

# **Cookbook for John Glenn School Corp.**

**Created by HPS Menu Planner**

# **Cookbook for John Glenn High**

**Created by HPS Menu Planner**

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# California Blend

<b>Servings:</b>	49.00	<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-7685

## Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	9 Pound	283780
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	31.68		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	31.32mg		
<b>Carbohydrates</b>	3.84g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.39mg	<b>Iron</b>	0.00mg

# Pineapple & Mandarin Oranges

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9656

## Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	189979
ORANGES MAND IN JCE 6-10 GCHC	1 #10 CAN	612448

## 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>	0.54
<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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	64.51		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.39mg		
<b>Carbohydrates</b>	15.59g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	12.76g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.59mg	<b>Iron</b>	0.38mg

# 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-9657

## Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	192198
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<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

#### Amount Per Serving

<b>Calories</b>	345.79
<b>Fat</b>	14.70g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	172.84mg
<b>Sodium</b>	964.48mg
<b>Carbohydrates</b>	31.70g
<b>Fiber</b>	4.93g
<b>Sugar</b>	9.06g
<b>Protein</b>	24.87g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg

**Calcium** 76.76mg      **Iron** 2.54mg



# 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-9658

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST DCD 2-5	2 Ounce	451300
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	192198
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<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

Amount Per Serving	
<b>Calories</b>	331.05
<b>Fat</b>	13.57g
<b>SaturatedFat</b>	5.68g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	163.74mg
<b>Sodium</b>	885.17mg
<b>Carbohydrates</b>	29.95g
<b>Fiber</b>	4.93g
<b>Sugar</b>	7.42g
<b>Protein</b>	25.35g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg

**Calcium** 76.76mg      **Iron** 2.72mg

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# 100% Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9659

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each	403021
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980

## 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>	0.50
<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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.07mg

# Fruit

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9660

## Ingredients

Description	Measurement	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GCHC	1/2 Cup	610437
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup	271497
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup	610348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup	189979
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup	610364

## 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>	0.41
<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: 5.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.10		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.23mg		
<b>Carbohydrates</b>	12.07g		
<b>Fiber</b>	0.77g		
<b>Sugar</b>	9.40g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.56mg	<b>Iron</b>	0.06mg

# Garden Bar

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9661

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
PEPPERS GREEN LRG 5 MRKN	1 Cup	592315
PEPPERS YELLOW 20CT AVG 11 P/L	1 Each	439746
PEPPERS RED 5 P/L	1 Cup	597082
BROCCOLI CRWN ICELESS 20 MRKN	1 Cup	704547
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup	732486
CUCUMBER SELECT 6CT MRKN	1 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce	510637
TOMATO CHERRY 11 MRKN	1 Cup	569551
RADISH SLCD 1/8 2-3 RSS	1 Cup	212733

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	25.01
<b>Fat</b>	0.22g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.35mg
<b>Carbohydrates</b>	5.60g
<b>Fiber</b>	1.60g
<b>Sugar</b>	2.40g

<b>Protein</b>	1.25g
<b>Vitamin A</b> 1416.68IU	<b>Vitamin C</b> 86.63mg
<b>Calcium</b> 19.14mg	<b>Iron</b> 0.46mg

# Assorted Cereal

<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>	Breakfast	<b>Recipe ID:</b>	R-9662

## Ingredients

Description	Measurement	DistPart #
CEREAL KIX BWL 96CT GENM	1 Each	600407
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	268711
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

## 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: 10.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	104.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	144.00mg
<b>Carbohydrates</b>	22.80g
<b>Fiber</b>	1.90g
<b>Sugar</b>	6.30g

<b>Protein</b>		1.70g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.00mg	<b>Iron</b>	4.36mg



# Baked Beans

<b>Servings:</b>	168.00	<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-9663

## Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	7 #10 CAN	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	3/4 #10 CAN	819492
SPICE ONION MINCED 12Z TRDE	1 Cup	513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1/2 Cup	819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup	109843
SUGAR BROWN MED 25 GCHC	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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	145.64		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	364.92mg		
<b>Carbohydrates</b>	29.19g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.27g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Chicken

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	10 Pound	100101
SAUCE BBQ 5GAL SWTBRAY	3/4 Gallon	262595

