

# **Cookbook for Wawasee High School**

**Created by HPS Menu Planner**

# Table of Contents

**Turkey Chef Salad**

**Southwest Chicken Salad**

**BLT Salad**

**Beef Taco Salad in Tortilla Bowl**

**Ham Chef Salad**

**Dressing for BLT Salad**

**Turkey & American on Whole Wheat**

**Ham & American on Whole Wheat**

**Bacon Club Wrap**

**Chicken Salad Croissant**

**Yogurt Parfait**

**Grab & Go Meal-Turkey**

**Fruit Bowl w/ Cottage Cheese**

**Broccoli & Cheese**

**Roasted Butternut Squash**

**BBQ Rib on Hoagie Bun**

**Roasted Brussels Sprouts & Red Potatoes**

**Candied Carrots**

**Pizza Burger**

**Roasted Baby Carrots**

**Refried Beans with Cheese**

**Peanut Butter Sandwich with Cheese Stick**

**Toast**

**Poptart Variety- 2 count**

**Muffin Variety**

**Yogurt Variety**

**Sausage, Egg, & Cheese Croissant**

**Green Beans**

**Chicken Salad Croissant**

**Lasagna Roll-Ups**

**Tomato Soup**

**Grilled Cheese Sandwich**

**Turkey, Bacon & Cheese on Pretzel Bun**

**Meatball Sub**

**Chili**

**Meatballs with Sauce**

**Breakfast Burrito**

**Scrambled Eggs with Sausage**

**Salisbury Steak**

**Ham Salad on Croissant with Cheese Stick**

**Baked Chips**

**Winter Blend w/ Cheese Sauce**

# Turkey Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9378
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup	732478
CUCUMBER SDLSS 12-1CT MRKN	1/4 Cup	532312
Turkey Breast Deli	2 Ounce	100121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each	832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

## Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadsticks.

Cover.

Keep Chilled.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.26
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.25

<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	924.29
<b>Fat</b>	62.84g
<b>SaturatedFat</b>	29.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.22mg
<b>Sodium</b>	1696.74mg
<b>Carbohydrates</b>	47.38g
<b>Fiber</b>	4.75g
<b>Sugar</b>	11.63g
<b>Protein</b>	49.50g

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<b>Vitamin A</b>	1912.99IU	<b>Vitamin C</b>	41.29mg
<b>Calcium</b>	891.67mg	<b>Iron</b>	2.35mg

# Southwest Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9380
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
PEPPERS COLORED MIXED ASST 12CT P/L	2 Tablespoon	491012
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup	313157
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup	403573
PEPPERS JALAP SLCD 6-.5GAL GRSZ	5 Slice	499943
DRESSING RNCH SW 6-.5GAL PMLL	2 Fluid Ounce	266984
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon	331473
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1/8 Teaspoon	229551
SEASONING TACO 21Z TRDE	1/8 Teaspoon	413429
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

## Preparation Instructions

Reimbursable meal.

Must also offer 1 cup fruit, additional vegetables, and milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.33
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<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	4.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.23
<b>Legumes</b>	0.02
<b>Starch</b>	0.02

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	820.37
<b>Fat</b>	51.45g
<b>SaturatedFat</b>	13.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	93.33mg
<b>Sodium</b>	1406.32mg
<b>Carbohydrates</b>	64.69g
<b>Fiber</b>	10.99g
<b>Sugar</b>	17.63g
<b>Protein</b>	32.83g

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<b>Vitamin A</b>	1362.25IU	<b>Vitamin C</b>	38.32mg
<b>Calcium</b>	365.25mg	<b>Iron</b>	4.35mg

# BLT Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9381
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	229431
BACON TOPPING 1 DCD 10 HRML	1/2 Cup	827002
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

## Preparation Instructions

Bake breadsticks.

Layer all salad ingredients, ending with eggs on top.

Add dressing (see separate recipe) and breadstick.

Cover.

