

Cookbook for Tippecanoe Valley High School

Created by HPS Menu Planner

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Green Beans

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9247
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT 5SV 6-10 P/L	8 #10 CAN	562998
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound	299405

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.89		
Fat	0.92g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Corn

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9250
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound	299405
CORN, KERNEL YELLOW IQF FROZEN	30 Pound	4328233

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	0.75

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	94.74		
Fat	2.24g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	0.00mg		
Carbohydrates	18.29g		
Fiber	0.00g		
Sugar	7.84g		
Protein	2.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cooked Carrots

Servings:	124.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9265
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/3 Pound	299405
CARROT SLCD C/C LRG 30 GCHC	30 Pound	285680

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	0.73
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 124.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	41.02		
Fat	0.94g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	48.75mg		
Carbohydrates	7.58g		
Fiber	3.25g		
Sugar	4.33g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	Iron	0.39mg

Peas

Servings:	402.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9267
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound	299405
PEAS FZ 30 COMM	201 Cup	110510

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	0.50

Nutrition Facts

Servings Per Recipe: 402.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.95		
Fat	1.09g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	2.99mg		
Sodium	58.00mg		
Carbohydrates	11.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Veggie Dip

Servings:	512.00	Category:	Condiments or Other
Serving Size:	1.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11312
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon	429406
SOUR CREAM 4-5 GCHC	5 Pound	285218
Tap Water for Recipes	1/2 Gallon	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package	473308

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: 512.00

Serving Size: 1.00 TBSP.

Amount Per Serving

Calories	21.07		
Fat	1.36g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	7.86mg		
Sodium	81.06mg		
Carbohydrates	2.28g		
Fiber	0.00g		
Sugar	0.79g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.16mg	Iron	0.01mg

Chicken Alfredo

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11313
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Unseasoned, chicken Strips, cooked, frozen	10 Pound	110462
SAUCE ALFREDO FZ 6-5 JTM	30 Pound	155661
PASTA ROTINI RAINBOW 4-5 GCHC	10 Pound	413340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.44
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: 160.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	153.78		
Fat	3.22g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	22.66mg		
Sodium	159.25mg		
Carbohydrates	22.12g		
Fiber	1.00g		
Sugar	1.67g		
Protein	9.65g		
Vitamin A	49.55IU	Vitamin C	0.00mg
Calcium	52.82mg	Iron	0.95mg

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11315
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup	33420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.70
Grain	0.35
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	160.00		
Fat	4.16g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	112.00mg		
Carbohydrates	24.64g		
Fiber	0.96g		
Sugar	16.64g		
Protein	4.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.56mg	Iron	0.64mg

Oriental Vegetables

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11316
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND ORIENTAL 30 GCHC	12 Cup	285720
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup	299405

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	31.67		
Fat	1.83g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	5.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.20mg

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15580
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice	244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.33
Fat	13.00g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	976.67mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.24mg

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15588
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	520.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	11.00mg

BBQ Rib on Sub Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Rib	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19056
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	100640
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	1 bun	4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Rib

Amount Per Serving

Calories	340.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19057
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	840.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.11mg	Iron	10.76mg

Chili for Hot Dog

Servings:	448.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19058
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound	764720
SALT IODIZED 25 CARG	5 Tablespoon	108286
Black Pepper	1 Tablespoon	24108
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
STARCH CORN 24-1 ARGO	8 Ounce	108413
SUGAR BEET GRANUL 50 GCHC	2 1/2 Cup	224413
SAUCE TOMATO MW 6-10 GCHC	1 Gallon	306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart	547871

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: 448.00

Serving Size: 2.00 TBSP.

Amount Per Serving

Calories	120.33
Fat	7.50g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	26.79mg
Sodium	191.48mg
Carbohydrates	4.87g
Fiber	0.17g
Sugar	3.73g
Protein	7.67g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.61mg	Iron	0.71mg

Baked Beans- HS

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19064
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED 6-10 BUSH	8 #10 CAN	520098
SUGAR BROWN LT 12-2 GFS	3 3/4 Pound	314641
SUGAR CANE GRANUL 25 GCHC	2 Pound	108642
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup	223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup	860221
KETCHUP CAN NAT LO SOD 6-10 REDG	2 Cup	200621

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	0.14
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	216.86		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	684.70mg		
Carbohydrates	46.82g		
Fiber	5.42g		
Sugar	27.19g		
Protein	7.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 54.34mg **Iron** 2.05mg

Cole Slaw

Servings:	270.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19065
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	20 Pound	198226
MAYONNAISE 4-1GAL KE	1 Gallon	631411
SUGAR BEET GRANUL 50 GCHC	5 Cup	224413
SALT IODIZED 25 CARG	2 Tablespoon	108286

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 270.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	116.39		
Fat	10.42g		
SaturatedFat	1.89g		
Trans Fat	0.00g		
Cholesterol	9.47mg		
Sodium	106.27mg		
Carbohydrates	6.17g		
Fiber	0.67g		
Sugar	4.56g		
Protein	0.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.28mg	Iron	0.02mg

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19123
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY HOAG 3.75Z 60CT TYS	1 Each	167040
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup	315494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	21.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1120.00mg
Carbohydrates	23.00g
Fiber	3.50g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.00mg	Iron 0.54mg

BBQ Chicken on Bun

Servings:	320.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19126
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	40 Pound	100101
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	2 Gallon	547871
BASE CHIX 12-1 KE	3 Tablespoon	160790
SUGAR BEET GRANUL 50 GCHC	1 1/2 Quart	224413
Hamburger Buns	320 Each	1632