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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: 70.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	178.19		
<b>Fat</b>	2.29g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	461.33mg		
<b>Carbohydrates</b>	24.66g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	23.29g		
<b>Protein</b>	13.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Deli Trio Sub

<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-12464

## Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.28
<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>	334.02		
<b>Fat</b>	13.65g		
<b>SaturatedFat</b>	4.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.55mg		
<b>Sodium</b>	1121.19mg		
<b>Carbohydrates</b>	30.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	22.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.23mg	<b>Iron</b>	3.10mg

# Roasted Baby Carrots

<b>Servings:</b>	32.00	<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-21940

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound	768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/3 Cup	432050
SEASONING ROSMRY GARL 20Z TRDE	1 Tablespoon	898820
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	225037

## Preparation Instructions

Coat carrots with oil, rosmay, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or 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: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.51		
<b>Fat</b>	2.31g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.15mg		
<b>Carbohydrates</b>	6.67g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	0.59g		
<b>Vitamin A</b>	7.78IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	23.43mg	<b>Iron</b>	0.02mg

# Variety of Crackers

<b>Servings:</b>	6.00	<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-22918

## Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510
CRACKER GRHM GRIPZ 150CT KEEB	1 Package	805640
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560

## 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	113.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	125.83mg		
<b>Carbohydrates</b>	18.83g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	1.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.33mg	<b>Iron</b>	1.09mg

# Mini Pancakes/Waffles/French Toast

<b>Servings:</b>	5.00	<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-22941

## Ingredients

Description	Measurement	DistPart #
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package	284811
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	498492

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.00mg		
<b>Sodium</b>	282.00mg		
<b>Carbohydrates</b>	35.20g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	10.80g		
<b>Protein</b>	4.20g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.00mg	<b>Iron</b>	2.52mg

# Refried Beans

<b>Servings:</b>	72.00	<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-23045

## Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	100362
Cheese, Cheddar Reduced fat, Shredded	3 Cup	100012

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.89		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	184.22mg		
<b>Carbohydrates</b>	21.72g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	8.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Broccoli

<b>Servings:</b>	49.00	<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-23047

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	9 Pound	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<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: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	41.05		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Corn

<b>Servings:</b>	55.00	<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-23048

## Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT 30 GCHC	10 Pound	358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 Ounce	191205

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.47		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.45mg		
<b>Sodium</b>	13.36mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	2.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Green Beans

<b>Servings:</b>	72.00	<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-23050

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING MIX RNCH 6-16Z HVALL	2 Tablespoon	618684
SPICE ONION MINCED 12Z TRDE	2 Tablespoon	513997

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.41		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	178.54mg		
<b>Carbohydrates</b>	3.57g		
<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
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-23052

## Ingredients

Description	Measurement	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	26 Ounce	166872
Tap Water for Recipes	1 Gallon	000001WTR

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	67.37		
<b>Fat</b>	0.84g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	261.05mg		
<b>Carbohydrates</b>	14.32g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	1.68g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.03mg
<b>Calcium</b>	16.84mg	<b>Iron</b>	0.30mg

# Peas

<b>Servings:</b>	43.00	<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-23053

## Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	9 Pound	100350
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	79.06		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	70.84mg		
<b>Carbohydrates</b>	11.56g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Egg & Cheese Muffin

<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-23072

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each	462519
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	1 Each	880111

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	1.50
<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>	220.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	87.50mg		
<b>Sodium</b>	545.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	186.50mg	<b>Iron</b>	1.60mg

# Powdered Cinnamon Donut

<b>Servings:</b>	120.00	<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-23096

## Ingredients

Description	Measurement	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	120 Each	556582
SUGAR POWDERED 10X 12-2 PION	2 1/2 Cup	859740
SPICE CINNAMON GRND 15Z TRDE	2 1/2 Tablespoon	224723

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 120.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	289.60		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.05mg		
<b>Carbohydrates</b>	32.47g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.38g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.02mg	<b>Iron</b>	1.50mg

# Brown Rice

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23250

## Ingredients

Description	Measurement	DistPart #
RICE BRN PERFECTED 25 UBEN	6 Cup	146404
Tap Water for Recipes	12 Cup	000001WTR
SALT IODIZED 25 CARG	1 Teaspoon	108286
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound	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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	101.67		
<b>Fat</b>	2.58g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	65.53mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.81mg	<b>Iron</b>	0.18mg

# Turkey Sub

<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-23478

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## 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>	241.10		
<b>Fat</b>	3.51g		
<b>SaturatedFat</b>	1.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.55mg		
<b>Sodium</b>	696.16mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg



# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# **Cookbook for Urey Middle**

**Created by HPS Menu Planner**

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**BBQ Chicken**

**Deli Trio Sub**

**Roasted Baby Carrots**

**Variety of Crackers**

**Variety of Muffin**

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**Powdered Cinnamon Donut**

**Brown Rice**

**Turkey Sub**

**PBJ Meal**

# California Blend

<b>Servings:</b>	49.00	<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-7685

## Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	9 Pound	283780
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	31.68		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	31.32mg		
<b>Carbohydrates</b>	3.84g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.39mg	<b>Iron</b>	0.00mg

# Pineapple & Mandarin Oranges

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9656

## Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	189979
ORANGES MAND IN JCE 6-10 GCHC	1 #10 CAN	612448

## 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>	0.54
<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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	64.51		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.39mg		
<b>Carbohydrates</b>	15.59g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	12.76g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.59mg	<b>Iron</b>	0.38mg

# 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-9657

## Ingredients

Description	Measurement	DistPart #
Ham, Cubed Frozen	2 Ounce	100188-H
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	192198
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<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

#### Amount Per Serving

<b>Calories</b>	345.79
<b>Fat</b>	14.70g
<b>SaturatedFat</b>	7.06g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	172.84mg
<b>Sodium</b>	964.48mg
<b>Carbohydrates</b>	31.70g
<b>Fiber</b>	4.93g
<b>Sugar</b>	9.06g
<b>Protein</b>	24.87g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg



**Calcium** 76.76mg      **Iron** 2.54mg

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# 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-9658

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST DCD 2-5	2 Ounce	451300
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	100012
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	192198
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CUCUMBER SELECT 6CT MRKN	1/4 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<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

Amount Per Serving	
<b>Calories</b>	331.05
<b>Fat</b>	13.57g
<b>SaturatedFat</b>	5.68g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	163.74mg
<b>Sodium</b>	885.17mg
<b>Carbohydrates</b>	29.95g
<b>Fiber</b>	4.93g
<b>Sugar</b>	7.42g
<b>Protein</b>	25.35g
<b>Vitamin A</b> 16438.66IU	<b>Vitamin C</b> 12.38mg

**Calcium** 76.76mg      **Iron** 2.72mg

# 100% Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9659

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each	403021
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980

## 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>	0.50
<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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.07mg

# Fruit

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9660

## Ingredients

Description	Measurement	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GCHC	1/2 Cup	610437
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup	271497
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup	610348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup	189979
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup	610364

## 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>	0.41
<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: 5.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.10		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.23mg		
<b>Carbohydrates</b>	12.07g		
<b>Fiber</b>	0.77g		
<b>Sugar</b>	9.40g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.56mg	<b>Iron</b>	0.06mg

# Garden Bar

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9661

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
PEPPERS GREEN LRG 5 MRKN	1 Cup	592315
PEPPERS YELLOW 20CT AVG 11 P/L	1 Each	439746
PEPPERS RED 5 P/L	1 Cup	597082
BROCCOLI CRWN ICELESS 20 MRKN	1 Cup	704547
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup	732486
CUCUMBER SELECT 6CT MRKN	1 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce	510637
TOMATO CHERRY 11 MRKN	1 Cup	569551
RADISH SLCD 1/8 2-3 RSS	1 Cup	212733

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	25.01
<b>Fat</b>	0.22g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.35mg
<b>Carbohydrates</b>	5.60g
<b>Fiber</b>	1.60g
<b>Sugar</b>	2.40g

<b>Protein</b>	1.25g
<b>Vitamin A</b> 1416.68IU	<b>Vitamin C</b> 86.63mg
<b>Calcium</b> 19.14mg	<b>Iron</b> 0.46mg

# Assorted Cereal

<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>	Breakfast	<b>Recipe ID:</b>	R-9662

## Ingredients

Description	Measurement	DistPart #
CEREAL KIX BWL 96CT GENM	1 Each	600407
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	268711
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

## 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: 10.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	104.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	144.00mg
<b>Carbohydrates</b>	22.80g
<b>Fiber</b>	1.90g
<b>Sugar</b>	6.30g



<b>Protein</b>		1.70g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.00mg	<b>Iron</b>	4.36mg

# Baked Beans

<b>Servings:</b>	168.00	<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-9663

## Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	7 #10 CAN	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	3/4 #10 CAN	819492
SPICE ONION MINCED 12Z TRDE	1 Cup	513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1/2 Cup	819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup	109843
SUGAR BROWN MED 25 GCHC	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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	145.64		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	364.92mg		
<b>Carbohydrates</b>	29.19g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.27g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BBQ Chicken

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	10 Pound	100101
SAUCE BBQ 5GAL SWTBRAY	3/4 Gallon	262595

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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: 70.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	178.19		
<b>Fat</b>	2.29g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	461.33mg		
<b>Carbohydrates</b>	24.66g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	23.29g		
<b>Protein</b>	13.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Deli Trio Sub

<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-12464

## Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.28
<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>	334.02		
<b>Fat</b>	13.65g		
<b>SaturatedFat</b>	4.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.55mg		
<b>Sodium</b>	1121.19mg		
<b>Carbohydrates</b>	30.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	22.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.23mg	<b>Iron</b>	3.10mg

# Roasted Baby Carrots

<b>Servings:</b>	32.00	<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-21940

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound	768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/3 Cup	432050
SEASONING ROSMRY GARL 20Z TRDE	1 Tablespoon	898820
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	225037

## Preparation Instructions

Coat carrots with oil, rosmay, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or 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: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.51		
<b>Fat</b>	2.31g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.15mg		
<b>Carbohydrates</b>	6.67g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	0.59g		
<b>Vitamin A</b>	7.78IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	23.43mg	<b>Iron</b>	0.02mg

# Variety of Crackers

<b>Servings:</b>	6.00	<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-22918

## Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510
CRACKER GRHM GRIPZ 150CT KEEB	1 Package	805640
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560

## 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	113.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	125.83mg		
<b>Carbohydrates</b>	18.83g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	1.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.33mg	<b>Iron</b>	1.09mg

# Variety of Muffin

<b>Servings:</b>	4.00	<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-22926

## Ingredients

Description	Measurement	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
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>	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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Mini Pancakes/Waffles/French Toast

<b>Servings:</b>	5.00	<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-22941

## Ingredients

Description	Measurement	DistPart #
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package	284811
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	498492

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.00mg		
<b>Sodium</b>	282.00mg		
<b>Carbohydrates</b>	35.20g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	10.80g		
<b>Protein</b>	4.20g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	128.00mg	<b>Iron</b>	2.52mg



# Refried Beans

<b>Servings:</b>	72.00	<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-23045

## Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	100362
Cheese, Cheddar Reduced fat, Shredded	3 Cup	100012

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.89		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	184.22mg		
<b>Carbohydrates</b>	21.72g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	8.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Broccoli

<b>Servings:</b>	49.00	<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-23047

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	9 Pound	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<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: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	41.05		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn

<b>Servings:</b>	55.00	<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-23048

## Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT 30 GCHC	10 Pound	358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 Ounce	191205

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.47		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.45mg		
<b>Sodium</b>	13.36mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	2.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Green Beans

<b>Servings:</b>	72.00	<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-23050

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING MIX RNCH 6-16Z HVALL	2 Tablespoon	618684
SPICE ONION MINCED 12Z TRDE	2 Tablespoon	513997

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.41		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	178.54mg		
<b>Carbohydrates</b>	3.57g		
<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
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-23052

## Ingredients

Description	Measurement	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	26 Ounce	166872
Tap Water for Recipes	1 Gallon	000001WTR

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	67.37		
<b>Fat</b>	0.84g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	261.05mg		
<b>Carbohydrates</b>	14.32g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	1.68g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.03mg
<b>Calcium</b>	16.84mg	<b>Iron</b>	0.30mg

# Peas

<b>Servings:</b>	43.00	<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-23053

## Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	9 Pound	100350
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.06		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	70.84mg		
<b>Carbohydrates</b>	11.56g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Egg & Cheese Muffin

<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-23072

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each	462519
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	1 Each	880111

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	1.50
<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>	220.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	87.50mg		
<b>Sodium</b>	545.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	186.50mg	<b>Iron</b>	1.60mg

