

Cookbook for North Newton School Corporation

Created by HPS Menu Planner

Cookbook for Elementary

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Table of Contents

Ham & Cheese Sandwich

Diced Ham Daily Salad

Philly Steak & Cheese

Sub Sandwich

Cinnamon Apple Slices

Seasoned Corn

Baked Beans

Seasoned Green Beans

Seasoned Peas

Seasoned Broccoli

Refried Beans

Glazed Carrots

Mashed Potatoes

Assorted Juice

Assorted Cereal

Assorted Pop Tart

Assorted Yogurt

Hot Dog

Meatball Sub

Chicken Gravy

Sweet Baby Ray's BBQ Chicken

Sausage Gravy

Ground Beef Taco Meat

Breakfast Pizza

Egg/Cheese Muffin

Turkey and Noodles

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20491
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

Take bread out of freezer, thaw 2-3 days

Make up sandwiches: ham and cheese slice on bun

Wrap with foil for hot ham and cheese

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	235.66		
Fat	7.28g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	740.33mg		
Carbohydrates	30.28g		
Fiber	4.00g		
Sugar	6.14g		
Protein	16.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.00mg

Diced Ham Daily Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20492
School:	North Newton Jr Sr HS		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE ROMAINE CHOP 6-2 RSS	3/4 Cup	735787
LETTUCE SALAD SEP BAGS 4-5 RSS	3/4 Cup	242071
CUCUMBER SELECT 6CT MRKN	3/16 Cup	592323
TOMATO CHERRY 11 MRKN	3/16 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Variety of Fruit	1 1/2 cup	

Preparation Instructions

On Monday take out of freezer meat for the week and un-thaw in walk in refrigerator, if no cheese out do the same.

Open lettuce clean and mix romaine/iceberg 50/50 and put in tote. Add shredded carrots 1/4 bag.

Fill hinged salad container with 1 1/2 cup lettuce mixture, add cherry tomatoes (2-3 tomatoes), cucumbers (2-3 slices) and separate ounces of meat, cheese, fruit and croutons.

Close container put label with date.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	336.37
Fat	11.57g
SaturatedFat	4.51g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	694.94mg
Carbohydrates	43.40g
Fiber	7.94g
Sugar	19.39g
Protein	17.36g
Vitamin A 202.02IU	Vitamin C 4.00mg
Calcium 43.79mg	Iron 2.71mg

Philly Steak & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20494
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
SAUCE CHS WHT BLND 6-106Z LOL	7/16 Cup	235631
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Can take out of freezer a day or two ahead of time. On serving day open packages into steam pan heat to temp. Heat cheese sauce put in pass through. Put together on serving line.

Meal Components (SLE)

Amount Per Serving

Meat	3.11
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	455.10
Fat	21.04g
SaturatedFat	10.74g
Trans Fat	0.52g
Cholesterol	70.40mg
Sodium	1201.70mg
Carbohydrates	35.04g
Fiber	2.00g
Sugar	6.00g
Protein	27.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 432.32mg	Iron 3.44mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20498
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Cheese, Processed, Sliced Yellow	1 Slice	100018
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice	100187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Unthaw turkey and ham in cooler 2-3 days ahead. On bun place turkey, ham and cheese. Put in tote and place in cold pass through.

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	274.81		
Fat	8.88g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	40.64mg		
Sodium	671.04mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	17.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

Cinnamon Apple Slices

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20500
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	2 #10 CAN	100206
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup	224723
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061
SUGAR BEET GRANUL 25 GCHC	1 Cup	108588

Preparation Instructions

In steam table pan add 2 #10 cans of apples. Add cinnamon, sugar, and margarine. Heat in steamer for 15-20 minutes.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of ingredients.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	85.56
Fat	1.83g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.11mg
Carbohydrates	16.93g
Fiber	2.16g
Sugar	13.70g
Protein	0.00g
Vitamin A 125.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Seasoned Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20501
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Corn cnd	3 #10 CAN	100313
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans of corn. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen corn. Frozen corn can go in kettle and heat also. For frozen corn use 1/4 lb for each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.06		
Fat	2.45g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.92mg		
Carbohydrates	17.67g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20502
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	2 #10 CAN	298913
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup	100129
SUGAR BROWN MED 25 GCHC	1 Cup	108626
SPICE ONION MINCED 12Z TRDE	1/2 Cup	513997

Preparation Instructions

Place 2 #10 cans in steam pan. Add 1 cup brown sugar, 2 cups ketchup (or BBQ sauce), and 1/2 cup dry onions. Mix and put in combi oven. 25-30 minutes until heated through.

