

Cookbook for Prairie Heights Comm. School Corp.

Created by HPS Menu Planner

Cookbook for Prairie Heights Elementary/Middle School

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Fruit Juice

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118930 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 6.00
Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 66.67 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.83mg |
| Carbohydrates | 16.00g |
| Fiber | 0.00g |
| Sugar | 15.00g |
| Protein | 0.00g |

| | | | |
|------------------|--------|------------------|---------|
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Baked Beans

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|-------------------|
| Servings: | 480.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-9547 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|----------------------|------------|
| BEAN VEGTAR 6-10 GCHC | 18 #10 CAN | | 298913 |
| ONION DEHY CHPD 15 P/L | 2 Cup | | 263036 |
| MUSTARD YELLOW PREP 4-1GAL CRWNCOLL | 1 Cup | | 860221 |
| SUGAR BROWN LT 50 BIG CHIEF | 3/4 Quart | | 846775 |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC | 1 Cup | | 109843 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Gallon | | 655937 |
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1 #10 CAN | READY_TO_EAT None | 200621 |

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 173.58 | | |
| Fat | 0.49g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 532.19mg | | |
| Carbohydrates | 34.86g | | |
| Fiber | 4.87g | | |
| Sugar | 15.01g | | |
| Protein | 7.78g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 52.69mg | Iron | 1.94mg |

Green Beans

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 432.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9560 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| Green Beans cnd | 18 #10 CAN | BAKE | 100307 |
| Tap Water for Recipes | 1 Quart | UNPREPARED | 000001WTR |
| BASE BEEF RSTD NO ADDED MSG 6-1 GSIG | 1 Pound | | 110611 |

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.50 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|-----------------------------|----------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 432.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 19.86 | | |
| Fat | 0.17g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 288.90mg | | |
| Carbohydrates | 3.41g | | |
| Fiber | 2.16g | | |
| Sugar | 1.08g | | |
| Protein | 1.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.22mg | Iron | 0.00mg |

Ham & Cheese Sandwich

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10283 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| HAM HNY DELI SHVD FRSH 6-2 GFS | 2 Ounce | | 779160 |

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | |
|---------------------------|-------------------------|
| Amount Per Serving | |
| Calories | 245.00 |
| Fat | 5.00g |
| SaturatedFat | 1.75g |
| Trans Fat | 0.00g |
| Cholesterol | 32.50mg |
| Sodium | 790.00mg |
| Carbohydrates | 29.00g |
| Fiber | 3.00g |
| Sugar | 7.50g |
| Protein | 19.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |

Calcium 126.00mg **Iron** 1.36mg

Spiced Apples

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 570.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10286 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|------------------------------|------------|
| APPLE SLCD MI 7+1 30 GCHC | 90 Pound | | 270954 |
| SUGAR BROWN MED 25 GCHC | 20 Pound | UNSPECIFIED | 108626 |
| SPICE CINNAMON GRND 5 TRDE | 2 Cup | | 224731 |
| MARGARINE SLD 30-1 GCHC | 2 Pound | | 733061 |
| FLAVORING VANILLA IMIT 1-1GAL KE | 2 Cup | | 110744 |
| JUICE PINEAPPLE 100 12-46FLZ DOLE | 8 Quart | READY_TO_EAT Ready to Eat | 566144 |

Preparation Instructions

1. Thaw the apples overnight in the cooler.
2. Next day, mix together the remaining ingredients.
3. Divide the apples evenly between 9 pans.
4. Divide the mixture evenly between the 9 pans of apples.
5. Toss to coat the apples.
6. Bake the apples in a 350 degree oven until the temperature reaches 135 degrees.
7. Remove from the oven, cover, and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 570.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 91.40 | | |
| Fat | 1.24g | | |
| SaturatedFat | 0.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 23.21mg | | |
| Carbohydrates | 18.96g | | |
| Fiber | 0.72g | | |
| Sugar | 17.52g | | |
| Protein | 0.72g | | |
| Vitamin A | 84.21IU | Vitamin C | 0.00mg |
| Calcium | 5.09mg | Iron | 0.72mg |

BBQ Rib on Bun

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10287 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER | 1 Each | B | 451410 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 340.00 |
| Fat | 11.50g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 850.00mg |
| Carbohydrates | 38.00g |
| Fiber | 5.00g |
| Sugar | 14.00g |
| Protein | 20.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 400.00IU | Vitamin C | 1.20mg |
| Calcium | 70.00mg | Iron | 2.80mg |

