

# **Cookbook for Millersburg Elementary-Middle School**

**Created by HPS Menu Planner**

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# Hot Dog on Bun

<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-9755
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	2918

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	770.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.11mg	<b>Iron</b>	10.76mg

# Teriyaki Chicken Taco- K-5

<b>Servings:</b>	467.00	<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-11320
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart	417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon	100012
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	467 Each	690120

## Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp.of shredded cheddar cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<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: 467.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	224.83		
<b>Fat</b>	6.82g		
<b>SaturatedFat</b>	3.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.20mg		
<b>Sodium</b>	817.62mg		
<b>Carbohydrates</b>	23.37g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.16g		
<b>Protein</b>	16.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 60.00mg **Iron** 1.07mg

# Salad Bar with Ham

<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-19683
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	407.05
<b>Fat</b>	29.23g
<b>SaturatedFat</b>	8.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.13mg
<b>Sodium</b>	926.05mg
<b>Carbohydrates</b>	21.23g
<b>Fiber</b>	3.92g
<b>Sugar</b>	5.62g
<b>Protein</b>	17.38g
<b>Vitamin A</b> 4945.87IU	<b>Vitamin C</b> 1.80mg

**Calcium** 50.71mg      **Iron** 1.08mg

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# Salad Bar with Turkey

<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-20299
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Turkey Breast Deli	1 3/4 Ounce	100121
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	423.19
<b>Fat</b>	30.20g
<b>SaturatedFat</b>	8.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.82mg
<b>Sodium</b>	936.87mg
<b>Carbohydrates</b>	19.87g
<b>Fiber</b>	3.92g
<b>Sugar</b>	4.39g
<b>Protein</b>	21.14g
<b>Vitamin A</b> 4945.87IU	<b>Vitamin C</b> 1.80mg



**Calcium** 50.71mg **Iron** 1.08mg

# Teriyaki Chicken Taco- 6-8

<b>Servings:</b>	467.00	<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-20300
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart	417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon	100012
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	467 Each	690130

## Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp.of shredded cheddar cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.75
<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: 467.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	284.83
<b>Fat</b>	8.32g
<b>SaturatedFat</b>	3.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.20mg
<b>Sodium</b>	887.62mg
<b>Carbohydrates</b>	32.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.16g
<b>Protein</b>	18.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg

**Calcium** 100.00mg **Iron** 1.79mg

# Refried Beans

<b>Servings:</b>	33.00	<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-20301
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package	183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup	100012
Tap Water for Recipes	1 Gallon	000001WTR

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	190.82		
<b>Fat</b>	2.08g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.82mg		
<b>Sodium</b>	680.99mg		
<b>Carbohydrates</b>	31.70g		
<b>Fiber</b>	10.20g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.83g		
<b>Vitamin A</b>	0.71IU	<b>Vitamin C</b>	1.01mg
<b>Calcium</b>	57.05mg	<b>Iron</b>	2.46mg

# Mexican Dip

<b>Servings:</b>	520.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20302
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	70 Pound	768230
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	5 Package	183910
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN	488259
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN	695513
SAUCE CHS CHED SHRP 6-10 GCHC	2 #10 CAN	150991
SALSA 103Z 6-10 REDG	2 #10 CAN	452841

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<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: 520.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	141.87		
<b>Fat</b>	5.27g		
<b>SaturatedFat</b>	1.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.46mg		
<b>Sodium</b>	512.10mg		
<b>Carbohydrates</b>	9.93g		
<b>Fiber</b>	1.69g		
<b>Sugar</b>	1.13g		
<b>Protein</b>	13.46g		
<b>Vitamin A</b>	152.34IU	<b>Vitamin C</b>	0.69mg

**Calcium** 45.53mg    **Iron** 1.16mg

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# Hamburger-M

<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-20338
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	1 Each	214880
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<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 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	9.80mg

# Broccoli with Cheese

<b>Servings:</b>	164.00	<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-20352
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	285590
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN	150991

## 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>	0.50
<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: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.72		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	175.97mg		
<b>Carbohydrates</b>	4.82g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.53g		
<b>Protein</b>	2.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.84mg	<b>Iron</b>	0.59mg



# Grilled Cheese Sandwich

<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-20353
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	336
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Teaspoon	299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<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>	276.67		
<b>Fat</b>	6.83g		
<b>SaturatedFat</b>	4.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Tomato Soup

<b>Servings:</b>	47.00	<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-20528
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	4 #5 CAN	488232
1% Low Fat White Milk	4 Cup	4752

## 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	93.62		
<b>Fat</b>	1.15g		
<b>SaturatedFat</b>	0.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.85mg		
<b>Sodium</b>	376.17mg		
<b>Carbohydrates</b>	17.96g		
<b>Fiber</b>	0.94g		
<b>Sugar</b>	10.38g		
<b>Protein</b>	2.55g		
<b>Vitamin A</b>	42.55IU	<b>Vitamin C</b>	5.82mg
<b>Calcium</b>	34.89mg	<b>Iron</b>	0.37mg

# Tenderloin Sandwich

<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-20529
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	100750
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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 Each

#### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	9.80mg

# Breaded Chicken Salad

<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-20663

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	394053
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package	661022

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.25
<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>	604.72		
<b>Fat</b>	40.16g		
<b>SaturatedFat</b>	9.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	89.04mg		
<b>Sodium</b>	1100.10mg		
<b>Carbohydrates</b>	32.28g		
<b>Fiber</b>	5.28g		
<b>Sugar</b>	4.39g		
<b>Protein</b>	32.85g		
<b>Vitamin A</b>	4945.87IU	<b>Vitamin C</b>	1.80mg
<b>Calcium</b>	50.71mg	<b>Iron</b>	2.43mg

# Chicken Bacon Salad

<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-20664
<b>School:</b>	Millersburg Elementary-Middle School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	394053
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon	814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
BREADSTICK ITAL 8 10-20CT GCHC	1 Each	219630

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<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>	463.16		
<b>Fat</b>	18.16g		
<b>SaturatedFat</b>	4.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	69.04mg		
<b>Sodium</b>	829.30mg		
<b>Carbohydrates</b>	43.01g		
<b>Fiber</b>	4.35g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	34.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	92.00mg	<b>Iron</b>	3.15mg

# Taco Salad

<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-20665
<b>School:</b>	Millersburg K-5		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon	100012
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512
SALSA CUP 84-3Z REDG	1 Each	677802
SOUR CREAM PKT 400-1Z GCHC	1 Each	836750

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<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>	447.78		
<b>Fat</b>	19.59g		
<b>SaturatedFat</b>	8.14g		
<b>Trans Fat</b>	0.18g		
<b>Cholesterol</b>	57.08mg		
<b>Sodium</b>	594.16mg		
<b>Carbohydrates</b>	42.90g		
<b>Fiber</b>	6.26g		
<b>Sugar</b>	8.26g		
<b>Protein</b>	19.33g		
<b>Vitamin A</b>	752.94IU	<b>Vitamin C</b>	11.15mg
<b>Calcium</b>	154.87mg	<b>Iron</b>	1.86mg