Meal Components (SLE)

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.00		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	570.11mg		
Carbohydrates	38.59g		
Fiber	5.39g		
Sugar	16.37g		
Protein	8.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.20mg	Iron	2.16mg

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20503
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans of green beans. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen green beans. Frozen green beans can go in kettle and heat also. For frozen green beans use 1/4 lb for each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.24		
Fat	1.38g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	164.64mg		
Carbohydrates	4.73g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Peas

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20505
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
PEAS SWT MXD SV 6-10 KE	3 #10 CAN	256935
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen peas. Frozen peas can go in kettle and heat also. For frozen peas place 1/4 lb in each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.67		
Fat	1.38g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.86mg		
Carbohydrates	13.36g		
Fiber	3.23g		
Sugar	4.31g		
Protein	4.31g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	21.56mg	Iron	0.86mg

Seasoned Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20508
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 KE	7 1/2 Pound	359010
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan place a 1/4 case (7.5 lbs). Add margarine and vegetable seasoning. Heat in steamer or combi on steam to 140-180 degrees.

Meal Components (SLE)

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.68		
Fat	1.65g		
SaturatedFat	0.68g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.51mg		
Carbohydrates	5.14g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	112.50IU	Vitamin C	0.00mg
Calcium	23.35mg	Iron	0.67mg

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20509
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	8 Cup	000001WTR
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package	183910

Preparation Instructions

Pour 1/2 gallon boiling water in steam table pan and add full pouch of beans to water. Cover and let sit 25 minutes on steam table, stir and serve.

Meal Components (SLE)

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	189.28		
Fat	1.58g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	683.52mg		
Carbohydrates	32.60g		
Fiber	10.52g		
Sugar	0.00g		
Protein	10.52g		
Vitamin A	0.74IU	Vitamin C	1.04mg
Calcium	58.83mg	Iron	2.53mg

Glazed Carrots

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20510
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061
SUGAR BROWN MED 25 GCHC	1 Cup	108626

Preparation Instructions

Put 3 cans of carrots in steam pan. Add 1/4 lb margarine and 1 cup brown sugar. Heat in combi or steamer 20-30 minutes.

Meal Components (SLE)

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: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.09		
Fat	1.57g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	209.71mg		
Carbohydrates	8.97g		
Fiber	1.39g		
Sugar	6.20g		
Protein	0.00g		
Vitamin A	107.14IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20511
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	1 Carton	559911
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
Tap Water for Recipes	2 Gallon	000001WTR
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061

Preparation Instructions

Add salt to carton before mixing.

Place boiling water in steam pan or mixer.

Put 1/4 pound margarine and then slowly add carton of potatoes mix until smooth.

Put on serving line or in pass through.

Meal Components (SLE)

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.82		
Fat	1.04g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	351.45mg		
Carbohydrates	14.87g		
Fiber	0.99g		
Sugar	0.00g		
Protein	1.98g		
Vitamin A	72.47IU	Vitamin C	6.33mg
Calcium	10.18mg	Iron	0.23mg

Assorted Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20512
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	135450

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	36.00mg
Calcium	0.00mg	Iron	0.00mg

Assorted Cereal

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20514
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA KRISPIES CUP 96CT KELL	1 Each	232904
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	116.00
Fat	1.30g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	161.50mg
Carbohydrates	24.90g
Fiber	1.80g

Sugar			8.70g
Protein			1.80g
Vitamin A	100.00IU	Vitamin C	2.70mg
Calcium	63.00mg	Iron	4.20mg

Assorted Pop Tart

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20515
School:	Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.33g		
Protein	2.33g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

Assorted Yogurt

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20516
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT VAR PK RASPB/CHRY CRMY 48-4Z	1 Each	552943

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	82.86		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.14mg		
Sodium	60.71mg		
Carbohydrates	16.43g		
Fiber	0.00g		
Sugar	11.00g		
Protein	3.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	137.14mg	Iron	0.00mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20517
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	685.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.11mg	Iron	1.76mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20518
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	3 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	1 Ounce	592714
Cheese, Mozzarella light, Shred FRZ	3/16 Cup	100034
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Remove meat from freezer, spray steam pans, put sauce in bottom of pan layer with meatballs.