Keep chilled.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	342.20
<b>Fat</b>	12.70g
<b>SaturatedFat</b>	4.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	210.00mg
<b>Sodium</b>	564.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.90g
<b>Sugar</b>	9.00g



<b>Protein</b>	19.20g
<b>Vitamin A</b> 749.70IU	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 90.00mg	<b>Iron</b> 3.11mg

# Beef Taco Salad in Tortilla Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9393
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup	324531
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	722330
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each	549096

## Preparation Instructions

Layer all ingredients as listed (starting with lettuce first) and then placing the the meat on the side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	437.50
<b>Fat</b>	22.06g
<b>SaturatedFat</b>	8.46g
<b>Trans Fat</b>	0.23g
<b>Cholesterol</b>	57.60mg
<b>Sodium</b>	1060.28mg
<b>Carbohydrates</b>	39.57g
<b>Fiber</b>	7.60g
<b>Sugar</b>	8.45g
<b>Protein</b>	23.39g

<b>Vitamin A</b>	2370.89IU	<b>Vitamin C</b>	71.33mg
<b>Calcium</b>	281.14mg	<b>Iron</b>	6.38mg

# Ham Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9429
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup	429198
TOMATO GRAPE SWT 10 MRKN	6 Each	129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup	732478
CUCUMBER SDLSS 12-1CT MRKN	1/4 Cup	532312
Ham, Cubed Frozen	2 Ounce	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each	832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each	644051

## Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadstick.

Cover.

Keep Chilled.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.64
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.25

<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	914.51
<b>Fat</b>	61.96g
<b>SaturatedFat</b>	30.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	164.51mg
<b>Sodium</b>	1738.70mg
<b>Carbohydrates</b>	49.40g
<b>Fiber</b>	4.75g
<b>Sugar</b>	13.26g
<b>Protein</b>	46.37g

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<b>Vitamin A</b>	1912.99IU	<b>Vitamin C</b>	41.29mg
<b>Calcium</b>	891.67mg	<b>Iron</b>	2.35mg

# Dressing for BLT Salad

<b>Servings:</b>	10.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1/4 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9431
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
DRESSING SALAD 4-1GAL MIR WHIP	2 1/2 Cup	251066
SUGAR BEET GRANUL 25 GCHC	2 1/2 Teaspoon	108588
SALT IODIZED 24-26Z GFS	1 1/4 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/4 Teaspoon	225045
LEMON JUICE 100 12-32FLZ GCHC	1/4 Teaspoon	311227

## Preparation Instructions

Mix all ingredients together. Portion in 2 oz. cups and serve in container with BLT Salad.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 1/4 cup

#### Amount Per Serving

<b>Calories</b>	163.78		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	673.05mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.23mg	<b>Iron</b>	0.00mg

# Turkey & American on Whole Wheat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9979

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380
Variety of Fruit	1 Cup	

## Preparation Instructions

Layer turkey and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	468.05		
<b>Fat</b>	7.64g		
<b>SaturatedFat</b>	3.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.53mg		
<b>Sodium</b>	912.96mg		
<b>Carbohydrates</b>	76.57g		
<b>Fiber</b>	12.00g		
<b>Sugar</b>	37.00g		
<b>Protein</b>	23.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg

# Ham & American on Whole Wheat

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9980

## Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
380 - Aunt Millie's WG Honey White Bread	2 Each	380
Variety of Fruit	1 Cup	

## Preparation Instructions

Layer ham and cheese on sandwich bread.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	440.66		
<b>Fat</b>	7.78g		
<b>SaturatedFat</b>	3.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.01mg		
<b>Sodium</b>	870.33mg		
<b>Carbohydrates</b>	78.28g		
<b>Fiber</b>	12.00g		
<b>Sugar</b>	38.64g		
<b>Protein</b>	17.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	12.00mg



# Bacon Club Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9982
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	100187
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	690141
Variety of Fruit	1 Cup	

## Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	685.55
<b>Fat</b>	26.40g
<b>SaturatedFat</b>	8.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	109.86mg
<b>Sodium</b>	1979.35mg
<b>Carbohydrates</b>	72.27g
<b>Fiber</b>	11.00g
<b>Sugar</b>	33.82g
<b>Protein</b>	37.76g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	2.34mg

# Chicken Salad Croissant

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9984
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Quart	100101
EGG HARD CKD PLD BIB 4-2.5 GCHC	2 1/2 Cup	229431
RELISH SWT PICKLE 4-1GAL GCHC	1 1/2 Cup	517186
SUGAR BEET GRANUL 25 GCHC	11 Tablespoon	108588
SPICE ONION POWDER 19Z TRDE	1 Teaspoon	126993
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon	513679
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon	224847
SEASONING POULTRY 10Z TRDE	1 Teaspoon	273996
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	251066
CELERY STIX 4-3 RSS	1/2 Cup	781592
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	20 Each	172172
Variety of Fruit	20 Cup	

## Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	548.22		
<b>Fat</b>	16.46g		
<b>SaturatedFat</b>	4.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	140.46mg		
<b>Sodium</b>	790.85mg		
<b>Carbohydrates</b>	80.72g		
<b>Fiber</b>	10.01g		
<b>Sugar</b>	44.71g		
<b>Protein</b>	18.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.79mg	<b>Iron</b>	2.00mg

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9985
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
Variety of Fruit	1 Cup	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	711664

## Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	533.33		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	286.67mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	10.00g		
<b>Sugar</b>	73.00g		
<b>Protein</b>	12.67g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	0.87mg

# Grab & Go Meal-Turkey

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9986
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
Variety of Fruit	1 Cup	

## Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	3.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	710.66
<b>Fat</b>	24.77g
<b>SaturatedFat</b>	10.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.83mg
<b>Sodium</b>	1487.55mg
<b>Carbohydrates</b>	91.89g
<b>Fiber</b>	11.00g
<b>Sugar</b>	37.00g
<b>Protein</b>	32.98g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.72mg	<b>Iron</b>	2.48mg

# Fruit Bowl w/ Cottage Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9987
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
CRACKER RITZ 300-2CT NAB	2 Package	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	242742
Variety of Fruit	1 Cup	

## Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	585.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	1080.00mg
<b>Carbohydrates</b>	93.00g
<b>Fiber</b>	11.00g
<b>Sugar</b>	39.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg



**Calcium** 147.72mg **Iron** 2.48mg

# Broccoli & Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10013
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.45
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	29.60		
<b>Fat</b>	0.49g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.48mg		
<b>Sodium</b>	46.72mg		
<b>Carbohydrates</b>	4.71g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	0.89g		
<b>Protein</b>	3.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.13mg	<b>Iron</b>	0.00mg

# Roasted Butternut Squash

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10014
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	40 Pound	668831
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon	224731
SALT IODIZED 25 CARG	4 Tablespoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon	225061
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	2 Cup	645182

## Preparation Instructions

Preheat oven to 350 degrees.

Toss all ingredients together until well coated.

Place squash on full sheet pans. Be sure to not overcrowd pans or squash will steam instead of roasting. (Will probably need about 5 pans for 40 lbs. squash.)

Bake for 30-40 minutes until tender.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	110.40		
<b>Fat</b>	4.48g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	282.10mg		
<b>Carbohydrates</b>	19.20g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	3.20g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 77.77mg **Iron** 1.12mg

# BBQ Rib on Hoagie Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10015
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	108980
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	630.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Roasted Brussels Sprouts & Red Potatoes

