN SCHOOL 9-12		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HOAGY STEAK BUN, WG 6"	1 Each	READY_TO_EAT	1980
Sliced American Cheese	1 Slice		100018
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Slice		244190
LETTUCE 1 CUT 4-5 P/L	3/4 Cup		769118
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	1 1/2 Slice		680656

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.96
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	329.06		
<b>Fat</b>	12.05g		
<b>SaturatedFat</b>	5.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.87mg		
<b>Sodium</b>	538.75mg		
<b>Carbohydrates</b>	35.78g		
<b>Fiber</b>	4.75g		
<b>Sugar</b>	7.03g		
<b>Protein</b>	19.78g		
<b>Vitamin A</b>	262.50IU	<b>Vitamin C</b>	1.35mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.47mg

# Choice of Fresh Fruit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16808
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA 100CT MRKN	1 Each		197718
BANANA GREEN 40 P/L	1 Cup		686503
STRAWBERRY 8 MRKN	1/2 Cup		212768
GRAPE RED SDLSS 5 MRKN	1/2 Cup		596914
ORANGES FANCY 72-88CT MRKN	1 Each		198005
PEAR 95-110CT MRKN	0 Cup		198056
PEACH 25 P/L	1 Cup		538223
BLUEBERRY 12-1PT P/L	1/8 Cup		451690

## Preparation Instructions

wash , cup or wrap and serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	2.12
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 0.50

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**Amount Per Serving**

<b>Calories</b>	324.85
<b>Fat</b>	1.50g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	4.84mg
<b>Carbohydrates</b>	85.41g
<b>Fiber</b>	12.69g
<b>Sugar</b>	56.42g
<b>Protein</b>	4.63g

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<b>Vitamin A</b>	399.85IU	<b>Vitamin C</b>	133.67mg
<b>Calcium</b>	66.87mg	<b>Iron</b>	3.03mg

# Fruit Cup Choice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16809
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S 6-10 GFS	1/2 Serving		225304
Diced Pears 6-10	1/2 Serving	BAKE	100225
Applesauce, Unsweetened, Cups	1/2 Serving		110361
Diced Peaches CND 6-10	1/2 Serving	BAKE	100220
ORANGES MAND 12-30Z ROLAND	1/2 Cup		261890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	2.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	231.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	22.00mg
<b>Carbohydrates</b>	58.00g

<b>Fiber</b>	5.00g		
<b>Sugar</b>	49.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Pop Tart Choice

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16810
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	3/8 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	3/8 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	3/8 Package		452082

## Preparation Instructions

choice of poptart Cinn, strawberry or fudge

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	180.68
<b>Fat</b>	2.89g
<b>SaturatedFat</b>	0.96g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	191.07mg
<b>Carbohydrates</b>	37.62g
<b>Fiber</b>	2.84g
<b>Sugar</b>	15.02g

<b>Protein</b>	2.31g		
<b>Vitamin A</b>	201.30IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	108.90mg	<b>Iron</b>	1.78mg

# Carrots and Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16874
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.17
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	87.33		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	154.33mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 33.33mg **Iron** 0.00mg

# Celery and Ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16875
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

<b>Amount Per Serving</b>	
<b>Calories</b>	85.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	205.00mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 60.00mg **Iron** 0.00mg

# Mini Donuts

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16968
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1/2 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1/2 Package		738181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	295.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	20.00g
<b>Protein</b>	4.50g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 50.00mg **Iron** 1.26mg

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# Gram Cracker/Fish

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16972
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1/2 Package		198472
CRACKER GRHM ORIG WGRAIN 150-3CT KEEB	1 Package		282451

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	150.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	152.50mg
<b>Carbohydrates</b>	26.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	7.50g
<b>Protein</b>	2.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.75mg

# Sorbet

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16974
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SORBET CUP STRAWB/KIWI 96-4.4FLZ	1/2 Each		602362
SORBET CUP CHRY/BLUERASPB 96-4.4FLZ	1/2 Each		602382

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	60.00mg

**Calcium** 70.00mg **Iron** 0.36mg

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# Condiments

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16977
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	2 Each		499521
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
MAYONNAISE FF PKT 200-12GM HNZ	1 Each		229821
KETCHUP PKT 1000-7GM GCHC	2 Each	<b>BOIL</b> 1. Place bag in rapidly boiling water until internal temp reaches 165°F (approximately 20 minutes thawed or 40 minutes from frozen). 2. CAREFULLY remove HOT bag from boiling water and shake bag until contents are mixed thoroughly. Caution: Bag is HOT, handle with care. 3. CAREFULLY cut the corner of bag and empty contents into serving container. 4. Hold and serve at 150°F.	287237
DRESSING ITAL FF PKT 200-12GM GCHC	1 Each		187194

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	175.10		
<b>Fat</b>	12.10g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	627.70mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	59.65IU	<b>Vitamin C</b>	0.96mg
<b>Calcium</b>	43.75mg	<b>Iron</b>	0.15mg

# Fresh Fruit Choice

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17083
<b>School:</b>	VALLEY CHRISTIAN SCHOOL K-8		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN 40 P/L	1/2 Cup		686503
STRAWBERRY 8 MRKN	0 Cup		212768
GRAPE RED SDLSS 5 MRKN	1/4 Cup		596914
ORANGES FANCY 72-88CT MRKN	0 Each		198005
PEAR 95-110CT MRKN	0 Each		198056
PEACH 25 P/L	0 Each		538223
BLUEBERRY 12-1PT P/L	0 Cup		451690
Apple Granny Smith	0 Cup	Wash before serving.	1022

## Preparation Instructions

wash , cup or wrap and serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 0.50

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**Amount Per Serving**

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<b>Calories</b>	80.63
<b>Fat</b>	0.33g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.43mg
<b>Carbohydrates</b>	20.83g
<b>Fiber</b>	1.92g
<b>Sugar</b>	13.67g
<b>Protein</b>	0.92g

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<b>Vitamin A</b>	79.76IU	<b>Vitamin C</b>	6.82mg
<b>Calcium</b>	8.83mg	<b>Iron</b>	0.28mg