

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

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Yogurt

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18880
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g

Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

Cereal

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18881
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
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
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
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 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 LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

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 Bowl

Amount Per Serving			
Calories	115.00		
Fat	1.35g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.00mg		
Carbohydrates	24.40g		
Fiber	2.10g		
Sugar	8.10g		
Protein	1.80g		
Vitamin A	50.00IU	Vitamin C	2.10mg
Calcium	70.00mg	Iron	3.73mg

Stuffed Crust Pizza

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18882
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

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: 3.00
Serving Size: 1.00 Slice

Amount Per Serving

Calories	320.00		
Fat	13.00g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	733.33mg		
Carbohydrates	35.67g		
Fiber	3.33g		
Sugar	3.67g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	2.43mg

1-Broccoli & Cheese

NO IMAGE

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18883
School:	Test High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 1/3 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.49
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: 164.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		69.41	
Fat		2.44g	
SaturatedFat		1.46g	
Trans Fat		0.00g	
Cholesterol		7.32mg	
Sodium		203.69mg	
Carbohydrates		7.20g	
Fiber		3.03g	
Sugar		1.99g	
Protein		5.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Juice Variety

NO IMAGE

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18884
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	13.50g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	30.00mg

Calcium 5.00mg **Iron** 1.00mg

Fruit

NO IMAGE

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18885
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup	BAKE	100219
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE	473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup	BAKE	100224
Wild Blueberries fzn	1 Cup	BAKE	100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GCHC	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Each	BAKE	14J93
Grapes	1	BAKE	14P36
Pear, fresh	1	BAKE	14P12
Oranges, whole	1 Each	BAKE	16W62

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.63
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	98.86		
Fat	0.12g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	24.14g		
Fiber	2.22g		
Sugar	18.93g		
Protein	0.87g		
Vitamin A	98.77IU	Vitamin C	8.51mg
Calcium	11.36mg	Iron	0.45mg

Ketchup

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18886
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mustard

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18887
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Poptart Variety- 2 Count

NO IMAGE

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18893
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	365.00
Fat	5.83g
SaturatedFat	1.93g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	386.00mg
Carbohydrates	76.00g
Fiber	5.73g
Sugar	30.33g

Protein	4.67g		
Vitamin A	406.67IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	3.60mg

Poptart Variety- 1 Count

NO IMAGE

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18894
School:	KATHY'S TEST SCHOOL		

Ingredients

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

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 Package

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

Cereal Variety

NO IMAGE

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18895
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
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 FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
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 COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
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 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

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	1.50g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.50mg		
Carbohydrates	23.63g		
Fiber	2.13g		
Sugar	6.88g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	57.50mg	Iron	3.39mg

Taco Meat

NO IMAGE

Servings:	500.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18896
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN		100330
TOMATO PUREE 1.045 6-10 GFS	3 #10 CAN		100242
TOMATO PASTE CALIF 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package		183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.43
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.52
OtherVeg	0.00
Legumes	0.10
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	186.46		
Fat	8.90g		
SaturatedFat	2.97g		
Trans Fat	1.43g		
Cholesterol	0.00mg		
Sodium	238.47mg		
Carbohydrates	13.38g		
Fiber	4.04g		
Sugar	3.85g		
Protein	12.82g		
Vitamin A	319.64IU	Vitamin C	1.69mg
Calcium	16.75mg	Iron	1.34mg

PBJ Option- High School

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18897
School:	KATHY'S TEST SCHOOL		

Ingredients

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

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	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

Choice of Juice

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18898
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	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

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.67mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	14.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	34.00mg
Calcium	0.00mg	Iron	0.00mg

Fresh Fruit Variety

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18899
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	1 Each		198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	1.47
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 117.86

Fat 0.34g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.63mg

Carbohydrates 30.90g

Fiber 4.68g

Sugar 20.27g

Protein 0.87g

Vitamin A 130.23IU **Vitamin C** 21.07mg

Calcium 22.07mg **Iron** 0.34mg

Oatmeal

NO IMAGE

Servings:	17.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18900
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound		240869
Tap Water for Recipes	16 Cup	UNPREPARED	000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

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: 17.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	234.56
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.09mg
Carbohydrates	50.56g
Fiber	4.00g
Sugar	22.59g

Protein		4.99g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

Cereal Bar Variety

NO IMAGE

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18901
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 1.42 oz	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	156.67		
Fat	4.11g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	116.67mg		
Carbohydrates	28.11g		
Fiber	2.78g		
Sugar	9.89g		
Protein	2.11g		
Vitamin A	166.69IU	Vitamin C	0.00mg
Calcium	154.44mg	Iron	1.37mg

Toast with Butter

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18902
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	12.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.40mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg

Calcium

4.00mg

Iron

6.00mg

Yogurt Variety

NO IMAGE

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18903
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to eat single serving	551741

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 85.00

Fat 0.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 62.50mg

Carbohydrates 16.50g

Fiber 0.00g

Sugar 10.50g

Protein 3.75g

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

Calcium 135.00mg **Iron** 0.00mg

Famous HPS Cheeseburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22533
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	100 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
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice		189071
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	375.00		
Fat	18.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	385.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	26.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	161.50mg	Iron	2.80mg