

Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

Cookbook for Prairie Heights Elementary

Created by HPS Menu Planner

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Fruit Juice

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 66.67 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.83mg |
| Carbohydrates | 16.00g |
| Fiber | 0.00g |

| | | | |
|------------------|--------|------------------|---------|
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Ham & Cheese Sandwich

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10283 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| HAM HNY DELI SHVD FRSH 6-2 GFS | 2 Ounce | | 779160 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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 | 245.00 |
| Fat | 5.50g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 32.50mg |
| Sodium | 760.00mg |
| Carbohydrates | 30.00g |
| Fiber | 4.00g |
| Sugar | 7.50g |
| Protein | 18.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 159.00mg | Iron 1.36mg |

Hamburger on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10296 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty 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 | 377.50 | | |
| Fat | 18.50g | | |
| SaturatedFat | 6.75g | | |
| Trans Fat | 1.13g | | |
| Cholesterol | 56.25mg | | |
| Sodium | 238.75mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.00g | | |
| Protein | 21.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.35mg |

Poptarts

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT | 1 Package | | 123081 |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT | 1 Package | | 865101 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 368.00 | | |
| Fat | 5.83g | | |
| SaturatedFat | 1.93g | | |
| Trans Fat | 0.03g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 382.33mg | | |
| Carbohydrates | 76.00g | | |
| Fiber | 5.73g | | |
| Sugar | 30.33g | | |
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Black Bean Salsa

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 45.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12990 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEANS BLACK LO SOD 6-10 BUSH | 1 #10 CAN | | 231981 |
| SALSA 103Z 6-10 REDG | 3 1/4 Cup | READY_TO_EAT None | 452841 |
| Corn, Whole Kernel, Frozen, No Salt added | 3 3/4 Pound | STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours | 100348 |

Preparation Instructions

1. Thaw corn.
2. Drain beans.
3. Combine corn, beans and salsa.
4. Chill 2 hours before serving.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.13 |
| Legumes | 0.25 |
| Starch | 0.13 |

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 100.13 |
| Fat | 0.46g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 118.15mg |
| Carbohydrates | 20.07g |
| Fiber | 3.79g |

| | |
|-------------------------|-------------------------|
| Sugar | 2.36g |
| Protein | 4.94g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 45.98mg | Iron 1.33mg |

Broccoli & Cauliflower

| | | | |
|----------------------|-------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19897 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Broccoli Crowns | 1/4 Cup | | 199043 |
| Cauliflower Florets | 1/4 Cup | READY_TO_EAT | 6322 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 7.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 7.50mg | | |
| Carbohydrates | 1.50g | | |
| Fiber | 0.50g | | |
| Sugar | 0.50g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Muffin

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 187.50 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 128.75mg | | |
| Carbohydrates | 31.25g | | |
| Fiber | 2.00g | | |
| Sugar | 16.50g | | |
| Protein | 3.00g | | |
| Vitamin A | 25.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.01mg |

Turkey & Cheese Lunch Kit

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21449 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH | 1 Each | | 644182 |
| TURKEY BRST SMKD COIN 1.75 SLCD 6-2 | 1 Ounce | Weigh | 394123 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 3 Slice | | 722360 |

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 | 315.30 | | |
| Fat | 11.61g | | |
| SaturatedFat | 5.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 37.65mg | | |
| Sodium | 1105.45mg | | |
| Carbohydrates | 31.00g | | |
| Fiber | 3.00g | | |
| Sugar | 3.50g | | |
| Protein | 22.56g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 308.00mg | Iron | 1.66mg |

Turkey Wrap

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25990 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 6 Slice | | 244190 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | READY_TO_EAT | 100036 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 260.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 52.50mg | | |
| Sodium | 615.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 23.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.44mg |

Nachos with Cheese

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26226 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |
| SAUCE CHS CHED DIP CUP 140-3Z LOL | 1 Each | | 528690 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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 | 300.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 695.00mg | | |
| Carbohydrates | 33.00g | | |
| Fiber | 1.00g | | |
| Sugar | 10.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 363.00mg | Iron | 0.30mg |