Golden Corn

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 548.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10292 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CORN CUT IQF 30 GCHC | 120 Pound | BAKE | 285620 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 1 2/3 Cup | 1/3 cup per pan | 184622 |
| SEASONING VEGETABLE NO SALT 21Z TRDE | 5 Tablespoon | 1 Tbsp. per pan | 647230 |

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 548.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| <hr/> | | | |
| Calories | 26.58 | | |
| Fat | 0.88g | | |
| SaturatedFat | 0.14g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 4.29g | | |
| Fiber | 0.20g | | |
| Sugar | 1.00g | | |
| Protein | 0.60g | | |
| <hr/> | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| <hr/> | | | |

Chicken Patty on Bun

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10314 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 1 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 558061 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |

| | |
|-----------------|------|
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|---------------------------|----------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 1.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| <hr/> | | | |
| Calories | 380.00 | | |
| Fat | 14.50g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 640.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 6.00g | | |
| Sugar | 5.00g | | |
| Protein | 20.00g | | |
| <hr/> | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 65.00mg | Iron | 3.00mg |
| <hr/> | | | |

Poptarts

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 368.00 |
| Fat | 5.83g |
| SaturatedFat | 1.93g |
| Trans Fat | 0.03g |
| Cholesterol | 0.00mg |
| Sodium | 382.33mg |
| Carbohydrates | 76.00g |
| Fiber | 5.73g |
| Sugar | 30.33g |

| | | | |
|------------------|----------|------------------|--------|
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Fruited Gelatin



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 110.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15903 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| Diced Peaches CND 6-10 | 3 #10 CAN | | 100220 |
| Diced Pears 6-10 | 3 #10 CAN | | 100225 |
| Tap Water for Recipes | 4 2/5 Quart | Follow gelatin directions for specific amounts of water. | 000001WTR |
| GELATIN MIX STRAWB 12-24Z GCHC | 1 1/2 Pound | | 524581 |

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.50 |

| | |
|-----------------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|-----------------------------|---------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 110.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 85.06 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 35.45mg | | |
| Carbohydrates | 21.12g | | |
| Fiber | 1.52g | | |
| Sugar | 18.57g | | |
| Protein | 0.36g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.36mg | Iron | 0.00mg |

Cheesy Broccoli

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 274.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-19587 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| Broccoli, No salt added, Frozen | 60 Pound | | 110473 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 106 Ounce | | 135261 |

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.13 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.53 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 29.70

Fat 0.15g

SaturatedFat 0.09g

Trans Fat 0.00g

Cholesterol 0.44mg

Sodium 31.65mg

Carbohydrates 5.42g

Fiber 3.20g

Sugar 1.07g

Protein 3.31g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 4.25mg **Iron** 0.00mg

Muffin

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 187.50 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 128.75mg |
| Carbohydrates | 31.25g |
| Fiber | 2.00g |

| | |
|--------------------------|-------------------------|
| Sugar | 16.50g |
| Protein | 3.00g |
| Vitamin A 25.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.01mg |

Turkey & Cheese Lunch Kit



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-21449 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH | 1 Each | | 644182 |
| TURKEY BRST SMKD COIN 1.75 SLCD 6-2 | 1 Ounce | Weigh | 394123 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 3 Slice | | 722360 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 315.40 |
| Fat | 11.46g |
| SaturatedFat | 4.90g |
| Trans Fat | 0.00g |
| Cholesterol | 37.70mg |
| Sodium | 1108.94mg |
| Carbohydrates | 31.00g |
| Fiber | 3.00g |
| Sugar | 3.50g |
| Protein | 22.88g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 308.00mg | Iron 1.55mg |

Taco Meat

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|-------------------|
| Servings: | 230.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-27064 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 45 Pound | UNPREPARED | 100158 |
| SEASONING TACO MIX 2-5 GRSZ | 2 1/2 Pound | | 427446 |
| Cold Water | 2 1/2 Gallon | | 0000 |

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| 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: 230.00

Serving Size: 2.00 Ounce

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 197.34 |
| Fat | 14.02g |
| SaturatedFat | 4.67g |
| Trans Fat | 2.34g |
| Cholesterol | 0.00mg |
| Sodium | 243.32mg |
| Carbohydrates | 1.16g |
| Fiber | 0.00g |

| | | | |
|------------------|--------|------------------|--------|
| Sugar | 0.00g | | |
| Protein | 16.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.16mg | Iron | 0.00mg |