Heat in combi oven 350 degrees for 30 minutes. 145 to 155 temp.

Put 3 meatballs in sub bun on serving line and sprinkle with cheese 1 oz cheese (1/8 cup).

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	315.16
Fat	10.31g
SaturatedFat	4.17g
Trans Fat	0.45g
Cholesterol	32.20mg
Sodium	538.26mg
Carbohydrates	34.70g
Fiber	3.46g
Sugar	6.93g
Protein	14.71g
Vitamin A 3.75IU	Vitamin C 0.75mg
Calcium 109.71mg	Iron 3.50mg

Chicken Gravy

Servings:	208.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20520
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BASE CHIX 12-1 GCHC	1 Pound	439606
Tap Water for Recipes	13 Quart	000001WTR
STARCH CORN 24-1 ARGO	1 Pound	108413

Preparation Instructions

Boil 3 gallons water and add 1 pound base.

Mix 1 pound corn starch with 1 quart water add to base mixture then boil until thick

Meal Components (SLE)

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: 208.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	13.61		
Fat	0.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	293.90mg		
Carbohydrates	2.27g		
Fiber	0.00g		
Sugar	0.36g		
Protein	0.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.00mg

Sweet Baby Ray's BBQ Chicken

Servings:	160.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20622
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	20 Pound	100101
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Gallon	655937

Preparation Instructions

Heat diced chicken and then add Sweet Baby Ray's. Heat through.

Note: Cooks have been using the Sweet Baby Ray's method since 2018.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 160.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	99.97		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	171.89mg		
Carbohydrates	7.19g		
Fiber	0.00g		
Sugar	6.79g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage Gravy

Servings:	70.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20625
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	10 Pound	100158
FLOUR H&R SLF RISING 25 PILLS	1 Pound	605441
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	2 Tablespoon	110611
White Milk 1 %	16 Cup	

Preparation Instructions

1. Cook and drain ground beef
2. Make rue mixture: Mix flour, milk, beef base. Heat until thick.
3. Add rue mixture to cooked ground beef.
4. Heat until warm and then keep warm until serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 70.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	233.17		
Fat	14.37g		
SaturatedFat	4.91g		
Trans Fat	2.29g		
Cholesterol	62.86mg		
Sodium	236.51mg		
Carbohydrates	7.14g		
Fiber	0.22g		
Sugar	2.51g		
Protein	18.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.40mg	Iron	0.28mg

Ground Beef Taco Meat

Servings:	400.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20628
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	36 Ounce	159204
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.

Heat beef and seasoning until temperature.

Meal Components (SLE)

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: 400.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	136.19		
Fat	7.16g		
SaturatedFat	2.39g		
Trans Fat	1.19g		
Cholesterol	31.04mg		
Sodium	616.75mg		
Carbohydrates	5.10g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.36g		
Vitamin A	510.35IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20642
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	503640
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	160432

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	340.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.50mg	Iron	1.80mg

Egg/Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20648
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	215.00		
Fat	7.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	102.50mg		
Sodium	590.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	204.00mg	Iron	1.60mg

Turkey and Noodles

Servings:	350.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20669
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	40 Pound	100125
PASTA NOODL KLUSKI 1/8 2-5 GCHC	25 Pound	270385
BASE CHIX 12-1 GCHC	6 Pound	439606
MARGARINE SLD 30-1 GCHC	1 Pound	733061
Tap Water for Recipes	20 Gallon	000001WTR

Preparation Instructions

On serving day heat water in kettle and add chicken base. When water and base reach a rolling boil add noodles. After noodles have been cooked add meat and heat through. Put in steam pans and place in pass through.

