

Cookbook for Bremen Elementary/Middle School

Created by HPS Menu Planner

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Toast with Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11141

Ingredients

Description	Measurement	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice	6369
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon	557482

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	12.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.40mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	6.00mg

Fresh Fruit Variety

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11142

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each	198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	473171
APPLE DELIC GLDN 125-138CT MRKN	1 Piece	597481

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.55
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.14		
Fat	0.17g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	15.30g		
Fiber	1.99g		
Sugar	9.00g		
Protein	0.61g		
Vitamin A	70.33IU	Vitamin C	15.96mg
Calcium	15.42mg	Iron	0.21mg

Choice of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11143

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	3.33mg	Iron	0.20mg

Yogurt Variety

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11144

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	77.50
Fat	0.38g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	63.75mg
Carbohydrates	14.75g
Fiber	0.00g
Sugar	9.25g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.50mg	Iron 0.00mg

Cereal Variety

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11145

Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each	618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.00
Fat	1.35g
SaturatedFat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	157.00mg
Carbohydrates	23.60g
Fiber	2.00g
Sugar	7.20g

Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	3.59mg

Cereal Bar Variety

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11146

Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each	265931

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	158.00
Fat	3.50g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	106.00mg
Carbohydrates	29.80g
Fiber	3.00g
Sugar	8.80g
Protein	2.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 238.00mg	Iron 2.18mg

Poptart Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11148

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	185.00		
Fat	2.75g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.50mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.25g		
Protein	2.25g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	107.50mg	Iron	1.80mg

Oatmeal

Servings:	17.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11149
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound	240869
Tap Water for Recipes	16 Cup	000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon	110744

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: 17.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.56		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	49.56g		
Fiber	4.00g		
Sugar	22.59g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11152
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	100348
SALT IODIZED 24-26Z GFS	1 Tablespoon	108308
SUGAR BEET GRANUL 25 GCHC	1/2 Cup	108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.00		
Fat	1.60g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	134.88mg		
Carbohydrates	17.75g		
Fiber	2.00g		
Sugar	4.75g		
Protein	2.00g		
Vitamin A	40.91IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11153
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	48 Each	380
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	48 Slice	100036
MARGARINE SLD 30-1 GCHC	1/2 Pound	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	326.67
Fat	14.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	693.33mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	8.00g
Protein	12.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 4.00mg	Iron 12.00mg

Tomato Soup

Servings:	300.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11154
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 CAMP	20 #5 CAN	101427
Tap Water for Recipes	20 #5 CAN	000001WTR
SPICE GARLIC POWDER 21Z TRDE	3 Tablespoon	224839
SPICE CELERY SALT 32Z TRDE	2 2/3 Tablespoon	231517
SUGAR CANE GRANUL 25 GCHC	1/2 Cup	108642
MARGARINE SLD 30-1 GCHC	1/3 Pound	733061
SPICE PEPR BLK COARSE GRND 16Z TRDE	1 Teaspoon	518322

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	90.27		
Fat	0.39g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	489.27mg		
Carbohydrates	19.39g		
Fiber	0.96g		
Sugar	11.68g		
Protein	1.91g		
Vitamin A	26.46IU	Vitamin C	0.00mg

Calcium 19.06mg **Iron** 0.69mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11156
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN	822477
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/3 #10 CAN	100129
SUGAR BROWN MED 25 GCHC	3 Cup	108626
ONION DEHY SUPER TOPPER 6-2 P/L	1/2 Cup	223255

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	0.39
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	137.09		
Fat	0.39g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.19mg		
Carbohydrates	29.59g		
Fiber	3.91g		
Sugar	13.17g		
Protein	5.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.73mg	Iron	1.56mg

Brussels Sprouts

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11158
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	10 Pound	426288
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	209810
SEASONING GARDEN NO SALT 19Z TRDE	2 1/2 Tablespoon	565148
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon	225061
SALT IODIZED 25 CARG	1/2 Teaspoon	108286