<b>Servings:</b>	175.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10016
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	24 Pound	426288
POTATO RED A SZ 50 MRKN	10 Pound	530018
ONION RING RED 1/4 2-5 RSS	2 Pound	429198
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound	191205
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	4 Cup	645182
GARLIC MINCED IN WTR 6-32Z ITALR	32 Ounce	874910
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup	224847
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup	513881
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Cup	647230
SPICE THYME LEAF 6Z TRDE	1/4 Cup	513814
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup	513989
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup	225061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 175.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	114.15	
<b>Fat</b>	7.41g	
<b>SaturatedFat</b>	1.65g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	5.49mg	
<b>Sodium</b>	326.40mg	
<b>Carbohydrates</b>	11.00g	
<b>Fiber</b>	3.13g	
<b>Sugar</b>	0.50g	
<b>Protein</b>	2.89g	
<b>Vitamin A</b>	91.06IU	<b>Vitamin C</b> 5.15mg
<b>Calcium</b>	20.93mg	<b>Iron</b> 0.88mg

# Candied Carrots

<b>Servings:</b>	93.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10017
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL 30 KE	15 Pound	360240
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Cup	191205
SUGAR BROWN MED 25 GCHC	3/4 Cup	108626

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	36.50		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.29mg		
<b>Sodium</b>	5.63mg		
<b>Carbohydrates</b>	7.71g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	5.07g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Pizza Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10021
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	744520
PEPPERONI SLCD 14-16/Z 2-5 GCHC	3 Each	729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon	645170
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.38
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.16
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	375.50		
<b>Fat</b>	16.81g		
<b>SaturatedFat</b>	5.85g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	50.25mg		
<b>Sodium</b>	645.44mg		
<b>Carbohydrates</b>	3.88g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	5.38g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	113.13mg	<b>Iron</b>	2.19mg

# Roasted Baby Carrots

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10023
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound	768146
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1/3 Cup	645182
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon	224839
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon	225061

## Preparation Instructions

Toss together until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.46		
<b>Fat</b>	3.70g		
<b>SaturatedFat</b>	0.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	137.29mg		
<b>Carbohydrates</b>	11.27g		
<b>Fiber</b>	3.62g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	0.95g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	36.14mg	<b>Iron</b>	0.03mg

# Refried Beans with Cheese

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10024
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN	293962
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.34
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.54
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	188.17		
<b>Fat</b>	5.21g		
<b>SaturatedFat</b>	2.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.17mg		
<b>Sodium</b>	635.61mg		
<b>Carbohydrates</b>	25.13g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	10.99g		
<b>Vitamin A</b>	101.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	115.94mg	<b>Iron</b>	2.16mg

# Peanut Butter Sandwich with Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10025
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each	380
PEANUT BUTTER SMOOTH 6-5 GFS	2 Tablespoon	183245
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each	786510

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	460.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 12.72mg

# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10027
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each	380
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Teaspoon	191205

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	123.33		
<b>Fat</b>	4.67g		
<b>SaturatedFat</b>	2.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	6.00mg

# Poptart Variety- 2 count

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10028
<b>School:</b>	Wawasee High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.38
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

#### Amount Per Serving

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

# Muffin Variety

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10029
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	279991
MUFFIN BAN WGRAIN IW 60-1.94Z GCHC	1 Each	280030
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each	280021
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each	280001
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.57
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	184.29
<b>Fat</b>	7.71g
<b>SaturatedFat</b>	1.86g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	27.14mg
<b>Sodium</b>	182.86mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	0.71g
<b>Sugar</b>	13.86g
<b>Protein</b>	2.86g
<b>Vitamin A</b>	2.06IU
<b>Vitamin C</b>	0.01mg

**Calcium** 16.68mg **Iron** 1.08mg



# Yogurt Variety

<b>Servings:</b>	17.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10030
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
YOGURT RASPB N/F LT 12-6Z YOPL	1 Each	465658
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	307742
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT RASPB L/F FOTB 12-5.3Z DANN	1 Each	827542
YOGURT STRAWB BAN L/F FOTB 12-5.3Z	1 Each	827531
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each	827402
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	222054
YOGURT BLUEB L/F FOTB 12-5.3Z DANN	1 Each	827431
YOGURT RASPB L/F 12-6Z YOPL	1 Each	222038
YOGURT CHRY L/F FOTB 12-5.3Z DANN	1 Each	827461
YOGURT BRY MXD L/F FOTB 12-5.3Z DANN	1 Each	827481
YOGURT VAN L/F 12-5.3Z DANN	1 Each	827611
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	222046
YOGURT PCH L/F FOTB 12-5.3Z DANN	1 Each	827471
YOGURT PCH N/F 12-5.3Z LTN FIT	1 Each	719301
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	222097

