

# **Cookbook for New Paris Elementary School**

**Created by HPS Menu Planner**

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# Assorted Whole Grain Cereals

<b>Servings:</b>	7.00	<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-9688
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	1.29g
<b>SaturatedFat</b>	0.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	158.57mg
<b>Carbohydrates</b>	23.57g
<b>Fiber</b>	1.86g
<b>Sugar</b>	8.29g
<b>Protein</b>	1.86g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 47.14mg **Iron** 3.47mg

# 100% Fruit Juice

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9689

## Ingredients

Description	Measurement	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	135460

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.50mg		
<b>Carbohydrates</b>	16.50g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	30.60mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.00mg

# Assorted Fruit

<b>Servings:</b>	10.00	<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-9690

## Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup	268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup	189979
Applesauce cnd	1 Cup	110541comm
FRUIT MIXED 6-10	1 Cup	100212
Pear Halves	1 Cup	100226

## 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: 10.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	58.14		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.40mg		
<b>Carbohydrates</b>	14.59g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	11.74g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.04mg	<b>Iron</b>	0.06mg

# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9691
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	265.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	22.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 118.00mg	<b>Iron</b> 9.80mg



# Baked Beans

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9692
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN	822477
SUGAR BROWN LT 12-2 P/L	1/2 Cup	860311
SAUCE BBQ 4-1GAL GCHC	2 Cup	734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	860221

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.54
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	173.91		
<b>Fat</b>	0.57g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	609.01mg		
<b>Carbohydrates</b>	36.32g		
<b>Fiber</b>	5.49g		
<b>Sugar</b>	12.09g		
<b>Protein</b>	7.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.04mg	<b>Iron</b>	2.16mg

# Peas

<b>Servings:</b>	248.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9693
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GCHC	45 Pound	285660
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.44

### Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	84.21		
<b>Fat</b>	4.26g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	156.04mg		
<b>Carbohydrates</b>	7.80g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.60g		
<b>Protein</b>	3.25g		
<b>Vitamin A</b>	290.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.71mg

# Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9695
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.00mg	<b>Iron</b>	10.00mg

# Green Beans

<b>Servings:</b>	248.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9696
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	10 #10 CAN	273856
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.52
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	59.57		
<b>Fat</b>	4.26g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	302.06mg		
<b>Carbohydrates</b>	4.17g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	2.09g		
<b>Protein</b>	1.04g		
<b>Vitamin A</b>	290.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.38mg	<b>Iron</b>	0.42mg

# Corn

<b>Servings:</b>	248.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9702
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	45 Pound	283730
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	108.57		
<b>Fat</b>	4.76g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	156.04mg		
<b>Carbohydrates</b>	15.97g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	290.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.08mg	<b>Iron</b>	0.40mg

# Mexican Dip

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9705
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN	293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN	695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN	565695
SALSA 103Z 6-10 REDG	3 #10 CAN	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	100012

## Preparation Instructions

Heat together first 7 ingredients. Portion  $\frac{3}{4}$  c into serving dishes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	355.52
<b>Fat</b>	20.08g
<b>SaturatedFat</b>	7.42g
<b>Trans Fat</b>	2.13g
<b>Cholesterol</b>	69.67mg
<b>Sodium</b>	945.16mg
<b>Carbohydrates</b>	18.03g
<b>Fiber</b>	2.16g
<b>Sugar</b>	1.17g
<b>Protein</b>	22.13g

<b>Vitamin A</b>	363.90IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.87mg	<b>Iron</b>	1.38mg

# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9706
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	9.80mg



# Chili

<b>Servings:</b>	315.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9708
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN	785024
TOMATO PASTE 6-10 HUNTS	2 2/3 #10 CAN	444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup	331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon	224839
SALT IODIZED 24-26Z GFS	1/4 Cup	108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	4 Cup	860311
Tap Water for Recipes	4 3/4 Gallon	000001WTR

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.51
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.44
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	275.54
<b>Fat</b>	12.56g
<b>SaturatedFat</b>	4.06g
<b>Trans Fat</b>	2.03g
<b>Cholesterol</b>	52.83mg
<b>Sodium</b>	520.12mg
<b>Carbohydrates</b>	22.12g

<b>Fiber</b>	9.19g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	20.45g		
<b>Vitamin A</b>	221.71IU	<b>Vitamin C</b>	1.77mg
<b>Calcium</b>	30.16mg	<b>Iron</b>	2.32mg

# Refried Beans

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9741
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN	293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound	645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	174.89
<b>Fat</b>	3.76g
<b>SaturatedFat</b>	1.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.00mg
<b>Sodium</b>	619.22mg
<b>Carbohydrates</b>	25.06g
<b>Fiber</b>	6.47g
<b>Sugar</b>	1.34g
<b>Protein</b>	10.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 103.17mg	<b>Iron</b> 2.16mg