Sidekick Slushie

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27277 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 863880 |
| SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC | 4/5 Each | | 863890 |
| SLUSHIE SR CHRY-LEM 84-4.4FLZ | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 667911 |
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|---------------------------|----------|------------------|---------|
| Nutrition Facts | | | |
| Servings Per Recipe: 4.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | 72.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 25.00mg | | |
| Carbohydrates | 17.60g | | |
| Fiber | 0.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 950.00IU | Vitamin C | 48.00mg |
| Calcium | 64.00mg | Iron | 0.00mg |

Yogurt, Cheese Stick, and Strawberry Chex



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27337 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | | 186911 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | | 786580 |
| SNACK MIX STRAWB YOG WGRAIN 60-1.03Z | 1 Package | | 266020 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 290.00 |
| Fat | 9.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 320.00mg |
| Carbohydrates | 40.00g |
| Fiber | 2.00g |
| Sugar | 16.00g |
| Protein | 12.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |

Calcium 338.00mg **Iron** 0.70mg

Pizza Munchable

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27342 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH | 1 Each | | 644182 |
| CHEESE MOZZ SHRD 4-5 LOL | 1/2 Cup | | 645170 |
| SAUCE MARINARA 6-10 REDPK | 1/4 Cup | | 502181 |

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 | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 395.00 | | |
| Fat | 17.75g | | |
| SaturatedFat | 8.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 757.50mg | | |
| Carbohydrates | 36.00g | | |
| Fiber | 4.00g | | |
| Sugar | 8.00g | | |
| Protein | 21.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 442.00mg | Iron | 1.94mg |

Cheeseburger on Bun

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27343 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 392.50

Fat 20.00g

SaturatedFat 8.00g

Trans Fat 1.13g

Cholesterol 63.75mg

Sodium 438.75mg

Carbohydrates 26.00g

Fiber 3.00g

Sugar 4.50g

Protein 25.25g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 126.00mg **Iron** 2.35mg

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

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Fruit Juice

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118930 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| Nutrition Facts | | | |
|---------------------------|---------|------------------|---------|
| Servings Per Recipe: 6.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | 66.67 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 10.83mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 0.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Baked Beans

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|-------------------|
| Servings: | 480.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-9547 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|----------------------|------------|
| BEAN VEGTAR 6-10 GCHC | 18 #10 CAN | | 298913 |
| ONION DEHY CHPD 15 P/L | 2 Cup | | 263036 |
| MUSTARD YELLOW PREP 4-1GAL CRWNCOLL | 1 Cup | | 860221 |
| SUGAR BROWN LT 50 BIG CHIEF | 3/4 Quart | | 846775 |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC | 1 Cup | | 109843 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Gallon | | 655937 |
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1 #10 CAN | READY_TO_EAT None | 200621 |

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 173.58 | | |
| Fat | 0.49g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 532.19mg | | |
| Carbohydrates | 34.86g | | |
| Fiber | 4.87g | | |
| Sugar | 15.01g | | |
| Protein | 7.78g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 52.69mg | Iron | 1.94mg |

Green Beans

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 432.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9560 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| Green Beans cnd | 18 #10 CAN | BAKE | 100307 |
| Tap Water for Recipes | 1 Quart | UNPREPARED | 000001WTR |
| BASE BEEF RSTD NO ADDED MSG 6-1 GSIG | 1 Pound | | 110611 |

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.50 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|-----------------------------|----------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 432.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 19.86 | | |
| Fat | 0.17g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 288.90mg | | |
| Carbohydrates | 3.41g | | |
| Fiber | 2.16g | | |
| Sugar | 1.08g | | |
| Protein | 1.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.22mg | Iron | 0.00mg |

Golden Corn

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 548.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10292 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CORN CUT IQF 30 GCHC | 120 Pound | BAKE | 285620 |
| BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC | 1 2/3 Cup | 1/3 cup per pan | 184622 |
| SEASONING VEGETABLE NO SALT 21Z TRDE | 5 Tablespoon | 1 Tbsp. per pan | 647230 |

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 548.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| <hr/> | | | |
| Calories | 26.58 | | |
| Fat | 0.88g | | |
| SaturatedFat | 0.14g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 4.29g | | |
| Fiber | 0.20g | | |
| Sugar | 1.00g | | |
| Protein | 0.60g | | |
| <hr/> | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| <hr/> | | | |

Chicken Patty on Bun

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10314 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 1 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. | 558061 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 517810 |

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 3.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |

| | |
|-----------------|------|
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|---------------------------|----------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 1.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| <hr/> | | | |
| Calories | 380.00 | | |
| Fat | 14.50g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 640.00mg | | |
| Carbohydrates | 40.00g | | |
| Fiber | 6.00g | | |
| Sugar | 5.00g | | |
| Protein | 20.00g | | |
| <hr/> | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 65.00mg | Iron | 3.00mg |
| <hr/> | | | |

Poptarts

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 368.00 |
| Fat | 5.83g |
| SaturatedFat | 1.93g |
| Trans Fat | 0.03g |
| Cholesterol | 0.00mg |
| Sodium | 382.33mg |
| Carbohydrates | 76.00g |
| Fiber | 5.73g |
| Sugar | 30.33g |

| | | | |
|------------------|----------|------------------|--------|
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Spicy Chicken Patty on Bun



| | | | |
|----------------------|---------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15198 |
| School: | Prairie Heights HS Salad Bar | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CHIX PTY HOT & SPCY FC 3.23Z 4-7.5 | 1 Each | | 150180 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.75 |
| 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 | 370.00 |
| Fat | 13.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 55.00mg |
| Sodium | 660.00mg |
| Carbohydrates | 41.00g |

| | | | |
|------------------|---------|------------------|--------|
| Fiber | | 3.00g | |
| Sugar | | 4.00g | |
| Protein | | 21.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 22.00mg | Iron | 2.00mg |

Shredded BBQ Pork on Bun

NO IMAGE

| | | | |
|----------------------|---------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15228 |
| School: | Prairie Heights HS Salad Bar | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| PORK SHRDD BBQ 6-5 JTM | 5 Ounce | | 366320 |
| Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack | 1 bun | BAKE | 3480 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.10 |
| 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 | 407.50 |
| Fat | 9.75g |
| SaturatedFat | 2.63g |
| Trans Fat | 0.05g |
| Cholesterol | 55.00mg |
| Sodium | 489.88mg |
| Carbohydrates | 51.50g |
| Fiber | 3.75g |
| Sugar | 24.00g |
| Protein | 27.00g |
| Vitamin A | 0.00IU |
| Vitamin C | 0.00mg |

Calcium 37.50mg **Iron** 0.00mg

Cheesy Broccoli

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 274.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-19587 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| Broccoli, No salt added, Frozen | 60 Pound | | 110473 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 106 Ounce | | 135261 |

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.13 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.53 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 29.70

Fat 0.15g

SaturatedFat 0.09g

Trans Fat 0.00g

Cholesterol 0.44mg

Sodium 31.65mg

Carbohydrates 5.42g

Fiber 3.20g

Sugar 1.07g

Protein 3.31g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 4.25mg **Iron** 0.00mg

Muffin

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 187.50 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 128.75mg |
| Carbohydrates | 31.25g |
| Fiber | 2.00g |

| | |
|--------------------------|-------------------------|
| Sugar | 16.50g |
| Protein | 3.00g |
| Vitamin A 25.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.01mg |

Meatball Sub

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20658 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| SAUCE SPAGHETTI FCY 6-10 REDPK | 1 1/5 Ounce | | 852759 |
| MEATBALL CKD .65Z 6-5 COMM | 4 Each | | 785860 |
| Aunt Millie's White Mini Subs--5 1/2" x 2 1/2" | 1 bun | BAKE | 4339 |
| CHEESE MOZZ SHRD 4-5 LOL | 2 Tablespoon | | 645170 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 393.00 |
| Fat | 14.00g |
| SaturatedFat | 5.25g |
| Trans Fat | 0.60g |
| Cholesterol | 43.50mg |
| Sodium | 734.00mg |
| Carbohydrates | 40.50g |
| Fiber | 3.00g |
| Sugar | 8.50g |
| Protein | 21.50g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 168.50mg | Iron | 1.00mg |

Sidekick Slushie

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27277 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 863880 |
| SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC | 4/5 Each | | 863890 |
| SLUSHIE SR CHRY-LEM 84-4.4FLZ | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 667911 |
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|---------------------------|----------|------------------|---------|
| Nutrition Facts | | | |
| Servings Per Recipe: 4.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | 72.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 25.00mg | | |
| Carbohydrates | 17.60g | | |
| Fiber | 0.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 950.00IU | Vitamin C | 48.00mg |
| Calcium | 64.00mg | Iron | 0.00mg |

