

Cookbook for Camargo Elementary

Created by HPS Menu Planner

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BLT Romaine Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20565
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
BACON BITS IMIT 1-10 FARBURY	2 Cup		230904

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Cup

Amount Per Serving

Calories	86.20		
Fat	2.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	264.50mg		
Carbohydrates	9.50g		
Fiber	4.10g		
Sugar	3.50g		
Protein	7.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	25.00mg	Iron	0.61mg

Baby Carrots (1 Cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26350
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup	Bagged in small Ekon-O-Pac Bag	510637

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	1.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	12.00g
Fiber	4.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 42799.14IU	Vitamin C 15.60mg
Calcium 54.44mg	Iron 0.72mg

Baby Carrots (1/2 Cup)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26351
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	Bag in saddle bag. Home in Ekon-O-Pac	510637

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	36.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	14266.67IU	Vitamin C	5.20mg
Calcium	18.15mg	Iron	0.24mg

Baked Beans (Home Delivery)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26352
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup	Portion 1/2 Cup in 5.5 oz. cup with lid.	570710

Preparation Instructions

Portion 1/2 cup of baked beans in 5.5 oz. cup with lid.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

Baked Beans (At School)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26353
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	1/2 Cup		570710

Preparation Instructions

Open and empty 2 cans of baked beans in a 4 inch hotel pan. Cover with a lid. Cook at 350 degrees for 45 minutes. Temperature should reach 145 degrees. Each pan should yield 44 servings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

Nardone's Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26355
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 96-5Z NARDONES	1 1		187782

Preparation Instructions

Place pizza on a perforated sheet pan. Cook at 350 degrees for approximately 12 minutes or until internal temperature reaches 165 degrees.

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

Amount Per Serving

Calories	350.00		
Fat	17.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	580.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheeseburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26362
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE	658622
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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

Amount Per Serving	
Calories	260.00
Fat	12.50g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	355.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	3.50g

Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 2.08mg

Hamburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26363
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE	658622

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	215.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 47.00mg **Iron** 2.08mg

Uncrustable To Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26366
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	Thaw at room temperature.	527462
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CHEESE STIX COLBY JK IW 168-1Z	1 Each		235551

Preparation Instructions

Combine all ingredients in Ekon-O-Pac bag.

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

Amount Per Serving

Calories	510.00		
Fat	28.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	620.00mg		
Carbohydrates	47.00g		
Fiber	5.00g		
Sugar	15.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	193.00mg	Iron	1.72mg

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26367
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN SEAS CRSPY 6-5	1 Cup		123790

Preparation Instructions

Place french fries on perforated pan. Cook at 350 degrees for approximately 15 minutes.

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	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	346.67		
Fat	8.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	80.00mg		
Carbohydrates	53.33g		
Fiber	5.33g		
Sugar	0.00g		
Protein	5.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.96mg

Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26369
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GREEN LEAF FILLETS/CROWNS 2-5 RSS	1 Piece		240907
TOMATO 5X6 XL 25 MRKN	2 Slice	Wash and slice tomatoes	206032
ONION RING RED 1/4 2-5 RSS	2 Ounce		429198

Preparation Instructions

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 slices of onion, and 2 pickles in a saddle bag.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	27.42		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.39mg		
Carbohydrates	5.96g		
Fiber	1.47g		
Sugar	2.75g		
Protein	0.83g		
Vitamin A	520.65IU	Vitamin C	3.50mg
Calcium	15.22mg	Iron	0.31mg

Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26372
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

Preparation Instructions

Place chicken tenders on a perforated pan. Cook for approximately 18 minutes, or until internal temperature of 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

Club Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26378
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779170
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
CHEESE AMER SHRD FTNR 4-5# BONGARDS	2 Ounce		344731
BACON CRUMBLES CKD 12-1 GCHC	1 Tablespoon	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
CARROT MATCHSTICK SHRED 2- 3 RSS	1/4 Cup		198161
CRACKER CAPTAIN'S WAFER 400-2CT	8 Each		720121

Preparation Instructions

Assemble ingredients in deli container. 2 cups of romaine lettuce, 1 oz. deli ham, 1 oz. deli turkey, 1/4 c. diced tomatoes, 1/4 c. diced cucumbers, 2 oz. shredded cheese, 1 tbsp bacon crumbles, and 1/4 matchstick carrots. Bag 8 pkts. of crackers and serve on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00

