

Cookbook for Culver Middle/High School

Created by HPS Menu Planner

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Chicken Pot Pie

Fish Sandwich with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13563
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	370.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	920.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 4.00mg **Iron** 11.30mg

Salad Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13584
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons- Prairie Heights	4/5 Ounce		
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Chicken, Diced, Cooked, Frozen	2 Ounce		100101
Ham, Cubed Frozen	2 1/2 Ounce		100188-H
KALE 24CT P/L	1/4 Cup		753874
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon		192198
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Ounce		466220
PEPPERS SWT MINI 20 P/L	1/8 Cup		667582
MUSHROOM SLCD 1/8 10 MRKN	1/8 Cup		285196
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1/8 Cup		134890
CRAISINS SWTND DRD CRANBERRIES 1-25	1/8 Cup		897420
BROCCOLI FLORET REG CUT 4-3 RSS	1/8 Cup		732478
CAULIFLOWER BITE SIZE 2-3 RSS	1/8 Cup		732486
Savory Bites Wheat Crackers	1 Each		74131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.38
Grain	2.80
Fruit	0.52
GreenVeg	0.63
RedVeg	0.13
OtherVeg	0.76
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		745.68	
Fat		37.91g	
SaturatedFat		13.17g	
Trans Fat		0.00g	
Cholesterol		232.22mg	
Sodium		2294.05mg	
Carbohydrates		60.62g	
Fiber		9.74g	
Sugar		12.71g	
Protein		44.46g	
Vitamin A	3141.19IU	Vitamin C	35.35mg
Calcium	324.54mg	Iron	1.74mg

Baked Chicken

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13601
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY 48-4Z GCHC	300 Each	Approximately 6.25 cases.	268127
DRESSING RNCH 4-1GAL HVALL	1 Gallon		759082
CEREAL CORN FLKS 4-35Z HOSP	12 Package	3 cases crushed.	705454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	314.72		
Fat	8.34g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	78.26mg		
Sodium	445.27mg		
Carbohydrates	30.61g		
Fiber	0.99g		
Sugar	4.39g		
Protein	25.78g		
Vitamin A	0.00IU	Vitamin C	2.27mg
Calcium	3.70mg	Iron	13.50mg

Cheeseburger Soup

Servings:	85.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13812
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CHEDDAR BKD POT 4-8 GFS	32 Pound		411430
BEEF CRUMBLES 8-5 COMM	5 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950

Preparation Instructions

Add 1.25 lbs. beef crumbles to each bag of soup. Heat.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.35

Nutrition Facts

Servings Per Recipe: 85.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	205.36		
Fat	10.30g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	39.15mg		
Sodium	774.78mg		
Carbohydrates	15.70g		
Fiber	0.70g		
Sugar	3.48g		
Protein	12.56g		
Vitamin A	908.24IU	Vitamin C	3.34mg
Calcium	77.18mg	Iron	1.18mg

Variety of Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18856
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	113.33		
Fat	1.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	139.58mg		
Carbohydrates	24.58g		
Fiber	2.42g		
Sugar	7.67g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	69.17mg	Iron	4.45mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18857
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	582.60mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.76mg

Specialty Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18860
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TOMATO CHERRY 11 MRKN	1/8 Cup		569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Homemade Croutons- Prairie Heights	4/5 Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.80
Fruit	0.00
GreenVeg	0.50
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	315.12
Fat	18.11g
SaturatedFat	9.57g
Trans Fat	0.00g
Cholesterol	67.00mg
Sodium	1357.51mg
Carbohydrates	18.51g
Fiber	2.89g
Sugar	5.05g
Protein	19.61g
Vitamin A 494.92IU	Vitamin C 3.21mg
Calcium 217.34mg	Iron 0.42mg

Breaded Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18862
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	430.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.80mg

BBQ Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18864
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	5 Pound		100101
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup		735787
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
ONION RED JUMBO 25 MRKN	3 Cup		198722
SAUCE BBQ 4-1GAL SWTBRAY	2 Cup		655937
Cheese, Cheddar Reduced fat, Shredded	5 Cup		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	5.00
Grain	2.00
Fruit	0.00

GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories 478.61

Fat 15.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 104.00mg

Sodium 754.84mg

Carbohydrates 48.69g

Fiber 4.38g

Sugar 17.36g

Protein 37.23g

Vitamin A 0.43IU	Vitamin C 1.60mg
Calcium 140.97mg	Iron 2.03mg

Grab -n- Go Breakfast Kit

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18867
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	READY_TO_EAT Ready-to-eat	150471
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package		676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package		282491
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	READY_TO_EAT Ready to eat.	585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.50
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	229.00
Fat	4.20g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	203.00mg
Carbohydrates	46.60g
Fiber	3.40g
Sugar	18.90g
Protein	3.00g

Vitamin A	565.00IU	Vitamin C	52.98mg
Calcium	124.10mg	Iron	3.88mg

Breakfast Cavalier Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18868
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	6 Pound		504122
GRAVY SAUS CNTRY STYLE 6-10 HRTSTN	1 #10 CAN		125350
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	5 Pound		533034
Cheese, Cheddar Reduced fat, Shredded	1 Pound		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	189.80		
Fat	12.09g		
SaturatedFat	4.49g		
Trans Fat	0.00g		
Cholesterol	25.25mg		
Sodium	494.12mg		
Carbohydrates	16.38g		
Fiber	1.32g		
Sugar	1.74g		
Protein	6.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.95mg	Iron	0.66mg

Nacho w/ Meat & Cheese

Servings:	275.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18869
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	45 Pound		722330
SAUCE CHS CHED POUCH 6-106Z LOL	6 Package		135261
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	275 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.42
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 275.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	307.74
Fat	13.95g
SaturatedFat	6.24g
Trans Fat	0.24g
Cholesterol	50.05mg
Sodium	789.02mg
Carbohydrates	26.30g
Fiber	2.65g
Sugar	1.65g
Protein	17.86g
Vitamin A	532.72IU
Vitamin C	4.13mg
Calcium	284.85mg
Iron	1.95mg

Hot Ham -n- Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18870
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	6 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Slice		189071
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1030.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	9.00g
Protein	32.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 197.00mg	Iron 1.08mg

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18871
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	1 Each		641402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	430.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	700.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	12.00mg

Fiesta Rice

Servings:	36.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18874
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	1 #10 CAN		581180
RICE SPANISH 6-36Z UBEN	1 Package		555169

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	186.21		
Fat	0.61g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	610.49mg		
Carbohydrates	37.81g		
Fiber	4.59g		
Sugar	2.72g		
Protein	7.53g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	64.49mg	Iron	2.34mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18875
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	360.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	320.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	11.80mg

Egg Sausage and Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18876
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each		112630
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 425.00

Fat 28.00g

SaturatedFat 9.25g

Trans Fat 0.00g

Cholesterol 147.50mg

Sodium 930.00mg

Carbohydrates 23.00g

Fiber 1.00g

Sugar 3.00g

Protein 19.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 208.50mg **Iron** 2.32mg

Spaghetti

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package		573201
PASTA SPAGHETTI 10 2-10 KE	20 Pound		654560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	189.46		
Fat	4.25g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	29.46mg		
Sodium	155.36mg		
Carbohydrates	25.82g		
Fiber	2.07g		
Sugar	4.75g		
Protein	11.54g		
Vitamin A	346.61IU	Vitamin C	10.18mg
Calcium	28.57mg	Iron	2.07mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18889
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<p>BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.</p>	203270
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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	265.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	515.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	4.00g
Protein	22.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.50mg	Iron	9.80mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18892
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
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	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18912
School:	Culver Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 5-5.25 TYS	1 Each		641402
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
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	390.00		
Fat	17.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	650.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	10.00mg