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.66
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	125.88
<b>Fat</b>	1.38g
<b>SaturatedFat</b>	0.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.47mg
<b>Sodium</b>	81.76mg
<b>Carbohydrates</b>	23.82g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.59g
<b>Protein</b>	5.24g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 193.53mg	<b>Iron</b> 0.00mg

# Sausage, Egg, & Cheese Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10031
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice	271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	385.00		
<b>Fat</b>	21.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	137.50mg		
<b>Sodium</b>	815.00mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.50mg	<b>Iron</b>	1.86mg

# Green Beans

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10264
<b>School:</b>	Wawasee Middle School		

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	6 #10 CAN	100307
BUTTER SUB 24-4Z BTRBUDS	6 Ounce	209810
SPICE ONION POWDER 19Z TRDE	3 Teaspoon	126993

## Preparation Instructions

Spray 2 medium pans with lids.

Drain green beans in sink with medium slotted pan.

Put three cans of green beans in each pan.

Steam with lid ajar approximately 10-12 minutes.

Temp.

Season with 3 oz butterbuds and 1.5 tsp. onion powder per pan.

Gently stir well.

Put in heated pass-thru. Cover with lid.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	17.83		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.89mg		
<b>Carbohydrates</b>	3.48g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Chicken Salad Croissant

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11389
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	1 Quart	100101
DRESSING SALAD 4-1GAL MIR WHIP	3/4 Cup	251066
SALT IODIZED 24-26Z GFS	1 Teaspoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
CELERY STIX 4-3 RSS	1/4 Cup	781592
SUGAR BEET GRANUL 25 GCHC	5 1/2 Teaspoon	108588
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 1/4 Cup	229431
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	172172
Variety of Fruit	10 Cup	

## Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 10.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	519.72		
<b>Fat</b>	16.46g		
<b>SaturatedFat</b>	4.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	140.46mg		
<b>Sodium</b>	698.29mg		
<b>Carbohydrates</b>	73.12g		
<b>Fiber</b>	10.01g		
<b>Sugar</b>	37.91g		
<b>Protein</b>	18.57g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.97mg	<b>Iron</b>	2.00mg
<hr/>			

# Lasagna Roll-Ups

<b>Servings:</b>	470.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11519
<b>School:</b>	Wawasee Middle School		

## Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each	234041
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	100158
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN	744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup	645170

## Preparation Instructions

If using raw hamburger meat, use 40 lbs. Fry in tilt skillet until done. Drain well. Place in sprayed deep pans with lid. Store in walk in cooler.

If using Beef crumbles, use 35 lbs.

Directions:

Mix spaghetti sauce and meat in large mixing bowl on wheels. Spray roll pan and cover bottom with meat sauce mixture. Place 35 lasagna roll ups in pan. 5x7 (=35) Lay lasagna with open ends horizontally.

Place approximately 1/4 cup meat sauce mixture on each roll up.

Spray a large piece of foil and cover pan. Bake at 300 degrees for approximately 18-22 minutes or until reaches temp.

Remove foil and place approximately 1/4 cup shredded mozzarella cheese per roll up. Trying to keep meat on each one for easier serving.

Spray foil again, cover, and put in heated pass through.

