

Cookbook for Tippecanoe Valley Middle School

Created by HPS Menu Planner

Table of Contents

Whole Grain Cereal Variety

Orange Chicken

Ham & Cheese Salad

Turkey & Cheese Salad

Chicken Fajita Salad

Ham & Cheese Wrap

Turkey & Cheese Wrap

Chicken Bacon Wrap

Buffalo Chicken Wrap

Ham Grab 'n Go

Turkey Grab 'n Go

Spicy Chicken Sandwich

Muffin Variety

2 ct. Poptart Variety

Hot Dog on Bun

Tenderloin on Bun

Sloppy Joe on Bun

Baked Beans- MS

Grilled Chicken Sandwich

Loaded Queso Pollo Nachos

Cheeseburger on Bun- MS

Breakfast Croissant

BBQ Rib Sandwich-MS

Walking Taco-MS

BBQ Boneless Wings- TVMS

Refried Beans with Queso- TVMS

Chicken and Waffles

Chicken Parmesan Sandwich

Backyard BBQ Bowl

Beef Manhattan

Whole Grain Cereal Variety

Servings:	21.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9210
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.24		
Fat	1.07g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.62mg		
Carbohydrates	23.14g		
Fiber	2.00g		
Sugar	6.90g		
Protein	1.95g		
Vitamin A	23.81IU	Vitamin C	0.17mg
Calcium	49.52mg	Iron	4.30mg

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	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15575
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
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	344.82		
Fat	10.49g		
SaturatedFat	4.75g		
Trans Fat	0.00g		
Cholesterol	47.41mg		
Sodium	559.20mg		
Carbohydrates	39.00g		
Fiber	6.00g		
Sugar	8.00g		
Protein	21.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	13.08mg

Turkey & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15576
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY BRST DCD 2-5	2 Cup	Weigh	451300
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Cup		380

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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	335.92
Fat	8.51g
SaturatedFat	4.26g
Trans Fat	0.00g
Cholesterol	40.41mg
Sodium	621.02mg
Carbohydrates	40.53g
Fiber	6.00g
Sugar	8.00g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 12.90mg

Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15578
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	Weigh	100117
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
Salsa, Low-Sodium, Canned	1/4 Cup		100330
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup		100348

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	414.50		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	533.50mg		
Carbohydrates	46.00g		
Fiber	8.00g		
Sugar	6.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 32.00mg **Iron** 0.72mg

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15579
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
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	410.72
Fat	16.54g
SaturatedFat	6.46g
Trans Fat	0.00g
Cholesterol	93.43mg
Sodium	1357.45mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	30.30g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 160.00mg **Iron** 2.94mg

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	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	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

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15581
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Serve with ranch packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.36
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	581.00
Fat	28.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	122.00mg
Sodium	2273.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	3.00g
Protein	41.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.72mg

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15583
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 1/2 Cup		557609
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup		150250
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	20 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.25
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: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	456.50		
Fat	18.74g		
SaturatedFat	9.87g		
Trans Fat	0.00g		
Cholesterol	117.06mg		
Sodium	2031.93mg		
Carbohydrates	37.95g		
Fiber	4.30g		
Sugar	2.65g		
Protein	34.31g		
Vitamin A	1103.63IU	Vitamin C	0.58mg
Calcium	366.44mg	Iron	2.04mg

Ham Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15584
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
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	390.72		
Fat	16.54g		
SaturatedFat	5.96g		
Trans Fat	0.00g		
Cholesterol	93.43mg		
Sodium	1257.45mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.38mg

Turkey Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15585
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	333.33		
Fat	13.00g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	876.67mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.68mg

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	Prep Instructions	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

Muffin Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15590
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	130.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	16.67g		
Protein	3.00g		
Vitamin A	33.33IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.04mg

2 ct. Poptart Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15592
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 4.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	364.50		
Fat	5.75g		
SaturatedFat	1.90g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	379.50mg		
Carbohydrates	76.00g		
Fiber	5.70g		
Sugar	30.25g		
Protein	4.58g		
Vitamin A	305.00IU	Vitamin C	0.00mg
Calcium	215.00mg	Iron	3.60mg

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-15593
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun		2918

Preparation Instructions

No Preparation Instructions available.