Note: If using turkey remove from case from freezer, let un-thaw in refrigerator for 2-3 days. Cook, cool, and dice turkey. If using diced chicken take out of freezer day before.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 350.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	258.49		
Fat	8.57g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	67.77mg		
Sodium	1063.75mg		
Carbohydrates	24.15g		
Fiber	1.14g		
Sugar	2.44g		
Protein	20.49g		
Vitamin A	68.57IU	Vitamin C	0.00mg

Calcium 12.72mg **Iron** 1.09mg

Cookbook for North Newton Jr Sr HS

Created by HPS Menu Planner

Table of Contents

Ham & Cheese Sandwich

Diced Ham Daily Salad

Diced Turkey Daily Salad

Philly Steak & Cheese

Chicken Sausage Muffin

Sub Sandwich

Cinnamon Apple Slices

Seasoned Corn

Baked Beans

Seasoned Green Beans

Seasoned Peas

Seasoned Broccoli

Refried Beans

Glazed Carrots

Mashed Potatoes

Assorted Juice

Assorted Cereal

Assorted Pop Tart

Assorted Yogurt

Meatball Sub

Beef Gravy

Sweet Baby Ray's BBQ Chicken

Chicken and Noodles

Ground Beef Taco Meat

Breakfast Pizza

Choice of Muffin

Apple Crisp

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20491
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

Take bread out of freezer, thaw 2-3 days

Make up sandwiches: ham and cheese slice on bun

Wrap with foil for hot ham and cheese

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	235.66		
Fat	7.28g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	37.01mg		
Sodium	740.33mg		
Carbohydrates	30.28g		
Fiber	4.00g		
Sugar	6.14g		
Protein	16.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.00mg

Diced Ham Daily Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20492
School:	North Newton Jr Sr HS		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE ROMAINE CHOP 6-2 RSS	3/4 Cup	735787
LETTUCE SALAD SEP BAGS 4-5 RSS	3/4 Cup	242071
CUCUMBER SELECT 6CT MRKN	3/16 Cup	592323
TOMATO CHERRY 11 MRKN	3/16 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Variety of Fruit	1 1/2 cup	

Preparation Instructions

On Monday take out of freezer meat for the week and un-thaw in walk in refrigerator, if no cheese out do the same.

Open lettuce clean and mix romaine/iceberg 50/50 and put in tote. Add shredded carrots 1/4 bag.

Fill hinged salad container with 1 1/2 cup lettuce mixture, add cherry tomatoes (2-3 tomatoes), cucumbers (2-3 slices) and separate ounces of meat, cheese, fruit and croutons.

Close container put label with date.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	336.37
Fat	11.57g
SaturatedFat	4.51g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	694.94mg
Carbohydrates	43.40g
Fiber	7.94g
Sugar	19.39g
Protein	17.36g
Vitamin A 202.02IU	Vitamin C 4.00mg
Calcium 43.79mg	Iron 2.71mg

Diced Turkey Daily Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20493
School:	North Newton Jr Sr HS		

Ingredients

Description	Measurement	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	1 Ounce	100125
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE ROMAINE CHOP 6-2 RSS	3/4 Cup	735787
LETTUCE SALAD SEP BAGS 4-5 RSS	3/4 Cup	242071
CUCUMBER SELECT 6CT MRKN	3/16 Cup	592323
TOMATO CHERRY 11 MRKN	3/16 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Variety of Fruit	1 1/2 cup	

Preparation Instructions

On Monday take out of freezer meat for the week and un-thaw in walk in refrigerator, if no cheese out do the same.

Open lettuce clean and mix romaine/iceberg 50/50 and put in tote. Add shredded carrots 1/4 bag.

Fill hinged salad container with 1 1/2 cup lettuce mixture, add cherry tomatoes (2-3 tomatoes), cucumbers (2-3 slices) and separate ounces of meat, cheese, fruit and croutons.

Close container put label with date.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.75
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	358.37
Fat	13.07g
SaturatedFat	5.01g
Trans Fat	0.00g
Cholesterol	43.00mg
Sodium	519.94mg
Carbohydrates	43.40g
Fiber	7.94g
Sugar	19.39g
Protein	20.86g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 43.79mg	Iron 2.35mg

Philly Steak & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20494
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
SAUCE CHS WHT BLND 6-106Z LOL	7/16 Cup	235631
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Can take out of freezer a day or two ahead of time. On serving day open packages into steam pan heat to temp. Heat cheese sauce put in pass through. Put together on serving line.