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Poptarts

Black Bean Salsa

Broccoli & Cauliflower

Muffin

Turkey Wrap

Nachos with Cheese

Turkey Croissant Sandwich

Fruit Juice

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 66.67 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.83mg |
| Carbohydrates | 16.00g |
| Fiber | 0.00g |

| | | | |
|------------------|--------|------------------|---------|
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Ham & Cheese Sandwich

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10283 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| HAM HNY DELI SHVD FRSH 6-2 GFS | 2 Ounce | | 779160 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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 | 245.00 | | |
| Fat | 5.50g | | |
| SaturatedFat | 2.25g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 32.50mg | | |
| Sodium | 760.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 4.00g | | |
| Sugar | 7.50g | | |
| Protein | 18.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 159.00mg | Iron | 1.36mg |

Hamburger on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10296 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty 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 | 377.50 | | |
| Fat | 18.50g | | |
| SaturatedFat | 6.75g | | |
| Trans Fat | 1.13g | | |
| Cholesterol | 56.25mg | | |
| Sodium | 238.75mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.00g | | |
| Protein | 21.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.35mg |

Poptarts

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT | 1 Package | | 123081 |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT | 1 Package | | 865101 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 368.00 | | |
| Fat | 5.83g | | |
| SaturatedFat | 1.93g | | |
| Trans Fat | 0.03g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 382.33mg | | |
| Carbohydrates | 76.00g | | |
| Fiber | 5.73g | | |
| Sugar | 30.33g | | |
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Black Bean Salsa

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 45.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12990 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEANS BLACK LO SOD 6-10 BUSH | 1 #10 CAN | | 231981 |
| SALSA 103Z 6-10 REDG | 3 1/4 Cup | READY_TO_EAT None | 452841 |
| Corn, Whole Kernel, Frozen, No Salt added | 3 3/4 Pound | STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours | 100348 |

Preparation Instructions

1. Thaw corn.
2. Drain beans.
3. Combine corn, beans and salsa.
4. Chill 2 hours before serving.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.13 |
| Legumes | 0.25 |
| Starch | 0.13 |

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 100.13 |
| Fat | 0.46g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 118.15mg |
| Carbohydrates | 20.07g |
| Fiber | 3.79g |

| | | | |
|------------------|---------|------------------|--------|
| Sugar | | | 2.36g |
| Protein | | | 4.94g |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.98mg | Iron | 1.33mg |

Broccoli & Cauliflower

| | | | |
|----------------------|-------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19897 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Broccoli Crowns | 1/4 Cup | | 199043 |
| Cauliflower Florets | 1/4 Cup | READY_TO_EAT | 6322 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 7.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 7.50mg | | |
| Carbohydrates | 1.50g | | |
| Fiber | 0.50g | | |
| Sugar | 0.50g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Muffin

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 187.50 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 128.75mg | | |
| Carbohydrates | 31.25g | | |
| Fiber | 2.00g | | |
| Sugar | 16.50g | | |
| Protein | 3.00g | | |
| Vitamin A | 25.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.01mg |

Turkey Wrap

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25990 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 6 Slice | | 244190 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | READY_TO_EAT | 100036 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 260.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 52.50mg | | |
| Sodium | 615.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 23.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.44mg |

Nachos with Cheese

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26226 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |
| SAUCE CHS CHED DIP CUP 140-3Z LOL | 1 Each | | 528690 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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 | 300.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 695.00mg | | |
| Carbohydrates | 33.00g | | |
| Fiber | 1.00g | | |
| Sugar | 10.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 363.00mg | Iron | 0.30mg |

Turkey Croissant Sandwich

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26227 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| CROISSANT BKD PLN SLCD 64-2Z | 1 | BAKE Standard Prep: Thaw to room temperature and serve. | 120861 |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 5 Slice | | 244190 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |

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 | 146.67 | | |
| Fat | 8.25g | | |
| SaturatedFat | 3.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 533.33mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.50g | | |
| Protein | 17.17g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 81.50mg | Iron | 0.30mg |

Cookbook for Prairie Heights HS Salad Bar

Created by HPS Menu Planner

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Cookbook for Prairie Heights Middle School

Created by HPS Menu Planner

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Fruit Juice

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 66.67 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.83mg |
| Carbohydrates | 16.00g |
| Fiber | 0.00g |

| | | | |
|------------------|--------|------------------|---------|
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Ham & Cheese Sandwich