RedVeg	0.50
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	322.55	
Fat	8.04g	
SaturatedFat	1.33g	
Trans Fat	0.00g	
Cholesterol	56.07mg	
Sodium	1385.00mg	
Carbohydrates	33.71g	
Fiber	4.43g	
Sugar	12.14g	
Protein	31.90g	
Vitamin A	5738.55IU	Vitamin C 8.48mg
Calcium	90.15mg	Iron 2.59mg

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26379
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	260.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

Roll K-8

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26380
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each		112401
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

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

Amount Per Serving

Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26381
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup		118737
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans and 1 package of butter buds. Steam without lid for 45 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	22.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	4.67g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

Beefy Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26382
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce		722330

Preparation Instructions

Prepare taco meet either with a steamer or kettle. Internal temperature should be 165 degrees. Serve with a heaping 3 oz. spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	114.21		
Fat	5.02g		
SaturatedFat	1.85g		
Trans Fat	0.30g		
Cholesterol	35.88mg		
Sodium	299.27mg		
Carbohydrates	5.13g		
Fiber	2.05g		
Sugar	2.05g		
Protein	13.12g		
Vitamin A	661.28IU	Vitamin C	5.13mg
Calcium	42.03mg	Iron	2.05mg

Refried Bean Melt

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26385
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	1/2 Cup		293962
SEASONING TACO SLT FR 19.5Z TRDE	1/2 Teaspoon		605062
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1/2 Ounce		344731

Preparation Instructions

Combine 2 cans of refried beans, 1/2 c, taco seasoning, 25 ounces of cheese in a 4 inch pan. Bake at 350 for 35 minutes with lid.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	146.25		
Fat	2.07g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	0.27mg		
Sodium	542.50mg		
Carbohydrates	24.05g		
Fiber	6.25g		
Sugar	1.04g		
Protein	8.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.27mg	Iron	2.25mg

Taco Toppings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26386
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE AMER SHRD FTNR 4-5# BONGARDS	1 Ounce		344731
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032

Preparation Instructions

In deli container (551937) assemble 1 c. romaine ribbons, 1 oz. cheese, and 1/4 c. diced tomatoes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.60		
Fat	0.24g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.54mg		
Sodium	17.25mg		
Carbohydrates	3.86g		
Fiber	1.55g		
Sugar	2.32g		
Protein	1.61g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	21.04mg	Iron	0.12mg

Mashed Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26427
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	1 Cup		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

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	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	327.00		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1300.00mg		
Carbohydrates	70.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	14.40mg
Calcium	80.00mg	Iron	1.44mg

Mashed Potatoes K-8

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26428
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	1/2 Cup		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1/2 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1/2 Tablespoon		209810

Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	163.50		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	650.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	7.20mg
Calcium	40.00mg	Iron	0.72mg

Mandarin Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26433
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 1/2 Ounce		550512

Preparation Instructions

Steam bags of sauce for approximately 40-45 minutes. Bake chicken on a sheet pan for approximately 16-18 minutes at 350 degrees. Combine one bag of sauce with one bag of chicken in a 4 inch pan. Serve a heaping 3 oz. spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.83		
Fat	2.92g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	38.89mg		
Sodium	272.22mg		
Carbohydrates	18.47g		
Fiber	0.00g		
Sugar	9.72g		
Protein	10.69g		
Vitamin A	0.00IU	Vitamin C	1.17mg
Calcium	0.00mg	Iron	0.70mg

Hamburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26434
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE	658622
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each		558110

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

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

Amount Per Serving

Calories	320.00		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	490.00mg		
Carbohydrates	39.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 20.00mg **Iron** 2.88mg

Cheeseburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26435
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	<p>COOKING GUIDELINES: Cook from frozen state.</p> <p>CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p>CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.</p> <p>MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.</p> <p>BAKE</p>	658622
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	13.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	630.00mg
Carbohydrates	40.00g
Fiber	1.00g
Sugar	6.50g

Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	95.00mg	Iron	2.88mg

Roll 9-12

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26439
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	140.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	32.00g		
Fiber	7.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg