

Cookbook for Zeeland High Schools

Created by HPS Menu Planner

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Sausage & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-13065

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	1 Each	880111

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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 Sandwich

Amount Per Serving

Calories	225.00		
Fat	8.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	700.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	1.50g		
Protein	15.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	1.96mg

Whipped Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13165

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	7/10 Ounce	613738

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13336
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup	373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	40 Slice	729973
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	431.67		
Fat	22.83g		
SaturatedFat	10.42g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1040.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	430.00mg	Iron	2.10mg

Breaded Chicken Patty on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13419
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
Hamburger Bun	1 Each	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 Serving

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	650.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.00mg

Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13422
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup	373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon	513733

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	385.00		
Fat	18.50g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	860.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	5.50g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	430.00mg	Iron	1.98mg

Baked Mozzarella Cheese Sticks & Marinara

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13425
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 Cup	592714
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	36 Each	143261

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	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.43		
Fat	11.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	755.71mg		
Carbohydrates	35.86g		
Fiber	4.43g		
Sugar	4.86g		
Protein	20.43g		
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	527.43mg	Iron	1.77mg

Bosco Sticks & Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13429
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	235411
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	592714

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	0.36
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	321.43
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	635.71mg
Carbohydrates	36.86g
Fiber	5.43g
Sugar	4.86g
Protein	21.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 455.43mg	Iron 2.00mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13433
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
Hamburger Bun ZPS	1 bun	3159

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 Serving

Amount Per Serving

Calories	305.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	670.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 11.80mg

Meat Lovers Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13448
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup	373800
CHEESE MOZZ SHRD 4-5 LOL	12 Ounce	645170
PEPPERONI SLCD 14-16/Z 2-12.5 GCHC	20 Slice	729973
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup	499552
BACON TOPPING 3/8 DCD 2-5 HRML	6 Ounce	104396
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	472.08
Fat	26.04g
SaturatedFat	11.40g
Trans Fat	0.00g
Cholesterol	68.75mg
Sodium	1382.50mg
Carbohydrates	33.75g
Fiber	2.00g
Sugar	5.00g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 330.00mg **Iron** 2.17mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13454
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
Hamburger Bun ZPS	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 Serving

Amount Per Serving

Calories	270.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	460.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	11.80mg

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13456
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
4" Whole Grain Hamburger Bun	1	3159

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

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 Sandwich

Amount Per Serving

Calories	430.00		
Fat	17.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	12.00mg

Veggie Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13935
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	626930
SAUCE PIZZA PREP 6-10 ANGM	1 Cup	373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
SPICE OREGANO GRND 12Z TRDE	1 Teaspoon	513725
RED ONION	1/4 Cup	15N63
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	491012
PEPPERS BAN RING MILD 4-1GAL GCHC	1/4 Cup	466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.23
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	389.73
Fat	18.51g
SaturatedFat	8.75g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	953.36mg
Carbohydrates	35.08g
Fiber	2.48g
Sugar	5.88g
Protein	20.60g
Vitamin A	124.99IU
Vitamin C	7.27mg

Calcium 438.04mg **Iron** 2.02mg

Supreme Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13946
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Each	626930
SAUCE PIZZA PREP 6-10 ANGM	3/4 Cup	373800
CHEESE MOZZ SHRD 4-5 LOL	4 Cup	645170
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
SPICE OREGANO LEAF 5Z TRDE	1 Teaspoon	513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z 10PG	1/2 Cup	499552
ONION RED JUMBO 25 MRKN	1/4 Cup	198722
PEPPERS COLORED MIXED ASST 12CT P/L	1/2 Cup	491012

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
 1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.08
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	404.17		
Fat	20.14g		
SaturatedFat	9.31g		
Trans Fat	0.00g		
Cholesterol	33.75mg		
Sodium	870.35mg		
Carbohydrates	34.60g		
Fiber	1.93g		
Sugar	5.66g		
Protein	21.50g		
Vitamin A	250.08IU	Vitamin C	14.87mg
Calcium	434.30mg	Iron	2.11mg

Egg & Bacon on a Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13997

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625
BACON CKD MED SLCD 3-100CT GFS	1 Slice	314196
DOUGH BISC WGRAIN 216-2.51Z PILLS	1 Each	269200

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	287.50		
Fat	14.25g		
SaturatedFat	5.80g		
Trans Fat	0.01g		
Cholesterol	99.00mg		
Sodium	538.45mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	9.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	1.17mg

Turkey & Cheese Hot Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14039
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.92
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 Serving

Amount Per Serving

Calories	286.67		
Fat	8.25g		
SaturatedFat	2.08g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	708.33mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	23.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.30mg

Boneless Wings & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14497
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	5 Each	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each	152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	9.75g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	507.50mg		
Carbohydrates	31.50g		
Fiber	4.50g		
Sugar	2.00g		
Protein	20.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.25mg	Iron	2.25mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15243
School:	Early Childhood Center		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113
TURKEY HAM SLCD 12-1 JENNO	4 Slice	556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.99
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 Serving

Amount Per Serving

Calories	325.72		
Fat	11.04g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	85.93mg		
Sodium	1027.45mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	27.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.94mg

BBQ BAR (hot dog)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19333
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
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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	0.00
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	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21428
School:	Zeeland Middle Schools		

Ingredients

Description	Measurement	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup	119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup	621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	1.00
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

Amount Per Serving	
Calories	772.76
Fat	11.99g
SaturatedFat	2.49g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	428.81mg
Carbohydrates	148.04g
Fiber	6.00g
Sugar	90.67g

Protein	19.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 537.31mg	Iron 2.20mg

RAMEN NOODLE BAR

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21659
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

POTATO BOWL

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21660
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chef Salad w/ diced chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21666
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CUCUMBER SELECT SUPER 45 MRKN	4 Slice	198587
TOMATO 6X6 LRG 25 MRKN	2 Piece	199036
CROUTON HMSTYL SEAS 10-2 GCHC	6 Piece	748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	570533
LETTUCE SALAD MXD VLLY BLND 6-2 P/L	3 Cup	520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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 Serving

Amount Per Serving

Calories	314.70
Fat	11.81g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	48.33mg
Sodium	684.32mg
Carbohydrates	32.88g
Fiber	16.67g
Sugar	9.65g
Protein	22.52g
Vitamin A 56696.69IU	Vitamin C 150.75mg
Calcium 532.16mg	Iron 12.04mg

Ham Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21681
School:	Zeeland High Schools		

Ingredients

Description	Measurement	DistPart #
CRUST PIZZA SHTD OVN RSNG 20-16RICH	1 Package	626930
SAUCE PIZZA PREP 6-10 ANGM	6 Ounce	373800
CHEESE MOZZ SHRD 4-5 LOL	3 Cup	645170
SPICE OREGANO LEAF 5Z TRDE	1 3/8 Teaspoon	513733
TURKEY HAM DCD 2-5 JENNO	12 Ounce	202150
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 1/3 Tablespoon	732900
SPICE GARLIC GRANULATED 7.25 TRDE	1/2 Teaspoon	514047
SPICE BASIL LEAF 26Z TRDE	1/12 Tablespoon	518341
SPICE PARSLEY FLAKES 11Z TRDE	1/12 Tablespoon	513989
SPICE THYME GRND 12Z TRDE	1/12 Teaspoon	513822

Preparation Instructions

1) Spray 16" Pizza Screen with pan spray 2) Place dough on Pizza Screen. 3) Brush crust with seasoned oil (see recipe for Garlic Herb Seasoned Oil - ingredients included in this recipe for oil are portioned out for this recipe). 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge. 5) Weigh out 12 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered. 6) Sprinkle oregano over cheese. 7) Add ham evenly over pizza. 8) Cover and freeze for transport. Hold frozen at 0°F or below.

1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.

2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.

CCP: Hold hot at 140°F or above until service.

cut into 8 equal slices

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: 8.00

Serving Size: 1.00

Amount Per Serving

Calories	381.69
Fat	16.82g
SaturatedFat	7.66g
Trans Fat	0.00g
Cholesterol	49.91mg
Sodium	976.84mg
Carbohydrates	33.00g
Fiber	1.78g
Sugar	4.63g
Protein	23.88g
Vitamin A 0.09IU	Vitamin C 0.00mg
Calcium 327.93mg	Iron 2.35mg