Preparation Instructions

1. Place 1/4 cup of BBQ Chicken mixture on each 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: 320.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.47		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	480.26mg		
Carbohydrates	41.19g		
Fiber	1.00g		
Sugar	15.39g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Viking Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19127
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	3 Ounce	764720
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
Hamburger Buns	1 Each	1632

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	20.25g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	63.75mg		
Sodium	438.75mg		
Carbohydrates	29.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	22.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.35mg

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19128
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	849014
Hamburger Buns	1 Each	1632

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	620.00mg		
Carbohydrates	43.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Philly Steak & Cheese

Servings:	357.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19129

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	10 Package	720861
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	60 Pound	722110
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	357 bun	4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 357.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	450.22		
Fat	20.65g		
SaturatedFat	9.78g		
Trans Fat	0.41g		
Cholesterol	71.52mg		
Sodium	1165.06mg		
Carbohydrates	36.03g		
Fiber	1.00g		
Sugar	5.56g		
Protein	24.47g		
Vitamin A	537.82IU	Vitamin C	0.00mg
Calcium	279.39mg	Iron	1.12mg

Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19132
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 Ounce	133288

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	485.65
Fat	24.53g
SaturatedFat	8.06g
Trans Fat	0.00g
Cholesterol	95.29mg
Sodium	1187.71mg
Carbohydrates	43.76g
Fiber	4.00g
Sugar	1.76g
Protein	26.88g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 202.00mg	Iron 0.00mg

Sloppy Joe on Bun

Servings:	224.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19134

Ingredients

Description	Measurement	DistPart #
BEEF GRND 81/19 FINE GRIND 6-10AVG	40 Pound	764720
SALT IODIZED 24-26Z GFS	5 Tablespoon	108308
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Tablespoon	518322
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
STARCH CORN 24-1 ARGO	8 Ounce	108413
SUGAR CANE GRANUL 25 GCHC	2 1/2 Cup	108642
SAUCE TOMATO MW 6-10 GCHC	1 Gallon	306347
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	3 Quart	547871
Hamburger Buns	224 Each	1632

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	0.14
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.77		
Fat	17.00g		
SaturatedFat	6.43g		
Trans Fat	0.00g		
Cholesterol	53.57mg		
Sodium	622.54mg		
Carbohydrates	37.80g		
Fiber	1.35g		
Sugar	10.46g		
Protein	19.34g		
Vitamin A	0.23IU	Vitamin C	0.00mg

Calcium 0.98mg **Iron** 1.42mg

Meatball Sub-HS

Servings:	188.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19135

Ingredients

Description	Measurement	DistPart #
MEATBALL BF CKD .5Z 4-5 GCHC	752 Each	869929
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1 #10 CAN	315494
SAUCE PIZZA W/BASL 6-10 REDPK	1 Cup	256013
Cheese, Mozzarella, Part Skim, Shredded	35 1/4 Cup	100021
Aunt Millie's White Mini Subs--5 1/2" x 2 1/2"	188 bun	4339

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 188.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	436.39		
Fat	20.58g		
SaturatedFat	9.08g		
Trans Fat	0.67g		
Cholesterol	45.42mg		
Sodium	980.96mg		
Carbohydrates	38.86g		
Fiber	2.79g		
Sugar	6.60g		
Protein	19.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.42mg	Iron	1.13mg

Mashed Potatoes

Servings:	770.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19151

Ingredients

Description	Measurement	DistPart #
POTATO GRANULES NO MILK 6-5.75 GCHC	5 Package	118508
SALT IODIZED 25 CARG	15 Tablespoon	108286
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 1/2 Pound	299405
Tap Water for Recipes	15 Gallon	000001WTR

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	0.50

Nutrition Facts

Servings Per Recipe: 770.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.78		
Fat	1.14g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	3.12mg		
Sodium	151.47mg		
Carbohydrates	14.09g		
Fiber	1.41g		
Sugar	0.70g		
Protein	1.41g		
Vitamin A	0.00IU	Vitamin C	21.13mg
Calcium	14.56mg	Iron	0.25mg

Super Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19171
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
SAUCE CHS NACHO DLX 6-10 GCHC	1/4 Cup	323616
CHIP TORTL CRN YEL RND 10-16Z SHEAR	2 Ounce	133288

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	441.40		
Fat	21.40g		
SaturatedFat	3.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	1081.90mg		
Carbohydrates	51.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	17.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	93.00mg	Iron	2.00mg

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19493

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702
Hamburger Buns	1 Each	1632

Preparation Instructions

1. Place 1/4 cup of BBQ Chicken mixture on each 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 Each

Amount Per Serving

Calories	449.00		
Fat	19.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	473.00mg		
Carbohydrates	45.00g		
Fiber	1.00g		
Sugar	19.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Grab and Go-Pop-Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-21965
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510
100% Fruit Juice	1 Each	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.50
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	330.00		
Fat	8.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	390.00mg		
Carbohydrates	53.00g		
Fiber	3.00g		
Sugar	27.00g		
Protein	9.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	324.00mg	Iron	1.80mg

Ham, Egg, & Cheese Salad Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21971
School:	Akron School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	6 Ounce	165761
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	192198
Ham, Cubed Frozen	1 2/9 Ounce	100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
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	215.63		
Fat	10.33g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	161.33mg		
Sodium	272.00mg		
Carbohydrates	7.20g		
Fiber	3.53g		
Sugar	5.20g		
Protein	19.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	73.14mg	Iron	1.94mg

Broccoli with Cheese Sauce

Servings:	288.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21984
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound	IN110473
SAUCE CHS CHED SHRP 6-10 GCHC	4 #10 CAN	150991

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.87		
Fat	3.59g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	405.84mg		
Carbohydrates	10.00g		
Fiber	3.41g		
Sugar	3.29g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.52mg	Iron	0.00mg