# Hot Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9742
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.83
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.72		
<b>Fat</b>	10.04g		
<b>SaturatedFat</b>	3.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.93mg		
<b>Sodium</b>	977.45mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	26.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	98.00mg	<b>Iron</b>	8.94mg

# Mixed Vegetables

<b>Servings:</b>	248.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9743
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
VEG MIXED 5-WAY 30 GCHC	45 Pound	285690
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.44
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	77.71		
<b>Fat</b>	4.26g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	169.04mg		
<b>Carbohydrates</b>	7.80g		
<b>Fiber</b>	1.95g		
<b>Sugar</b>	2.60g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	290.32IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.39mg

# Combo Cookie

<b>Servings:</b>	340.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9744
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup	860311
SUGAR CANE GRANUL 25 GCHC	6 Cup	108642
MARGARINE SLD ZT 30-1 GFS	6 Cup	557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup	433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308
BAKING SODA 36Z GCHC	2 Tablespoon	513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon	513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup	515002
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup	240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup	732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup	283610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.04
<b>Grain</b>	0.31
<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: 340.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	139.27
<b>Fat</b>	8.93g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	3.81mg
<b>Sodium</b>	114.44mg
<b>Carbohydrates</b>	14.73g
<b>Fiber</b>	1.06g
<b>Sugar</b>	7.12g
<b>Protein</b>	1.70g

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<b>Vitamin A</b>	141.18IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.68mg	<b>Iron</b>	0.91mg

# Chicken & Noodles

<b>Servings:</b>	350.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9745
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	45 Pound	100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN	264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN	695513
BASE CHIX RSTD 25 GCHC	2 Pound	160830
Tap Water for Recipes	7 Gallon	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon	225037
MARGARINE SLD 30-1 GCHC	1 Pound	733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound	654580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	180.88
<b>Fat</b>	4.29g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.72mg
<b>Sodium</b>	569.15mg
<b>Carbohydrates</b>	20.06g
<b>Fiber</b>	2.74g
<b>Sugar</b>	1.67g
<b>Protein</b>	16.18g



<b>Vitamin A</b>	119.29IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.55mg	<b>Iron</b>	0.91mg

# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9750
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.36mg

# Chocolate Cake

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9751
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup	515002
SUGAR CANE GRANUL 25 GCHC	3 1/2 Cup	108642
COCOA PWD BAKING 6-5 GCHC	2 1/12 Cup	269654
BAKING SODA 36Z GCHC	2 1/2 Teaspoon	513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon	361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon	108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each	206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup	817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup	433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon	110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon	557482
SUGAR POWDERED 10X 12-2 PION	4 Cup	859740

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.16
<b>Grain</b>	0.26
<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: 50.00  
Serving Size: 1.00 Piece

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**Amount Per Serving**

<b>Calories</b>	168.18
<b>Fat</b>	7.23g
<b>SaturatedFat</b>	1.93g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	16.60mg
<b>Sodium</b>	244.72mg
<b>Carbohydrates</b>	22.76g
<b>Fiber</b>	0.64g
<b>Sugar</b>	17.40g
<b>Protein</b>	3.29g

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<b>Vitamin A</b>	160.56IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.74mg	<b>Iron</b>	0.39mg

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9755
<b>School:</b>	New Paris Elementary School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Pork BBQ Rib on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9756
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	100640
Aunt Millies Whole Grain Hot Dog Buns	1 bun	2918

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.00mg	<b>Iron</b>	11.08mg

# Tenderloin on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9757
<b>School:</b>	New Paris Elementary School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9758
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.73
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	294.02		
<b>Fat</b>	12.65g		
<b>SaturatedFat</b>	3.79g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.55mg		
<b>Sodium</b>	1021.19mg		
<b>Carbohydrates</b>	23.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	20.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	152.23mg	<b>Iron</b>	9.10mg



# Grilled Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9760
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon	557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	466

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	345.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	8.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.50mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	294.00mg	<b>Iron</b>	8.00mg

# Grilled Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15643
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
3.5 WG Hamburger Bun	1 Each	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21943
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup	153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce	202150

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.14
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.14
<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>	206.92		
<b>Fat</b>	13.15g		
<b>SaturatedFat</b>	7.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.68mg		
<b>Sodium</b>	588.67mg		
<b>Carbohydrates</b>	2.11g		
<b>Fiber</b>	0.56g		
<b>Sugar</b>	0.56g		
<b>Protein</b>	19.18g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	206.22mg	<b>Iron</b>	0.80mg

# Chicken Fajita

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24446
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	3 Tablespoon	150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	264.26		
<b>Fat</b>	12.10g		
<b>SaturatedFat</b>	7.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	66.03mg		
<b>Sodium</b>	593.97mg		
<b>Carbohydrates</b>	20.93g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.18g		
<b>Protein</b>	18.84g		
<b>Vitamin A</b>	225.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	169.25mg	<b>Iron</b>	1.08mg