Meal Components (SLE)

Amount Per Serving

Meat	3.11
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	455.10
Fat	21.04g
SaturatedFat	10.74g
Trans Fat	0.52g
Cholesterol	70.40mg
Sodium	1201.70mg
Carbohydrates	35.04g
Fiber	2.00g
Sugar	6.00g
Protein	27.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 432.32mg	Iron 3.44mg

Chicken Sausage Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20496
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	138941
Cheese, Processed, Sliced Yellow	1/2 Slice	100018
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131

Preparation Instructions

Heat at 350 degrees 9-11 minutes convection oven.

Lay muffins on tray with top removed add sausage patty, 1/2 slice cheese to bottom of muffin, replace top cover tray with saran wrap or watch each finished muffin with foil wrap.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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	247.50		
Fat	9.75g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	46.25mg		
Sodium	587.50mg		
Carbohydrates	22.50g		
Fiber	1.00g		
Sugar	1.25g		
Protein	18.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.60mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20498
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Cheese, Processed, Sliced Yellow	1 Slice	100018
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice	100187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Slice	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Unthaw turkey and ham in cooler 2-3 days ahead. On bun place turkey, ham and cheese. Put in tote and place in cold pass through.

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	274.81		
Fat	8.88g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	40.64mg		
Sodium	671.04mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	17.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

Cinnamon Apple Slices

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20500
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Apple Slices, Canned, Unsweetened	2 #10 CAN	100206
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup	224723
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061
SUGAR BEET GRANUL 25 GCHC	1 Cup	108588

Preparation Instructions

In steam table pan add 2 #10 cans of apples. Add cinnamon, sugar, and margarine. Heat in steamer for 15-20 minutes.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of ingredients.

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	85.56		
Fat	1.83g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.11mg		
Carbohydrates	16.93g		
Fiber	2.16g		
Sugar	13.70g		
Protein	0.00g		
Vitamin A	125.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20501
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Corn cnd	3 #10 CAN	100313
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans of corn. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen corn. Frozen corn can go in kettle and heat also. For frozen corn use 1/4 lb for each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.06		
Fat	2.45g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.92mg		
Carbohydrates	17.67g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20502
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	2 #10 CAN	298913
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup	100129
SUGAR BROWN MED 25 GCHC	1 Cup	108626
SPICE ONION MINCED 12Z TRDE	1/2 Cup	513997

Preparation Instructions

Place 2 #10 cans in steam pan. Add 1 cup brown sugar, 2 cups ketchup (or BBQ sauce), and 1/2 cup dry onions. Mix and put in combi oven. 25-30 minutes until heated through.

Meal Components (SLE)

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.00		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	570.11mg		
Carbohydrates	38.59g		
Fiber	5.39g		
Sugar	16.37g		
Protein	8.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.20mg	Iron	2.16mg

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20503
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans of green beans. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen green beans. Frozen green beans can go in kettle and heat also. For frozen green beans use 1/4 lb for each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.24		
Fat	1.38g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	164.64mg		
Carbohydrates	4.73g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Peas

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20505
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
PEAS SWT MXD SV 6-10 KE	3 #10 CAN	256935
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan dump 3 cans. Add margarine and vegetable seasoning. Heat in steamer or combi on steam for 20-30 minutes to 140-180 degrees.

Note: Can use frozen peas. Frozen peas can go in kettle and heat also. For frozen peas place 1/4 lb in each pan.

Meal Components (SLE)

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.67		
Fat	1.38g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.86mg		
Carbohydrates	13.36g		
Fiber	3.23g		
Sugar	4.31g		
Protein	4.31g		
Vitamin A	93.75IU	Vitamin C	0.00mg
Calcium	21.56mg	Iron	0.86mg

Seasoned Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20508
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 KE	7 1/2 Pound	359010
MARGARINE SLD 30-1 GCHC	9 Tablespoon	733061
SEASONING VEGETABLE NO SALT 21Z TRDE	9 Tablespoon	647230

Preparation Instructions

In steam pan place a 1/4 case (7.5 lbs). Add margarine and vegetable seasoning. Heat in steamer or combi on steam to 140-180 degrees.

Meal Components (SLE)

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.68		
Fat	1.65g		
SaturatedFat	0.68g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.51mg		
Carbohydrates	5.14g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	112.50IU	Vitamin C	0.00mg
Calcium	23.35mg	Iron	0.67mg

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20509
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	8 Cup	000001WTR
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	1 Package	183910

Preparation Instructions

Pour 1/2 gallon boiling water in steam table pan and add full pouch of beans to water. Cover and let sit 25 minutes on steam table, stir and serve.

Meal Components (SLE)

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	189.28		
Fat	1.58g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	683.52mg		
Carbohydrates	32.60g		
Fiber	10.52g		
Sugar	0.00g		
Protein	10.52g		
Vitamin A	0.74IU	Vitamin C	1.04mg
Calcium	58.83mg	Iron	2.53mg

Glazed Carrots

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20510
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061
SUGAR BROWN MED 25 GCHC	1 Cup	108626

Preparation Instructions

Put 3 cans of carrots in steam pan. Add 1/4 lb margarine and 1 cup brown sugar. Heat in combi or steamer 20-30 minutes.

Meal Components (SLE)

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: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	52.09		
Fat	1.57g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	209.71mg		
Carbohydrates	8.97g		
Fiber	1.39g		
Sugar	6.20g		
Protein	0.00g		
Vitamin A	107.14IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20511
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	1 Carton	559911
SALT IODIZED 18-2.25 GCHC	1 Tablespoon	350732
Tap Water for Recipes	2 Gallon	000001WTR
MARGARINE SLD 30-1 GCHC	1/4 Pound	733061

Preparation Instructions

Add salt to carton before mixing.

Place boiling water in steam pan or mixer.

Put 1/4 pound margarine and then slowly add carton of potatoes mix until smooth.

Put on serving line or in pass through.

Meal Components (SLE)

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.82		
Fat	1.04g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	351.45mg		
Carbohydrates	14.87g		
Fiber	0.99g		
Sugar	0.00g		
Protein	1.98g		
Vitamin A	72.47IU	Vitamin C	6.33mg
Calcium	10.18mg	Iron	0.23mg

Assorted Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20512
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	135450

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	36.00mg
Calcium	0.00mg	Iron	0.00mg

Assorted Cereal

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20514
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA KRISPIES CUP 96CT KELL	1 Each	232904
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each	805630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	116.00
Fat	1.30g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	161.50mg
Carbohydrates	24.90g
Fiber	1.80g

Sugar			8.70g
Protein			1.80g
Vitamin A	100.00IU	Vitamin C	2.70mg
Calcium	63.00mg	Iron	4.20mg

Assorted Pop Tart

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20515
School:	Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.67		
Fat	2.83g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.33g		
Protein	2.33g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

Assorted Yogurt

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20516
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT VAR PK RASPB/CHRY CRMY 48-4Z	1 Each	552943

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	82.86
Fat	0.36g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.14mg
Sodium	60.71mg
Carbohydrates	16.43g
Fiber	0.00g
Sugar	11.00g
Protein	3.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.14mg	Iron 0.00mg

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20518
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	3 Each	785860
SAUCE MARINARA A/P 6-10 REDPK	1 Ounce	592714
Cheese, Mozzarella light, Shred FRZ	3/16 Cup	100034
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

Remove meat from freezer, spray steam pans, put sauce in bottom of pan layer with meatballs.

Heat in combi oven 350 degrees for 30 minutes. 145 to 155 temp.

Put 3 meatballs in sub bun on serving line and sprinkle with cheese 1 oz cheese (1/8 cup).

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	315.16
Fat	10.31g
SaturatedFat	4.17g
Trans Fat	0.45g
Cholesterol	32.20mg
Sodium	538.26mg
Carbohydrates	34.70g
Fiber	3.46g
Sugar	6.93g
Protein	14.71g
Vitamin A 3.75IU	Vitamin C 0.75mg
Calcium 109.71mg	Iron 3.50mg

Beef Gravy

Servings:	208.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20519
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	110611
Tap Water for Recipes	13 Quart	000001WTR
STARCH CORN 24-1 ARGO	1 Pound	108413

Preparation Instructions

Boil 3 gallons water and add 1 pound base.

Mix 1 pound corn starch with 1 quart water add to base mixture boil until thick

Meal Components (SLE)

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: 208.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	13.62		
Fat	0.36g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	287.08mg		
Carbohydrates	2.27g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.54mg	Iron	0.00mg

Sweet Baby Ray's BBQ Chicken

Servings:	160.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20622
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	20 Pound	100101
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Gallon	655937

Preparation Instructions

Heat diced chicken and then add Sweet Baby Ray's. Heat through.