Cheeseburger on Bun

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27343 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 1 Slice | | 722360 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 392.50

Fat 20.00g

SaturatedFat 8.00g

Trans Fat 1.13g

Cholesterol 63.75mg

Sodium 438.75mg

Carbohydrates 26.00g

Fiber 3.00g

Sugar 4.50g

Protein 25.25g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 126.00mg **Iron** 2.35mg

Pork Patty on Bun

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27344 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PORK PTY BRD WGRAIN 3.35Z 6-5 JTM | 1 Each | | 661950 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Preheat oven to 375 degrees F.
2. Lay out patties on an oven sheet pan in a single layer.
3. Heat for 13-15 minutes or until heated through.
4. Cover and store in the hot boxes until service.
5. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| 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 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 400.00 |
| Fat | 18.50g |
| SaturatedFat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 510.00mg |
| Carbohydrates | 36.00g |

| | | | |
|------------------|---------|------------------|--------|
| Fiber | 5.00g | | |
| Sugar | 5.00g | | |
| Protein | 22.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 2.62mg |

Country Fried Steak Sandwich



| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27366 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| BEEF PTY CNTRY FRD WGRAIN 85- 3.85Z | 1 Each | DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Cook product for 2-3 minutes. Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate. | 667202 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

| Meal Components (SLE) | |
|------------------------------|------|
| Amount Per Serving | |
| Meat | 2.00 |
| Grain | 3.00 |
| Fruit | 0.00 |

| | |
|-----------------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 440.00 |
| Fat | 18.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 640.00mg |
| Carbohydrates | 43.00g |
| Fiber | 5.00g |
| Sugar | 4.00g |
| Protein | 24.00g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 3.70mg |

Cookbook for Prairie Heights HS Salad Bar

Created by HPS Menu Planner

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Cookbook for Prairie Heights Middle School

Created by HPS Menu Planner

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Cherry Tomatoes, Broccoli, & Snap Peas

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Fruit Juice

NO IMAGE

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-9541 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| JUICE GRP 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 403040 |
| DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP | 1 Each | | 118950 |
| JUICE FRT PNCH 100 70-4FLZ SNCUP | 1 Each | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 355900 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118930 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 6.00
Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 66.67 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.83mg |
| Carbohydrates | 16.00g |
| Fiber | 0.00g |
| Sugar | 15.00g |
| Protein | 0.00g |

| | | | |
|------------------|--------|------------------|---------|
| Vitamin A | 0.00IU | Vitamin C | 10.20mg |
| Calcium | 8.95mg | Iron | 0.21mg |

Hamburger on Bun



| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10296 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF GRND 80/20 3-10 GCHC | 3 Ounce | | 158704 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------|----------|
| Calories | 357.50 |
| Fat | 18.00g |
| SaturatedFat | 6.75g |
| Trans Fat | 1.13g |
| Cholesterol | 56.25mg |
| Sodium | 228.75mg |
| Carbohydrates | 25.00g |
| Fiber | 3.00g |

| | | | |
|------------------|---------|------------------|--------|
| Sugar | | 4.00g | |
| Protein | | 21.75g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 2.35mg |

Poptarts

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-10317 |
| School: | Prairie Heights High School | | |

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 368.00 |
| Fat | 5.83g |
| SaturatedFat | 1.93g |
| Trans Fat | 0.03g |
| Cholesterol | 0.00mg |
| Sodium | 382.33mg |
| Carbohydrates | 76.00g |
| Fiber | 5.73g |
| Sugar | 30.33g |

| | | | |
|------------------|----------|------------------|--------|
| Protein | 4.70g | | |
| Vitamin A | 333.33IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | Iron | 3.60mg |

Fruited Gelatin



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 110.00 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15903 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| Diced Peaches CND 6-10 | 3 #10 CAN | | 100220 |
| Diced Pears 6-10 | 3 #10 CAN | | 100225 |
| Tap Water for Recipes | 4 2/5 Quart | Follow gelatin directions for specific amounts of water. | 000001WTR |
| GELATIN MIX STRAWB 12-24Z GCHC | 1 1/2 Pound | | 524581 |

Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.50 |

| | |
|-----------------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|-----------------------------|---------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 110.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | 85.06 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 35.45mg | | |
| Carbohydrates | 21.12g | | |
| Fiber | 1.52g | | |
| Sugar | 18.57g | | |
| Protein | 0.36g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.36mg | Iron | 0.00mg |

Muffin

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-19925 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each | | 557991 |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557970 |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA | 1 Each | | 557981 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 187.50 |
| Fat | 6.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 128.75mg |
| Carbohydrates | 31.25g |
| Fiber | 2.00g |

| | |
|--------------------------|-------------------------|
| Sugar | 16.50g |
| Protein | 3.00g |
| Vitamin A 25.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.01mg |

Carrots, Celery, & Cauliflower

NO IMAGE

| | | | |
|----------------------|--|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-26998 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| CARROT STIX STRAIGHT CUT 2-5 RSS | 1/4 Cup | 3 sticks (1/2-inch by 4-inch) OR 1/4 cup baby carrots 1.07 oz. weight | 576646 |
| CELERY STIX 4-3 RSS | 1/4 Cup | 3 sticks (1/2-inch by 4-inch) 1.14 oz. weight | 781592 |
| CAULIFLOWER BITE SIZE 2-3 RSS | 1/4 Cup | 0.89 oz. weight | 732486 |

Preparation Instructions

Package together.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 25.31 |
| Fat | 0.05g |
| SaturatedFat | 0.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 68.30mg |
| Carbohydrates | 5.27g |

| | | | |
|------------------|-----------|------------------|---------|
| Fiber | 2.42g | | |
| Sugar | 2.89g | | |
| Protein | 1.23g | | |
| Vitamin A | 4945.87IU | Vitamin C | 13.85mg |
| Calcium | 35.21mg | Iron | 0.19mg |

Three Bean Salad

NO IMAGE

| | | | |
|----------------------|--|-----------------------|-----------|
| Servings: | 65.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27005 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| BEAN GARBANZO 6-10 GCHC | 1 #10 CAN | Approximately 10.5 cups drained beans per can | 118753 |
| BEANS BLACK LO SOD 6-10 BUSH | 1 #10 CAN | Approximately 11.25 cups drained beans per can. | 231981 |
| BEAN KIDNEY RED LT 6-10 GCHC | 1 #10 CAN | | 118788 |
| DRESSING ITAL CLSC 4-1GAL PMLL | 1 Cup | | 726044 |

Preparation Instructions

- Drain and rinse beans.
- Combine all ingredients.
- Portion into 1/2 cup servings.
- Chill.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |

| | |
|-----------------|------|
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.50 |
| Starch | 0.00 |

| | | | |
|----------------------------|---------|------------------|--------|
| Nutrition Facts | | | |
| Servings Per Recipe: 65.00 | | | |
| Serving Size: 0.50 Cup | | | |
| Amount Per Serving | | | |
| Calories | | 127.77 | |
| Fat | | 2.12g | |
| SaturatedFat | | 0.41g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 227.46mg | |
| Carbohydrates | | 20.77g | |
| Fiber | | 6.39g | |
| Sugar | | 2.24g | |
| Protein | | 7.07g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 66.71mg | Iron | 1.80mg |

Taco Bean Dip

NO IMAGE

| | | | |
|----------------------|--|-----------------------|-----------|
| Servings: | 24.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27016 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---------------|--|------------|
| Beans, Refried, Low sodium, canned | 1 #10 CAN | BAKE Open can and heat according to recipe or instructions on can | 100362 |
| SEASONING TACO MIX 2-5 GRSZ | 1 Tablespoon | | 427446 |
| SAUCE TACO A/P 4-1GAL GRSZ | 24 Tablespoon | 1.5 Cups | 222321 |
| CHEESE CHED MLD SHRD 4-5 LOL | 24 Tablespoon | 1.5 cups or 6 oz. weight | 150250 |

Preparation Instructions

1. Open can of refried beans.
2. Transfer 1 no. 10 can of beans to a 4 inch pan or large container.
3. Add taco seasoning to beans. Stir well to combine. Place in refrigerator until ready to use
4. Portion 1/2 cup of refried beans in 5.5oz portion cup.
5. Top each cup with 1 Tbsp. taco sauce and 1 Tbsp. shredded cheese.
6. Serve chilled.