Smoothie/Parfait

Servings:	6.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20899
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Package		811500
1 % White Milk	1 1 cup		1% White
BANANA TURNING SNGL 150CT 40 P/L	3 Each		197769
STRAWBERRIES, DICED, CUPS, FROZEN	3 Each		100256
GRANOLA BAG IW 144-1Z FLDSTN	6 Package		649742
CHIP HARV CHED 104-SSV SUNCHIP	6 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 12.00 Fluid Ounce

Amount Per Serving	
Calories	639.08
Fat	11.88g
SaturatedFat	1.43g
Trans Fat	0.00g
Cholesterol	1.67mg
Sodium	406.89mg
Carbohydrates	120.33g

Fiber	6.55g		
Sugar	64.94g		
Protein	16.31g		
Vitamin A	37.76IU	Vitamin C	5.14mg
Calcium	330.85mg	Iron	1.48mg

Chicken & Waffles (M/H)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20900
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE BTRMLK SQ FLT 132-1.7Z KRUST	2 Each		645333

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	4.75
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	520.00		
Fat	24.00g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	1065.00mg		
Carbohydrates	49.00g		
Fiber	2.50g		
Sugar	7.00g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

Chicken & Waffles (elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20901
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
WAFFLE BTRMLK SQ FLT 132-1.7Z KRUST	1 Each		645333

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.50
Grain	2.50
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	380.00		
Fat	18.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	735.00mg		
Carbohydrates	30.50g		
Fiber	2.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

Black Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20915
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	15 Cup		231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	3 Cup	BAKE	118966
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup		432000
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
ONION RED JUMBO 10 MRKN	1/2 Cup		596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup		206059
PEPPERS RED 5 P/L	1 1/4 Cup		597082
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795

Preparation Instructions

1. Drain and rinse beans. Drain corn. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
 2. Mince garlic. Add to vegetables.
 3. Combine sugar, vinegar, oil, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate. This salad should marinate for several hours or overnight to allow the flavors to develop.
- Serving size 2/3 cup or #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.08
Legumes	0.54
Starch	0.11

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

Amount Per Serving			
Calories		212.27	
Fat		4.77g	
SaturatedFat		0.29g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		275.14mg	
Carbohydrates		36.65g	
Fiber		7.18g	
Sugar		9.59g	
Protein		8.11g	
Vitamin A	203.29IU	Vitamin C	16.07mg
Calcium	67.11mg	Iron	2.12mg

Philly Steak Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20920
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
CHEESE BLND MOZZ/PROV SHRD FTNR 4-5	1/4 Cup		731358
PEPPERS & ONION FLME RSTD 6-2.5	1/4 Cup		847208
MINI SUB BUN, W GRAIN	1 bun	READY_TO_EAT	5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	421.99		
Fat	18.53g		
SaturatedFat	8.70g		
Trans Fat	0.83g		
Cholesterol	63.00mg		
Sodium	877.94mg		
Carbohydrates	34.12g		
Fiber	3.45g		
Sugar	7.06g		
Protein	26.70g		
Vitamin A	237.64IU	Vitamin C	0.00mg
Calcium	219.40mg	Iron	1.59mg

Chicken Alfredo

Servings:	50.00	Category:	Entree
Serving Size:	4.93 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20921
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
PASTA ROTINI 2-10 KE	4 Pound		635511
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
Cheese, Mozzarella, Part Skim, Shredded	2 Cup		100021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.97
Grain	1.28
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.93 Ounce

Amount Per Serving

Calories	278.36
Fat	8.01g
SaturatedFat	4.36g
Trans Fat	0.00g
Cholesterol	55.41mg
Sodium	638.80mg
Carbohydrates	32.35g
Fiber	1.28g
Sugar	5.00g

Protein	19.15g		
Vitamin A	192.89IU	Vitamin C	0.00mg
Calcium	173.10mg	Iron	1.28mg

Z Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20922
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE 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
MINI SUB BUN, W GRAIN	1 bun	READY_TO_EAT	5157