Note: Cooks have been using the Sweet Baby Ray's method since 2018.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 160.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	99.97		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	171.89mg		
Carbohydrates	7.19g		
Fiber	0.00g		
Sugar	6.79g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken and Noodles

Servings:	350.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20627
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	25 Pound	270385
BASE CHIX 12-1 GCHC	6 Pound	439606
MARGARINE SLD 30-1 GCHC	1 Pound	733061
Tap Water for Recipes	20 Gallon	000001WTR

Preparation Instructions

On serving day heat water in kettle and add chicken base. When water and base reach a rolling boil add noodles. After noodles have been cooked add meat and heat through. Put in steam pans and place in pass through.

Note: If using turkey remove from case from freezer, let un-thaw in refrigerator for 2-3 days. Cook, cool, and dice turkey. If using diced chicken take out of freezer day before.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
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: 350.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	220.09		
Fat	4.91g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	64.11mg		
Sodium	1114.95mg		
Carbohydrates	24.15g		
Fiber	1.14g		
Sugar	2.44g		
Protein	16.84g		
Vitamin A	68.57IU	Vitamin C	0.00mg
Calcium	12.72mg	Iron	1.09mg

Ground Beef Taco Meat

Servings:	400.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20628
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	36 Ounce	159204
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Cook beef, drain, and add seasoning.

Heat beef and seasoning until temperature.

Meal Components (SLE)

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: 400.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	136.19		
Fat	7.16g		
SaturatedFat	2.39g		
Trans Fat	1.19g		
Cholesterol	31.04mg		
Sodium	616.75mg		
Carbohydrates	5.10g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.36g		
Vitamin A	510.35IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Breakfast Pizza

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20642
School:	Elementary		

Ingredients

Description	Measurement	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	503640
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	1 Each	160432

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	340.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	9.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.50mg	Iron	1.80mg

Choice of Muffin

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20687
School:	North Newton Jr Sr HS		

Ingredients

Description	Measurement	DistPart #
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each	273442
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67		
Fat	5.33g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	26.67mg		
Sodium	106.67mg		
Carbohydrates	29.00g		
Fiber	1.33g		
Sugar	15.33g		
Protein	3.33g		
Vitamin A	33.33IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	1.15mg

Apple Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20736
School:	North Newton Jr Sr HS		

Ingredients

Description	Measurement	DistPart #
FLOUR H&R SLF RISING 25 PILLS	3 1/4 Cup	605441
Oats, Rolled, Whole	9 Ounce	100466
SUGAR BROWN MED 25 GCHC	2 Cup	108626
SPICE CINNAMON GRND 15Z TRDE	6 Teaspoon	224723
SPICE NUTMEG GRND 16Z TRDE	4 1/2 Teaspoon	224944
SALT IODIZED 18-2.25 GCHC	1/2 Teaspoon	350732
MARGARINE SLD 30-1 GCHC	1 Pound	733061
Apple Slices, Canned, Unsweetened	1 #10 CAN	100206
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup	108588
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup	311227

Preparation Instructions

For Topping:

1. Combine flour, rolled oats, brown sugar, 4 1/2 teaspoons of cinnamon, nutmeg (optional), salt, and butter. Mix until crumbly. Set aside for step 6.

For filling:

2. Drain apples, reserving juice. Add enough water to juice make 1 1/2 cups liquid. Set liquid aside for step 5.

3. Place apples into steam table pan.

4. Sprinkle sugar, 1 1/2 tsp. cinnamon and 1/4 cup lemon juice over apples in steam table pan. Stir to combine.

5. Pour 1 1/2 cups liquid over apples in pan.

6. Sprinkle topping evenly over apples in steam table pan.

7. Bake until topping is browned and crisp:

Conventional oven: 425 degrees for 35 to 45 minutes

Convection oven 350 degrees for 25 to 35 minutes.

8. Cool. Cut each pan 5 X 10 (50 pieces per pan).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	181.45
Fat	7.40g
SaturatedFat	2.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.25mg
Carbohydrates	27.63g
Fiber	1.65g
Sugar	18.10g
Protein	1.06g
Vitamin A 480.00IU	Vitamin C 0.29mg
Calcium 13.00mg	Iron 0.34mg