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10283 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| HAM HNY DELI SHVD FRSH 6-2 GFS | 2 Ounce | | 779160 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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 | 245.00 |
| Fat | 5.50g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 32.50mg |
| Sodium | 760.00mg |
| Carbohydrates | 30.00g |
| Fiber | 4.00g |
| Sugar | 7.50g |
| Protein | 18.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 159.00mg | Iron 1.36mg |

Hamburger on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10296 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty 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 | 377.50 | | |
| Fat | 18.50g | | |
| SaturatedFat | 6.75g | | |
| Trans Fat | 1.13g | | |
| Cholesterol | 56.25mg | | |
| Sodium | 238.75mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.00g | | |
| Protein | 21.75g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.35mg |

Poptarts

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT | 1 Package | | 123081 |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT | 1 Package | | 865101 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 368.00 | | |
| Fat | 5.83g | | |
| SaturatedFat | 1.93g | | |
| Trans Fat | 0.03g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 382.33mg | | |
| Carbohydrates | 76.00g | | |
| Fiber | 5.73g | | |
| Sugar | 30.33g | | |
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Black Bean Salsa

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 45.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12990 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEANS BLACK LO SOD 6-10 BUSH | 1 #10 CAN | | 231981 |
| SALSA 103Z 6-10 REDG | 3 1/4 Cup | READY_TO_EAT None | 452841 |
| Corn, Whole Kernel, Frozen, No Salt added | 3 3/4 Pound | STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours | 100348 |

Preparation Instructions

1. Thaw corn.
2. Drain beans.
3. Combine corn, beans and salsa.
4. Chill 2 hours before serving.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.13 |
| Legumes | 0.25 |
| Starch | 0.13 |

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 100.13 |
| Fat | 0.46g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 118.15mg |
| Carbohydrates | 20.07g |
| Fiber | 3.79g |

| | | | |
|------------------|---------|------------------|--------|
| Sugar | | | 2.36g |
| Protein | | | 4.94g |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.98mg | Iron | 1.33mg |

Broccoli & Cauliflower

| | | | |
|----------------------|-------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-19897 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| Broccoli Crowns | 1/4 Cup | | 199043 |
| Cauliflower Florets | 1/4 Cup | READY_TO_EAT | 6322 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 7.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 7.50mg | | |
| Carbohydrates | 1.50g | | |
| Fiber | 0.50g | | |
| Sugar | 0.50g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Muffin

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

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: 4.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 187.50 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 128.75mg | | |
| Carbohydrates | 31.25g | | |
| Fiber | 2.00g | | |
| Sugar | 16.50g | | |
| Protein | 3.00g | | |
| Vitamin A | 25.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 1.01mg |

Turkey & Cheese Lunch Kit

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21449 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH | 1 Each | | 644182 |
| TURKEY BRST SMKD COIN 1.75 SLCD 6-2 | 1 Ounce | Weigh | 394123 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 3 Slice | | 722360 |

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 | 315.30 |
| Fat | 11.61g |
| SaturatedFat | 5.05g |
| Trans Fat | 0.00g |
| Cholesterol | 37.65mg |
| Sodium | 1105.45mg |
| Carbohydrates | 31.00g |
| Fiber | 3.00g |
| Sugar | 3.50g |
| Protein | 22.56g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 308.00mg | Iron 1.66mg |

Turkey Wrap

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25990 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 6 Slice | | 244190 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | READY_TO_EAT | 100036 |
| TORTILLA FLOUR ULTRGR 8 18-12CT | 1 Each | | 882700 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| 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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 260.00 | | |
| Fat | 10.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 52.50mg | | |
| Sodium | 615.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 23.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.44mg |

Nachos with Cheese

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26226 |
| School: | Prairie Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 1 Package | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871 |
| SAUCE CHS CHED DIP CUP 140-3Z LOL | 1 Each | | 528690 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| 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 | 300.00 | | |
| Fat | 12.50g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 695.00mg | | |
| Carbohydrates | 33.00g | | |
| Fiber | 1.00g | | |
| Sugar | 10.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 363.00mg | Iron | 0.30mg |