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.25 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.50 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 0.50 Cup

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 143.34 |
| Fat | 2.25g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 7.50mg |
| Sodium | 299.17mg |
| Carbohydrates | 21.42g |
| Fiber | 5.00g |
| Sugar | 1.00g |
| Protein | 8.75g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 75.00IU | Vitamin C | 0.00mg |
| Calcium | 49.92mg | Iron | 0.00mg |

Ham Deli Sub

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27022 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| HAM HNY DELI SHVD FRSH 6-2 GFS | 2 Ounce | | 779160 |
| 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

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.75 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 265.00 |
| Fat | 6.00g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 32.50mg |
| Sodium | 850.00mg |
| Carbohydrates | 32.00g |
| Fiber | 2.00g |

| | | | |
|------------------|----------|------------------|--------|
| Sugar | | | 6.50g |
| Protein | | | 20.50g |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 146.00mg | Iron | 2.36mg |

Cherry Tomatoes, Broccoli, & Snap Peas

NO IMAGE

| | | | |
|----------------------|--|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27023 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---------------------------|------------|
| TOMATO CHERRY 11 MRKN | 1/4 Cup | 3 each or 1.33 oz. weight | 569551 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 1/4 Cup | 0.56 oz. weight | 732451 |
| PEAS SGR SNAP STRINGLESS 10 P/L | 1/4 Cup | | 778214 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.25 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

| | |
|---------------------------|---------|
| Amount Per Serving | |
| Calories | 22.10 |
| Fat | 0.20g |
| SaturatedFat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.25mg |
| Carbohydrates | 4.50g |
| Fiber | 1.60g |
| Sugar | 2.50g |

| | |
|---------------------------|--------------------------|
| Protein | 1.50g |
| Vitamin A 686.91IU | Vitamin C 35.24mg |
| Calcium 22.34mg | Iron 0.60mg |

Cherry Tomatoes, Broccoli, & Snap Peas

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27041 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---------------------------|------------|
| TOMATO CHERRY 11 MRKN | 1/2 Cup | 6 each or 2.66 oz. weight | 569551 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 1/4 Cup | 0.56 oz. weight | 732451 |
| PEAS SGR SNAP STRINGLESS 10 P/L | 1/4 Cup | | 778214 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.25 |
| RedVeg | 0.50 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 30.20 |
| Fat | 0.30g |
| SaturatedFat | 0.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 12.50mg |
| Carbohydrates | 6.25g |
| Fiber | 2.15g |
| Sugar | 3.75g |
| Protein | 1.90g |

| | | | |
|------------------|-----------|------------------|---------|
| Vitamin A | 1061.76IU | Vitamin C | 41.41mg |
| Calcium | 26.84mg | Iron | 0.72mg |

Taco Meat



| | | | |
|----------------------|-------------------------------|-----------------------|-------------------|
| Servings: | 230.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-27064 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 45 Pound | UNPREPARED | 100158 |
| SEASONING TACO MIX 2-5 GRSZ | 2 1/2 Pound | | 427446 |
| Cold Water | 2 1/2 Gallon | | 0000 |

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| 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: 230.00
Serving Size: 2.00 Ounce

| Amount Per Serving | |
|----------------------|----------|
| Calories | 197.34 |
| Fat | 14.02g |
| SaturatedFat | 4.67g |
| Trans Fat | 2.34g |
| Cholesterol | 0.00mg |
| Sodium | 243.32mg |
| Carbohydrates | 1.16g |
| Fiber | 0.00g |

| | | | |
|------------------|--------|------------------|--------|
| Sugar | 0.00g | | |
| Protein | 16.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.16mg | Iron | 0.00mg |

Sidekick Slushie

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27277 |
| School: | Prairie Heights High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 863880 |
| SLUSHIE STRAWB-MANG 84- 4.4FLZ SIDEKIC | 4/5 Each | | 863890 |
| SLUSHIE SR CHRY-LEM 84-4.4FLZ | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 667911 |
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 4/5 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |

| | |
|----------------|------|
| Legumes | 0.00 |
| Starch | 0.00 |

| | | | |
|---------------------------|----------|------------------|---------|
| Nutrition Facts | | | |
| Servings Per Recipe: 4.00 | | | |
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | 72.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 25.00mg | | |
| Carbohydrates | 17.60g | | |
| Fiber | 0.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 950.00IU | Vitamin C | 48.00mg |
| Calcium | 64.00mg | Iron | 0.00mg |