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	950.00mg
Carbohydrates	41.00g
Fiber	5.00g
Sugar	14.00g
Protein	20.00g
Vitamin A 400.00IU	Vitamin C 1.20mg
Calcium 40.00mg	Iron 1.80mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20924
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	5 Pound		100101
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12- 23FLZ FRNKS	1 1/2 Cup		557609
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup		645170
LETTUCE ROMAINE CHOP 6- 2 RSS	20 Cup	If romaine not available, use any green leaf lettuce or spinach	735787
TORTILLA FLOUR 10 ULTRGR 12- 12CT	20 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

This ENTREE counts as 4.25 m/ma and 3.50 grains and 1/2 c. dark vegetable and 1/8 c. other vegetable. See notes after prep instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 1/2 c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. romaine, green leaf lettuce or spinach

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain. Can take milk - All Wraps count as an Entree. 9/24/18 kj

Meal Components (SLE)

Amount Per Serving

Meat	4.25
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	531.97		
Fat	28.03g		
SaturatedFat	6.27g		
Trans Fat	0.00g		
Cholesterol	96.50mg		
Sodium	1350.99mg		
Carbohydrates	33.10g		
Fiber	4.30g		
Sugar	4.80g		
Protein	33.64g		
Vitamin A	803.63IU	Vitamin C	0.58mg
Calcium	245.94mg	Iron	2.02mg

Three Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20926
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN KIDNEY RED LT 6-10 GCHC	6 Cup		118788
BEAN GRT NORTHR 6-10 GCHC	6 Cup		119075
BEAN GARBANZO 6-10 GCHC	6 Cup		118753
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup		432000
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795
TOMATO CHERRY 11 MRKN	2 1/2 Cup		569551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

Amount Per Serving	
Calories	214.63
Fat	4.89g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	249.86mg
Carbohydrates	34.34g
Fiber	9.23g

Sugar			9.88g
Protein			9.17g
Vitamin A	133.91IU	Vitamin C	2.24mg
Calcium	77.97mg	Iron	2.54mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20927
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	346.00		
Fat	14.00g		
SaturatedFat	4.20g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	464.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	10.00mg

Tater Tot Casserole

Servings:	200.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23131
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	25 Pound		100158
SALT IODIZED 25 CARG	3 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Teaspoon		225061
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	5 #5 CAN		488259
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Pound		150250
POTATO TATER TOTS 6-5 LMBSUPR	25 Pound		233404

Preparation Instructions

1. Cook ground beef.
2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
3. Distribute mixture among steam table pans.
4. Top with tater tots and shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.38

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	355.93
Fat	24.40g
SaturatedFat	10.26g
Trans Fat	1.49g
Cholesterol	69.69mg
Sodium	557.68mg
Carbohydrates	15.47g
Fiber	1.76g
Sugar	0.36g
Protein	19.39g

Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	223.18mg	Iron	0.79mg

RO - Turkey Club Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23132
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
 2. Place 6 slices turkey, 1 slice of cheese & 2 slices of bacon
 3. Wrap, label and date for 3 days.
- CCP: Keep cold 41F or below.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	382.50
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1136.25mg
Carbohydrates	35.00g
Fiber	4.25g
Sugar	6.75g
Protein	29.50g
Vitamin A	150.00IU
Vitamin C	0.00mg

Calcium 81.50mg **Iron** 12.36mg

Chicken Pot Pie

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23136
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Pot Pie

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23137
School:	Culver Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	300 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851
FILLING POT PIE CHIX 4-5 JTM	125 Pound		513242

Preparation Instructions

weigh out the 6.7 oz weight to figure out what size scoop it fits in.

add another meat, (string cheese, peanut butter or cottage cheese)

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: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	340.89		
Fat	13.35g		
SaturatedFat	7.73g		
Trans Fat	0.03g		
Cholesterol	33.34mg		
Sodium	849.04mg		
Carbohydrates	41.38g		
Fiber	2.42g		
Sugar	6.15g		
Protein	15.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	251.48mg	Iron	2.37mg