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.48		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.72mg		
Carbohydrates	11.28g		
Fiber	4.27g		
Sugar	0.00g		
Protein	4.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.57mg	Iron	1.13mg

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11159
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each	380
MARGARINE SLD 30-1 GFS	1 Teaspoon	113271

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	123.33		
Fat	4.67g		
SaturatedFat	0.67g		
Trans Fat	1.00g		
Cholesterol	0.00mg		
Sodium	205.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Broccoli & Cheese

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11161
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
Broccoli fzn	30 Pound	110282comm
SAUCE MIX CHS INST 16-16Z GCHC	2 Package	578061
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.09		
Fat	1.08g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	246.80mg		
Carbohydrates	8.26g		
Fiber	2.05g		
Sugar	1.76g		
Protein	2.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.72mg	Iron	0.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11165
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	3 1/4 Ounce	100121
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

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	274.47		
Fat	6.09g		
SaturatedFat	2.04g		
Trans Fat	0.00g		
Cholesterol	57.23mg		
Sodium	739.84mg		
Carbohydrates	2.04g		
Fiber	2.00g		
Sugar	4.00g		
Protein	24.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11167
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
HAM SLCD CN 1/5Z 72-2Z CARLB	3 Ounce	309796
4 inch whole grain hamburger buns - 30 ct	1 bun	3480

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	295.00		
Fat	9.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	1075.00mg		
Carbohydrates	1.50g		
Fiber	2.00g		
Sugar	5.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.62mg

Candied Carrots

Servings:	46.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11173
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN	118915
SALT IODIZED 25 CARG	1 Tablespoon	108286
MARGARINE SLD 30-1 GFS	3 Tablespoon	113271
SUGAR BROWN MED 25 GCHC	3 Cup	108626

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	0.56
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.98		
Fat	0.72g		
SaturatedFat	0.13g		
Trans Fat	0.20g		
Cholesterol	0.00mg		
Sodium	443.28mg		
Carbohydrates	17.02g		
Fiber	1.12g		
Sugar	14.77g		
Protein	0.00g		
Vitamin A	32.61IU	Vitamin C	0.00mg
Calcium	42.14mg	Iron	0.00mg

Apple Crisp

Servings:	504.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11176
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 50 P/L	7 1/2 Quart	284386
MARGARINE SLD 30-1 GFS	7 1/2 Pound	113271
SUGAR BROWN MED 25 GCHC	7 1/2 Quart	108626
FLOUR A/P 50 ARDENT	32 1/4 Cup	585203
BAKING SODA 36Z GCHC	7 1/2 Teaspoon	513849
BAKING POWDER DBL ACTION 4-5 RDSTR	7 1/2 Teaspoon	474347
APPLE SLCD W/P 6-10 GCHC	13 1/2 #10 CAN	117773
SUGAR BEET GRANUL 50 GCHC	7 1/2 Teaspoon	224413
SPICE CINNAMON GRND 5 TRDE	6 Tablespoon	224731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 504.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	171.03
Fat	5.70g
SaturatedFat	1.04g
Trans Fat	1.43g
Cholesterol	0.00mg
Sodium	102.62mg
Carbohydrates	28.64g
Fiber	2.07g

Sugar			17.84g
Protein			1.44g
Vitamin A	238.16IU	Vitamin C	0.00mg
Calcium	3.76mg	Iron	0.55mg

Chicken & Noodles

Servings:	94.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11196

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 Gallon	000001WTR
PASTA NOODL KLUSKI 1/8 2-5 GCHC	5 Pound	270385
ONION DEHY CHPD 15 P/L	1 Cup	263036
SPICE CELERY SALT 32Z TRDE	1 Tablespoon	231517
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon	225045
BASE CHIX RSTD 25 GCHC	1 1/2 Cup	160830
SALT IODIZED 25 CARG	1 1/2 Tablespoon	108286
Chicken, diced, cooked, frozen	12 3/4 Pound	100101

Preparation Instructions

1 serving= 1 dessert grain

Meal Components (SLE)