Self serve with a medium spatula.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 470.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 369.42

**Fat** 14.01g

**SaturatedFat** 6.43g

**Trans Fat** 1.02g

**Cholesterol** 23.83mg

**Sodium** 515.30mg

**Carbohydrates** 33.88g

**Fiber** 2.77g

**Sugar** 8.34g

**Protein** 24.67g

**Vitamin A** 400.00IU      **Vitamin C** 6.00mg

**Calcium** 362.36mg      **Iron** 1.47mg

# Tomato Soup

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11553
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN	101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon	504602

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	120.40		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.62g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	527.11mg		
<b>Carbohydrates</b>	23.39g		
<b>Fiber</b>	1.04g		
<b>Sugar</b>	12.50g		
<b>Protein</b>	3.90g		
<b>Vitamin A</b>	106.62IU	<b>Vitamin C</b>	0.52mg
<b>Calcium</b>	87.73mg	<b>Iron</b>	0.78mg

# Grilled Cheese Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11554
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup	191205
380 - Aunt Millie's WG Honey White Bread	200 Slice	380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice	722360

## Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	344.00
<b>Fat</b>	12.64g
<b>SaturatedFat</b>	6.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.20mg
<b>Sodium</b>	1181.60mg
<b>Carbohydrates</b>	38.00g

<b>Fiber</b>		4.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	388.00mg	<b>Iron</b>	12.00mg

# Turkey, Bacon & Cheese on Pretzel Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11559
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 Ounce	100121
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162

## Preparation Instructions

Layer meat and cheese on bread.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	510.44		
<b>Fat</b>	23.52g		
<b>SaturatedFat</b>	7.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.72mg		
<b>Sodium</b>	1768.36mg		
<b>Carbohydrates</b>	31.26g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	39.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.52mg

# Meatball Sub

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11609
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	2 Package	135071
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	744520
CHEESE MOZZ SHRD 4-5 LOL	3 1/2 Cup	645170
Aunt Millie's Whole Grain Mini Sub 2oz	28 bun	5113

## Preparation Instructions

1. Cook 2 bags of meatballs in 2 cans of sauce.
2. Assemble sandwiches with 5 meatballs and 2 Tbsp. shredded cheese on sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.54
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	2.31
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 each

Amount Per Serving	
<b>Calories</b>	480.69
<b>Fat</b>	17.52g
<b>SaturatedFat</b>	5.62g
<b>Trans Fat</b>	0.61g
<b>Cholesterol</b>	46.17mg
<b>Sodium</b>	776.76mg
<b>Carbohydrates</b>	57.76g
<b>Fiber</b>	6.71g
<b>Sugar</b>	20.30g
<b>Protein</b>	26.42g
<b>Vitamin A</b> 7.12IU	<b>Vitamin C</b> 1.02mg
<b>Calcium</b> 189.20mg	<b>Iron</b> 3.88mg

# Chili

<b>Servings:</b>	464.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11623
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	100 Pound	100158
Tomato Sauce cnd	8 #10 CAN	100334
GELATO CHOC CLASSICO 146FLZ GSG	10 #10 CAN	100370
TOMATO PASTE CALIF 26 6-10 GCHC	4 #10 CAN	100196
JUICE TOMATO 100 12-46FLZ SACRM	4 #5 CAN	302414
SAUCE WORCESTERSHIRE 4-1GAL HNZ	1 1/2 Cup	578241
ONION DEHY SUPER TOPPER 6-2 P/L	2 Pound	223255
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup	331473
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SPICE BASIL GRND 12Z TRDE	2 Cup	513636
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup	224847
SPICE CELERY SALT 32Z TRDE	1 1/2 Cup	231517
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup	108588

## Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 464.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	315.55		
<b>Fat</b>	15.45g		
<b>SaturatedFat</b>	5.15g		
<b>Trans Fat</b>	2.57g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1062.59mg		
<b>Carbohydrates</b>	21.84g		
<b>Fiber</b>	5.99g		
<b>Sugar</b>	7.57g		
<b>Protein</b>	23.53g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.30mg	<b>Iron</b>	0.95mg



