

# **Cookbook for Highland Middle School**

**Created by HPS Menu Planner**

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# STOH Chef Salad - Middle School



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9308
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup		182570
Grape Tomatoes	6 Each		749041
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM IMIT GRTD 2-5 SCHRBR	1 Teaspoon		595101
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1 Tablespoon	<b>READY_TO_EAT</b> Open, pour and enjoy!	365880
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
DRESSING FREN RED RNCH 4-1GAL LTHSE	1 Tablespoon	<b>READY_TO_EAT</b> Open, pour and enjoy!	132171

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll (Alpha Baking)	2	RTE	
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

## Preparation Instructions

For salad prep

1. Cut, wash and drain romaine
2. Place 2 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes
3. Top with 6-8 cherry tomatoes

For grilled chicken prep

1. Steam grilled chicken breasts until internal temp of 165 is reached.
2. Cut chicken into bite size pieces
3. Place on top of salad bed

If desired - Sprinkle Parmesan cheese on top of salad

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Offer with dressing & two WG dinner rolls (2oz grain)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	2.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	486.67		
<b>Fat</b>	17.75g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.50mg		
<b>Sodium</b>	1338.33mg		
<b>Carbohydrates</b>	56.17g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.00mg	<b>Iron</b>	0.72mg

# Assorted Canned Fruit



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9314
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup	Wash hands. Put on clean gloves. Open #10 cans. Drain liquid first or use slotted spoon to portion into 1.2 cup portions into 5 oz plastic cups. Place filled cups on tray, slide tray on rolling rack and refrigerate until service.	256760

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b>	300.00IU
<b>Vitamin C</b>	3.60mg

**Calcium** 0.00mg      **Iron** 0.36mg

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# Asst Fresh Fruit (Banana)



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9315
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	75.52IU	<b>Vitamin C</b>	10.27mg
<b>Calcium</b>	5.90mg	<b>Iron</b>	0.31mg

# Hamburger on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9519
<b>School:</b>	Merkley Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
BEEF BRGR CKD CHARB CN 81-3.1Z GFS	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100660
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	READY_TO_EAT None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions



Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Serve with lettuce, tomato, mustard, ketchup and pickle.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	417.90		
<b>Fat</b>	22.77g		
<b>SaturatedFat</b>	8.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	885.00mg		
<b>Carbohydrates</b>	29.66g		
<b>Fiber</b>	2.37g		
<b>Sugar</b>	7.32g		
<b>Protein</b>	20.72g		
<b>Vitamin A</b>	5.95IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.90mg	<b>Iron</b>	2.86mg

# Yogurt & Granola Bar Meal

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9598
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	RTE, keep refrigerated	885750
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each	RTE	526283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	135.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 161.00mg **Iron** 1.00mg

# Cereal and Muffin Meal

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9599
<b>School:</b>	Highland Middle School		

## Ingredients

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
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	READY_TO_EAT	262343

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	290.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	225.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	5.00g

<b>Vitamin A</b>	14.41IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	112.76mg	<b>Iron</b>	5.83mg

# Cereal & Poptart Meal

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9600
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	READY_TO_EAT	452062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	4.00g

<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	190.00mg	<b>Iron</b>	4.30mg

# Cereal & Granola Bar Meal

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9602
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	Ready To Eat	283620
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	250.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	235.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	6.00mg



**Calcium** 11.00mg **Iron** 2.80mg

# Poptart and Cheese Stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9621
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	400.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	700.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 300.00mg **Iron** 1.80mg

# Spicy Popcorn Chicken and Wheat Bread



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9623
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. UNPREPARED	327130
School White Wheat Sandwich Bread	1 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 320.30