# Powdered Cinnamon Donut

<b>Servings:</b>	120.00	<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-23096

## Ingredients

Description	Measurement	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	120 Each	556582
SUGAR POWDERED 10X 12-2 PION	2 1/2 Cup	859740
SPICE CINNAMON GRND 15Z TRDE	2 1/2 Tablespoon	224723

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<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: 120.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	289.60		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.05mg		
<b>Carbohydrates</b>	32.47g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.38g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.02mg	<b>Iron</b>	1.50mg



# Brown Rice

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23250

## Ingredients

Description	Measurement	DistPart #
RICE BRN PERFECTED 25 UBEN	6 Cup	146404
Tap Water for Recipes	12 Cup	000001WTR
SALT IODIZED 25 CARG	1 Teaspoon	108286
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound	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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	101.67		
<b>Fat</b>	2.58g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	65.53mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.81mg	<b>Iron</b>	0.18mg

# Turkey Sub

<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-23478

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## 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>	241.10		
<b>Fat</b>	3.51g		
<b>SaturatedFat</b>	1.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.55mg		
<b>Sodium</b>	696.16mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg

# PBJ Meal

<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-23636

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801

## 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>	450.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	241.00mg	<b>Iron</b>	1.72mg

# **Cookbook for Walkerton Elem.**

**Created by HPS Menu Planner**

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# California Blend

<b>Servings:</b>	49.00	<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-7685

## Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	9 Pound	283780
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	31.68		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	31.32mg		
<b>Carbohydrates</b>	3.84g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.39mg	<b>Iron</b>	0.00mg

# Pineapple & Mandarin Oranges

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9656

## Ingredients

Description	Measurement	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 #10 CAN	189979
ORANGES MAND IN JCE 6-10 GCHC	1 #10 CAN	612448

## 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>	0.54
<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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	64.51		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.39mg		
<b>Carbohydrates</b>	15.59g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	12.76g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.59mg	<b>Iron</b>	0.38mg

# 100% Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9659

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each	403021
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980

## 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>	0.50
<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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.07mg



# Fruit

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9660

## Ingredients

Description	Measurement	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GCHC	1/2 Cup	610437
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup	271497
FRUIT MIXED DCD IN JCE 6-10 GCHC	1/2 Cup	610348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/2 Cup	189979
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup	610364

## 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>	0.41
<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: 5.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.10		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.23mg		
<b>Carbohydrates</b>	12.07g		
<b>Fiber</b>	0.77g		
<b>Sugar</b>	9.40g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.56mg	<b>Iron</b>	0.06mg

# Garden Bar

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9661

## Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
PEPPERS GREEN LRG 5 MRKN	1 Cup	592315
PEPPERS YELLOW 20CT AVG 11 P/L	1 Each	439746
PEPPERS RED 5 P/L	1 Cup	597082
BROCCOLI CRWN ICELESS 20 MRKN	1 Cup	704547
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup	732486
CUCUMBER SELECT 6CT MRKN	1 Cup	592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce	510637
TOMATO CHERRY 11 MRKN	1 Cup	569551
RADISH SLCD 1/8 2-3 RSS	1 Cup	212733

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	25.01
<b>Fat</b>	0.22g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.35mg
<b>Carbohydrates</b>	5.60g
<b>Fiber</b>	1.60g
<b>Sugar</b>	2.40g

<b>Protein</b>	1.25g
<b>Vitamin A</b> 1416.68IU	<b>Vitamin C</b> 86.63mg
<b>Calcium</b> 19.14mg	<b>Iron</b> 0.46mg

# Assorted Cereal

<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>	Breakfast	<b>Recipe ID:</b>	R-9662

## Ingredients

Description	Measurement	DistPart #
CEREAL KIX BWL 96CT GENM	1 Each	600407
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	268711
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

## 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: 10.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	104.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	144.00mg
<b>Carbohydrates</b>	22.80g
<b>Fiber</b>	1.90g
<b>Sugar</b>	6.30g

<b>Protein</b>		1.70g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.00mg	<b>Iron</b>	4.36mg

# Baked Beans

<b>Servings:</b>	168.00	<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-9663

## Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	7 #10 CAN	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	3/4 #10 CAN	819492
SPICE ONION MINCED 12Z TRDE	1 Cup	513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1/2 Cup	819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1/2 Cup	109843
SUGAR BROWN MED 25 GCHC	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>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	145.64		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	364.92mg		
<b>Carbohydrates</b>	29.19g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	13.27g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Assorted Cereal Bars

<b>Servings:</b>	5.00	<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-9664

## Ingredients

Description	Measurement	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each	282431

## 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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	126.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	98.00mg		
<b>Carbohydrates</b>	23.40g		
<b>Fiber</b>	2.40g		
<b>Sugar</b>	7.20g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	1.10mg

# BBQ Chicken

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	10 Pound	100101
SAUCE BBQ 5GAL SWTBRAY	3/4 Gallon	262595

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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: 70.00

Serving Size: 3.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	178.19		
<b>Fat</b>	2.29g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.00mg		
<b>Sodium</b>	461.33mg		
<b>Carbohydrates</b>	24.66g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	23.29g		
<b>Protein</b>	13.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Deli Trio Sub

<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-12464

## Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.28
<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>	334.02		
<b>Fat</b>	13.65g		
<b>SaturatedFat</b>	4.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.55mg		
<b>Sodium</b>	1121.19mg		
<b>Carbohydrates</b>	30.02g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	22.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.23mg	<b>Iron</b>	3.10mg

# Roasted Baby Carrots

<b>Servings:</b>	32.00	<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-21940

## Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound	768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/3 Cup	432050
SEASONING ROSMRY GARL 20Z TRDE	1 Tablespoon	898820
SALT IODIZED 25 CARG	1/2 Teaspoon	108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Teaspoon	225037

## Preparation Instructions

Coat carrots with oil, rosmay, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or 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: 32.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	49.51		
<b>Fat</b>	2.31g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.15mg		
<b>Carbohydrates</b>	6.67g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	3.33g		
<b>Protein</b>	0.59g		
<b>Vitamin A</b>	7.78IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	23.43mg	<b>Iron</b>	0.02mg

# Variety of Crackers

<b>Servings:</b>	6.00	<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-22918

## Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package	745481
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510
CRACKER GRHM GRIPZ 150CT KEEB	1 Package	805640
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package	859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560

## 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	113.33		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	125.83mg		
<b>Carbohydrates</b>	18.83g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	1.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.33mg	<b>Iron</b>	1.09mg

# Variety of Muffin

<b>Servings:</b>	4.00	<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-22926

## Ingredients

Description	Measurement	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
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>	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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# Refried Beans

<b>Servings:</b>	72.00	<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-23045

## Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	100362
Cheese, Cheddar Reduced fat, Shredded	3 Cup	100012

## 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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	131.89		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	184.22mg		
<b>Carbohydrates</b>	21.72g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	8.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Broccoli

<b>Servings:</b>	49.00	<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-23047

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	9 Pound	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50
<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: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	41.05		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Corn

<b>Servings:</b>	55.00	<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-23048

## Ingredients

Description	Measurement	DistPart #
CORN SUPER SWT 30 GCHC	10 Pound	358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 Ounce	191205

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.47		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.45mg		
<b>Sodium</b>	13.36mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	2.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Green Beans

<b>Servings:</b>	72.00	<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-23050

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING MIX RNCH 6-16Z HVALL	2 Tablespoon	618684
SPICE ONION MINCED 12Z TRDE	2 Tablespoon	513997

## 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>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.41		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	178.54mg		
<b>Carbohydrates</b>	3.57g		
<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
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Peas

<b>Servings:</b>	43.00	<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-23053

## Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	9 Pound	100350
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce	191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164

## 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>	0.50

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	79.06		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	70.84mg		
<b>Carbohydrates</b>	11.56g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Brown Rice

<b>Servings:</b>	48.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23250

## Ingredients

Description	Measurement	DistPart #
RICE BRN PERFECTED 25 UBEN	6 Cup	146404
Tap Water for Recipes	12 Cup	000001WTR
SALT IODIZED 25 CARG	1 Teaspoon	108286
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound	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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	101.67		
<b>Fat</b>	2.58g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	65.53mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.81mg	<b>Iron</b>	0.18mg

# Turkey Sub

<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-23478

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	689541
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## 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>	241.10		
<b>Fat</b>	3.51g		
<b>SaturatedFat</b>	1.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.55mg		
<b>Sodium</b>	696.16mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	25.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg