

# **Cookbook for Prairie Heights Comm. School Corp.**

**Created by HPS Menu Planner**

# **Cookbook for Prairie Heights Elementary/Middle School**

**Created by HPS Menu Planner**

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# Fruit Juice

<b>Servings:</b>	6.00	<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-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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

<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: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.83mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	10.20mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.21mg

# Baked Beans

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

## Ingredients

Description	Measurement	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	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

<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: 480.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	173.58
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	532.19mg
<b>Carbohydrates</b>	34.86g
<b>Fiber</b>	4.87g

<b>Sugar</b>		15.01g	
<b>Protein</b>		7.78g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.69mg	<b>Iron</b>	1.94mg

# Green Beans

<b>Servings:</b>	432.00	<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-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	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

<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: 432.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<b>Iron</b>	0.00mg

# Ham & Cheese Sandwich

<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-10283

## Ingredients

Description	Measurement	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

<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>	245.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 1.36mg



# Spiced Apples

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

## Ingredients

Description	Measurement	DistPart #
APPLE SLCD MI 7+1 30 GCHC	90 Pound	270954
SUGAR BROWN MED 25 GCHC	20 Pound	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	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

<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: 570.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	91.40
<b>Fat</b>	1.24g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	23.21mg
<b>Carbohydrates</b>	18.96g

<b>Fiber</b>	0.72g		
<b>Sugar</b>	17.52g		
<b>Protein</b>	0.72g		
<b>Vitamin A</b>	84.21IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.09mg	<b>Iron</b>	0.72mg

# BBQ Rib on Bun

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

## Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	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

<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>	340.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 2.80mg

# Golden Corn

<b>Servings:</b>	548.00	<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-10292
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	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

<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: 548.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	26.58		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.14g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	4.29g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Patty on Bun

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

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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>	380.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	3.00mg

# Poptarts

<b>Servings:</b>	3.00	<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-10317
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	368.00		
<b>Fat</b>	5.83g		
<b>SaturatedFat</b>	1.93g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	382.33mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	5.73g		
<b>Sugar</b>	30.33g		
<b>Protein</b>	4.70g		
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Fruited Gelatin

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

## Ingredients

Description	Measurement	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	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

<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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	85.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.45mg		
<b>Carbohydrates</b>	21.12g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	18.57g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.36mg **Iron** 0.00mg



# Cheesy Broccoli

<b>Servings:</b>	274.00	<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-19587
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	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

<b>Meat</b>	0.13
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.53
<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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	29.70		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.44mg		
<b>Sodium</b>	31.65mg		
<b>Carbohydrates</b>	5.42g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	3.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.25mg	<b>Iron</b>	0.00mg

# 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-19925
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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

# Turkey & Cheese Lunch Kit

<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-21449

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	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

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

# Taco Meat

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

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	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

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

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	197.34		
<b>Fat</b>	14.02g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.32mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.00mg

# Sidekick Slushie

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

## Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	72.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	48.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	0.00mg

# Yogurt, Cheese Stick, and Strawberry Chex

<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-27337

## Ingredients

Description	Measurement	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	338.00mg	<b>Iron</b>	0.70mg

# Pizza Munchable

<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-27342

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<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>	395.00		
<b>Fat</b>	17.75g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	757.50mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	442.00mg	<b>Iron</b>	1.94mg

# Cheeseburger on Bun

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

## Ingredients

Description	Measurement	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	392.50
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	1.13g
<b>Cholesterol</b>	63.75mg
<b>Sodium</b>	438.75mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	25.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.35mg



# **Cookbook for Prairie Heights High School**

**Created by HPS Menu Planner**

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# Fruit Juice

<b>Servings:</b>	6.00	<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-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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

<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: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.83mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	10.20mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.21mg

# Baked Beans

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

## Ingredients

Description	Measurement	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	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

<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: 480.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	173.58
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	532.19mg
<b>Carbohydrates</b>	34.86g
<b>Fiber</b>	4.87g

<b>Sugar</b>		15.01g	
<b>Protein</b>		7.78g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.69mg	<b>Iron</b>	1.94mg

# Green Beans

<b>Servings:</b>	432.00	<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-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	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

<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: 432.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<b>Iron</b>	0.00mg

# Golden Corn

<b>Servings:</b>	548.00	<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-10292
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	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

<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: 548.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	26.58		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.14g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	4.29g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Chicken Patty on Bun

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

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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>	380.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	3.00mg



# Poptarts

<b>Servings:</b>	3.00	<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-10317
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	368.00		
<b>Fat</b>	5.83g		
<b>SaturatedFat</b>	1.93g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	382.33mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	5.73g		
<b>Sugar</b>	30.33g		
<b>Protein</b>	4.70g		
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Spicy Chicken Patty on Bun

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

## Ingredients

Description	Measurement	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	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

<b>Meat</b>	2.00
<b>Grain</b>	2.75
<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>	370.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	2.00mg

# Shredded BBQ Pork on Bun

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<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>	407.50		
<b>Fat</b>	9.75g		
<b>SaturatedFat</b>	2.63g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	489.88mg		
<b>Carbohydrates</b>	51.50g		
<b>Fiber</b>	3.75g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.50mg	<b>Iron</b>	0.00mg

# Cheesy Broccoli

<b>Servings:</b>	274.00	<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-19587
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	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

<b>Meat</b>	0.13
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.53
<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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	29.70		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.44mg		
<b>Sodium</b>	31.65mg		
<b>Carbohydrates</b>	5.42g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	3.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.25mg	<b>Iron</b>	0.00mg

# 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-19925
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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

# Meatball 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-20658

## Ingredients

Description	Measurement	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	4339
CHEESE MOZZ SHRD 4-5 LOL	2 Tablespoon	645170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<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>	393.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	43.50mg
<b>Sodium</b>	734.00mg
<b>Carbohydrates</b>	40.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.50g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 168.50mg	<b>Iron</b> 1.00mg

# Sidekick Slushie

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

## Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	72.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	48.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	0.00mg

# Cheeseburger on Bun

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

## Ingredients

Description	Measurement	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	392.50
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	1.13g
<b>Cholesterol</b>	63.75mg
<b>Sodium</b>	438.75mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	25.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.35mg



# Pork Patty on Bun

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

## Ingredients

Description	Measurement	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

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<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>	400.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	2.62mg

# Country Fried Steak Sandwich

<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-27366
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	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

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<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>	440.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	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**

**Taco Meat**

**Sidekick Slushie**

# Fruit Juice

<b>Servings:</b>	6.00	<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-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	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

<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: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.83mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	10.20mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.21mg

# Hamburger on Bun

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

## Ingredients

Description	Measurement	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

<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>	357.50		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	1.13g		
<b>Cholesterol</b>	56.25mg		
<b>Sodium</b>	228.75mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.35mg



# Poptarts

<b>Servings:</b>	3.00	<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-10317
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	368.00		
<b>Fat</b>	5.83g		
<b>SaturatedFat</b>	1.93g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	382.33mg		
<b>Carbohydrates</b>	76.00g		
<b>Fiber</b>	5.73g		
<b>Sugar</b>	30.33g		
<b>Protein</b>	4.70g		
<b>Vitamin A</b>	333.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	3.60mg

# Fruited Gelatin

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

## Ingredients

Description	Measurement	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	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

<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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	85.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.45mg		
<b>Carbohydrates</b>	21.12g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	18.57g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.36mg **Iron** 0.00mg

# 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-19925
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	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

<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

# Carrots, Celery, & Cauliflower

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

## Ingredients

Description	Measurement	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	576646
CELERY STIX 4-3 RSS	1/4 Cup	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	732486

## Preparation Instructions

Package together.

### 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>	0.25
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	25.31
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	68.30mg
<b>Carbohydrates</b>	5.27g
<b>Fiber</b>	2.42g
<b>Sugar</b>	2.89g
<b>Protein</b>	1.23g
<b>Vitamin A</b> 4945.87IU	<b>Vitamin C</b> 13.85mg
<b>Calcium</b> 35.21mg	<b>Iron</b> 0.19mg

# Three Bean Salad

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

## Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	118753
BEANS BLACK LO SOD 6-10 BUSH	1 #10 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

<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: 65.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	127.77		
<b>Fat</b>	2.12g		
<b>SaturatedFat</b>	0.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	227.46mg		
<b>Carbohydrates</b>	20.77g		
<b>Fiber</b>	6.39g		
<b>Sugar</b>	2.24g		
<b>Protein</b>	7.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 66.71mg **Iron** 1.80mg

# Taco Bean Dip

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

## Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon	427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	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

<b>Meat</b>	0.25
<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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	143.34
<b>Fat</b>	2.25g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	299.17mg
<b>Carbohydrates</b>	21.42g
<b>Fiber</b>	5.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	8.75g



<b>Vitamin A</b>	75.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.92mg	<b>Iron</b>	0.00mg

# Ham Deli 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-27022
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	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

<b>Meat</b>	1.75
<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>	265.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	850.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	146.00mg	<b>Iron</b>	2.36mg

# Cherry Tomatoes, Broccoli, & Snap Peas

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

## Ingredients

Description	Measurement	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup	778214

## 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: 1.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	22.10		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.25mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	686.91IU	<b>Vitamin C</b>	35.24mg
<b>Calcium</b>	22.34mg	<b>Iron</b>	0.60mg

# Cherry Tomatoes, Broccoli, & Snap Peas

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

## Ingredients

Description	Measurement	DistPart #
TOMATO CHERRY 11 MRKN	1/2 Cup	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup	778214

## 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>	0.50
<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 Cup

#### Amount Per Serving

<b>Calories</b>	30.20
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	12.50mg
<b>Carbohydrates</b>	6.25g
<b>Fiber</b>	2.15g
<b>Sugar</b>	3.75g
<b>Protein</b>	1.90g
<b>Vitamin A</b> 1061.76IU	<b>Vitamin C</b> 41.41mg
<b>Calcium</b> 26.84mg	<b>Iron</b> 0.72mg

# Taco Meat

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

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	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

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

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	197.34		
<b>Fat</b>	14.02g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.32mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.00mg

# Sidekick Slushie

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

## Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

## 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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	72.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	48.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	0.00mg