# Meatballs with Sauce

<b>Servings:</b>	533.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11773
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
MEATBALL CKD 6-5 JTM	120 Pound	135071
Tomato Sauce cnd	6 #10 CAN	100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN	100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound	223255
SPICE BASIL GRND 12Z TRDE	2 Cup	513636
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup	224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup	231517
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup	108588

## Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.52
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.04
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 533.00  
Serving Size: 0.75 Cup

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**Amount Per Serving**

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<b>Calories</b>	266.71		
<b>Fat</b>	13.06g		
<b>SaturatedFat</b>	4.79g		
<b>Trans Fat</b>	0.76g		
<b>Cholesterol</b>	47.92mg		
<b>Sodium</b>	1019.22mg		
<b>Carbohydrates</b>	20.32g		
<b>Fiber</b>	3.68g		
<b>Sugar</b>	9.35g		
<b>Protein</b>	18.48g		
<b>Vitamin A</b>	8.83IU	<b>Vitamin C</b>	1.26mg
<b>Calcium</b>	70.74mg	<b>Iron</b>	3.61mg

# Breakfast Burrito

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12321
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	75 Each	690141
EGG SCRMBD CKD FZ 4-5 GCHC	10 Pound	584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	2 1/2 Pound	499595
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	295.59		
<b>Fat</b>	12.74g		
<b>SaturatedFat</b>	4.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	144.94mg		
<b>Sodium</b>	534.65mg		
<b>Carbohydrates</b>	30.37g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.08g		
<b>Protein</b>	13.52g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	169.75mg	<b>Iron</b>	4.82mg

# Scrambled Eggs with Sausage

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12336
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	20 Pound	584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	5 Pound	499595
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup	150250

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.64
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	248.79		
<b>Fat</b>	16.92g		
<b>SaturatedFat</b>	5.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	294.67mg		
<b>Sodium</b>	679.71mg		
<b>Carbohydrates</b>	2.90g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	18.15g		
<b>Vitamin A</b>	64.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	131.34mg	<b>Iron</b>	6.40mg

# Salisbury Steak

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12524
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce	242450

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	236.33		
<b>Fat</b>	17.13g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	458.61mg		
<b>Carbohydrates</b>	1.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.70mg	<b>Iron</b>	1.60mg

# Ham Salad on Croissant with Cheese Stick

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.38 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20342
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	172172
Ham, Cubed Frozen	2 Cup	100188-H
CELERY STALK CLEANED 10 RSS	1/2 Cup	478318
SUGAR BEET GRANUL 25 GCHC	1 Teaspoon	108588
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup	251066
RELISH SWT PICKLE 4-1GAL GCHC	1/4 Cup	517186
EGG HARD CKD PLD 10 DEB EL	2 Each	557540
ONION DEHY SUPER TOPPER 6-2 P/L	1/4 Cup	223255
CHEESE STIX COLBY JK R/F IW 168-1Z	10 Each	786510

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.38 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	377.54
<b>Fat</b>	18.44g
<b>SaturatedFat</b>	8.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.75mg
<b>Sodium</b>	788.71mg
<b>Carbohydrates</b>	35.04g
<b>Fiber</b>	2.25g
<b>Sugar</b>	7.02g
<b>Protein</b>	16.27g

<b>Vitamin A</b>	87.84IU	<b>Vitamin C</b>	0.19mg
<b>Calcium</b>	223.37mg	<b>Iron</b>	1.69mg

# Baked Chips

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20350
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Package	712540

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	133.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.67mg		
<b>Sodium</b>	176.67mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	1.67g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.30mg



# Winter Blend w/ Cheese Sauce

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20351
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	DistPart #
VEG BLND WINTER 30 GCHC	30 Pound	285770
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package	135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.92
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	29.45		
<b>Fat</b>	0.49g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.48mg		
<b>Sodium</b>	45.53mg		
<b>Carbohydrates</b>	4.86g		
<b>Fiber</b>	1.84g		
<b>Sugar</b>	1.84g		
<b>Protein</b>	2.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.79mg	<b>Iron</b>	0.92mg