Amount Per Serving

Meat	2.17
Grain	0.43
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	185.24		
Fat	3.62g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	64.72mg		
Sodium	835.78mg		
Carbohydrates	18.30g		
Fiber	0.91g		
Sugar	1.66g		
Protein	17.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.47mg	Iron	0.82mg

Green Beans

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11197

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 KE	3 #10 CAN	156337
SALT IODIZED 25 CARG	1 Tablespoon	108286
MARGARINE SLD 30-1 GFS	3 Tablespoon	113271
BASE HAM NO ADDED MSG 12-1 GCHC	1 Tablespoon	686691

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	0.65
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.89		
Fat	0.55g		
SaturatedFat	0.10g		
Trans Fat	0.15g		
Cholesterol	0.00mg		
Sodium	306.40mg		
Carbohydrates	5.17g		
Fiber	2.59g		
Sugar	2.59g		
Protein	1.29g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	39.21mg	Iron	0.52mg

Taco Meat

Servings:	500.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11208
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound	100158
Salsa, Low-Sodium, Canned	6 #10 CAN	100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN	100242
TOMATO PASTE CALIF 26 6-10 GCHC	2 #10 CAN	100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup	263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup	331473
STARCH CORN 24-1 ARGO	2/3 Cup	108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup	430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup	513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup	273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon	513725
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon	273988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.43
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.52
OtherVeg	0.00
Legumes	0.10
Starch	0.00

Nutrition Facts

Servings Per Recipe: 500.00
Serving Size: 3.00 Ounce

Amount Per Serving

Calories	186.46
Fat	8.90g
SaturatedFat	2.97g
Trans Fat	1.43g
Cholesterol	0.00mg
Sodium	238.47mg
Carbohydrates	13.38g
Fiber	4.04g
Sugar	3.85g
Protein	12.82g

Vitamin A	319.64IU	Vitamin C	1.69mg
Calcium	16.75mg	Iron	1.34mg

Peas

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11219
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GCHC	10 Pound	285660
SALT IODIZED 24-26Z GFS	1 Tablespoon	108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
SUGAR BEET GRANUL 25 GCHC	1/4 Cup	108588
MARGARINE SLD 30-1 GCHC	3 Tablespoon	733061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.54		
Fat	0.83g		
SaturatedFat	0.34g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	184.08mg		
Carbohydrates	16.38g		
Fiber	5.06g		
Sugar	6.26g		
Protein	6.32g		
Vitamin A	56.25IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	1.39mg

PBJ Option

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11248
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00		
Fat	25.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	630.00mg		
Carbohydrates	48.50g		
Fiber	5.00g		
Sugar	16.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	351.50mg	Iron	2.00mg

Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11249
School:	Bremen Senior High School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	1 #10 CAN	293962
CHEESE CHED MLD SHRD 4-5 LOL	2 Cup	150250
Tap Water for Recipes	1 Quart	000001WTR

Preparation Instructions

Wipe off tops of can with a wet rag. Empty 1 can into a sprayed 4B metal pan, mix in 1 Qt of water and 2 Cups of Shredded cheddar cheese and mix really good. Cook in steamer for 30 minutes, until internal temp reaches 165 deg or higher for 15 seconds. Cover with plastic wrap and place in warmers in each serving room.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	187.55
Fat	5.16g
SaturatedFat	2.54g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	634.55mg
Carbohydrates	25.12g
Fiber	6.47g
Sugar	1.08g
Protein	10.96g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 114.83mg	Iron 2.16mg

Sausage Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19920
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1/2 Ounce	100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	15.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	790.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.83mg	Iron	1.41mg

Iced Donut with Sprinkles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20060

Ingredients

Description	Measurement	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	155722
SPRINKLES RAINBOW 4-4 GCHC	1 Teaspoon	283660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00		
Fat	18.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	50.00g		
Fiber	2.00g		
Sugar	24.50g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.50mg

Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22040
School:	Bremen Elementary/Middle School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
EGG OMELET CHS COLBY 144-2.1Z	1 Each	240080

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	260.00		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.00mg	Iron	2.80mg