**Fat** 15.17g

**SaturatedFat** 2.90g

**Trans Fat** 0.00g

**Cholesterol** 21.82mg

**Sodium** 524.57mg

**Carbohydrates** 29.06g

**Fiber** 3.36g

**Sugar** 2.59g

**Protein** 16.57g

**Vitamin A** 0.01IU      **Vitamin C** 0.00mg

**Calcium** 57.77mg      **Iron** 2.85mg

# Ravioli & Garlic Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9624
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 Serving	<p><b>HEAT_AND_SERVE</b> Wash Hands. Empty Beef Ravioli in Meat Sauce into a half size steam table pan and cover tightly with aluminum foil or use plastic wrap for steamer application. Steam in pressure or convection oven at 350 degrees for approximately 30 minutes until serving temperature of 165 degrees is obtained.</p>	496286
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<p><b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.</p>	277862

## Preparation Instructions

Store remaining portions in tightly sealed shallow plastic container or storage bag. Date stamp accordingly and

refrigerate or freeze.

Thaw under refrigeration. YIELD 13 portions averaging 8.31 oz. each.

Serving suggestion: Cheesy Beef Ravioli: Sprinkle with shredded mozzarella cheese. Heat in oven until cheese is melted and temp reaches 165 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 3.70mg

# Chicken Nuggets and WG Bread



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9627
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL CKD 535-.78Z	1 Serving		150220
School White Wheat Sandwich Bread	1 Slice		12385

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 344.38

**Fat** 17.24g

**SaturatedFat** 3.92g

**Trans Fat** 0.00g

**Cholesterol** 68.75mg

**Sodium** 653.65mg

**Carbohydrates** 23.95g

**Fiber** 2.43g

**Sugar** 1.50g

**Protein** 22.39g

**Vitamin A** 0.01IU      **Vitamin C** 0.00mg

**Calcium** 30.84mg      **Iron** 1.92mg

# Sunshine Lunch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9651

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
Baby Carrots	4 Ounce		
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup		197858

## Preparation Instructions

Wash carrots and grapes. Assemble container with one yogurt, one cheese stick, 2 pkg gold fish crackers, 4 oz baby carrots and 4 oz grapes.

Credits for 2m/ma; 2 grains , 1/2 cup red/orange and 1/2 cup fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	6.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	686.27
<b>Fat</b>	14.27g
<b>SaturatedFat</b>	5.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	1041.66mg
<b>Carbohydrates</b>	113.67g
<b>Fiber</b>	18.73g
<b>Sugar</b>	55.33g
<b>Protein</b>	14.53g
<b>Vitamin A</b> 284.00IU	<b>Vitamin C</b> 3.36mg
<b>Calcium</b> 401.76mg	<b>Iron</b> 1.69mg

# Turkey Deli Sandwich Meal



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9652

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diamond Jim's - Wheat	1 Each	READY_TO_EAT	31454
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 Ounce		442763
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 5X6 XL 5 MRKN	1 Slice		438197
LETTUCE LEAF 12CT MRKN	1 Piece		198668
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

## Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham and/or turkey as needed

Portion 3 ounces of turkey and place on hoagie. Add 1 slice american cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and condiments.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.05
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.10
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		277.83	
<b>Fat</b>		10.13g	
<b>SaturatedFat</b>		3.58g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		53.59mg	
<b>Sodium</b>		1733.96mg	
<b>Carbohydrates</b>		32.90g	
<b>Fiber</b>		2.54g	
<b>Sugar</b>		7.45g	
<b>Protein</b>		22.68g	
<b>Vitamin A</b>	218.43IU	<b>Vitamin C</b>	1.03mg
<b>Calcium</b>	151.56mg	<b>Iron</b>	2.04mg

# Romaine Salad Mix



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9653
<b>School:</b>	Highland Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CUCUMBER SELECT 6CT MRKN	2 Slice		592323
PEPPERS GREEN LRG 5 MRKN	1 Ounce		592315
TOMATO GRAPE SWT 10 MRKN	2 Ounce		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.29

<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	18.68
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.94mg
<b>Carbohydrates</b>	3.46g
<b>Fiber</b>	1.49g
<b>Sugar</b>	2.46g
<b>Protein</b>	1.19g

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<b>Vitamin A</b>	450.59IU	<b>Vitamin C</b>	21.32mg
<b>Calcium</b>	16.81mg	<b>Iron</b>	0.42mg