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 Each

Amount Per Serving

Calories	290.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	770.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.47mg	Iron	10.59mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19221
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	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	430.00		
Fat	18.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.80mg

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19222
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce	Weight	564790
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

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	0.13
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	305.00		
Fat	8.00g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	607.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	38.00mg	Iron	12.00mg

Baked Beans- MS

Servings:	224.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19223
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN		100364
SUGAR BROWN LT 12-2 GFS	4 Cup		314641
KETCHUP CAN NAT LO SOD 6-10 REDG	6 Cup	READY_TO_EAT None	200621
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	93.41		
Fat	0.65g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.00mg		
Carbohydrates	18.32g		
Fiber	3.25g		
Sugar	8.38g		
Protein	4.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.01mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19224
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
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	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	270.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	720.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	20.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 4.00mg **Iron** 10.00mg

Loaded Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19225
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	13 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	365.65
Fat	18.53g
SaturatedFat	8.06g
Trans Fat	0.00g
Cholesterol	95.29mg
Sodium	1082.71mg
Carbohydrates	23.76g
Fiber	2.00g
Sugar	1.76g
Protein	24.88g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 0.36mg

Cheeseburger on Bun- MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19227
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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	348.00		
Fat	14.50g		
SaturatedFat	5.10g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	609.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	12.00mg

Breakfast Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19230
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each		462489
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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	511.00
Fat	32.00g
SaturatedFat	12.70g
Trans Fat	0.00g
Cholesterol	291.00mg
Sodium	982.00mg
Carbohydrates	33.00g
Fiber	2.00g

Sugar			6.00g
Protein			23.00g
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	177.00mg	Iron	2.50mg

BBQ Rib Sandwich-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19231
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millie's WG Sub Bun - Himes	1 Each		5157

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 Each

Amount Per Serving			
Calories	330.00		
Fat	12.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	670.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	9.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Walking Taco-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19233
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weigh	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

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	301.40		
Fat	11.90g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	571.90mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	15.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	91.00mg	Iron	2.40mg

BBQ Boneless Wings- TVMS

Servings:	121.00	Category:	Condiments or Other
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21374
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Package		561301
SAUCE BBQ SWEET 4-1GAL GCHC	2 Cup		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 121.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	210.72		
Fat	8.79g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.12mg		
Sodium	380.11mg		
Carbohydrates	15.20g		
Fiber	2.56g		
Sugar	2.51g		
Protein	17.61g		
Vitamin A	18.85IU	Vitamin C	0.14mg
Calcium	11.45mg	Iron	1.27mg

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21375
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package		722110

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	184.11		
Fat	5.00g		
SaturatedFat	2.94g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	391.44mg		
Carbohydrates	22.67g		
Fiber	5.39g		
Sugar	1.08g		
Protein	11.43g		
Vitamin A	222.22IU	Vitamin C	0.00mg
Calcium	112.22mg	Iron	0.00mg

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26637
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK RND FLT 192-1Z KRUST	2 Each		645318
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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 Each

Amount Per Serving			
Calories	343.33		
Fat	17.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	650.00mg		
Carbohydrates	32.67g		
Fiber	2.00g		
Sugar	2.67g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	2.77mg

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26653
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		100021
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup		852759
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	UNSPECIFIED	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	3.00
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	489.00
Fat	20.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	803.00mg
Carbohydrates	48.50g
Fiber	6.00g
Sugar	7.50g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 49.00mg **Iron** 12.00mg

Backyard BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26654
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	1 Ounce		801860
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122
SAUCE BBQ SWEET 6-.5GAL GCHC	1 Tablespoon		786690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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 Serving

Amount Per Serving

Calories	400.60		
Fat	16.70g		
SaturatedFat	8.30g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	1169.00mg		
Carbohydrates	41.00g		
Fiber	2.20g		
Sugar	15.50g		
Protein	22.80g		
Vitamin A	81.96IU	Vitamin C	0.63mg
Calcium	421.65mg	Iron	1.37mg

Beef Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26736
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil for 3 minutes or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	269816
Aunt Millie's Homestyle 100% Whole Wheat Bread	1 Slice	BAKE	336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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 Each

Amount Per Serving

Calories	380.00		
Fat	22.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	430.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg

Calcium 20.00mg **Iron** 1.80mg
