

Cookbook for CHAMBERLIN HILL ELEMENTARY

Created by HPS Menu Planner

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Pork & Bean

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5861

Ingredients

Description	Measurement	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	1 #10 CAN	822477

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in

Convection Oven: at 350°F for 30-40 minutes or until internal temperature reaches 145°F.

Conventional Oven: at 375° for 30-40 minutes or until internal temperature reaches 145°F.

Cover with foil and vent. Place in heated unit until service.

Serve with a 4 oz. spoodle

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	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.11		
Fat	0.54g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	334.11mg		
Carbohydrates	28.02g		
Fiber	5.39g		
Sugar	6.47g		
Protein	7.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.04mg	Iron	2.16mg

Cheese Rippers Pizza

Servings:	50.00	Category:	Entree
Serving Size:	3.00 sticks	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5874
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
W/G Cheese Pizza Rippers	150 sticks	092B

Preparation Instructions

Hold at 145 degrees until service

****ALLERGEN MILK, SOY, WHEAT****

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 sticks

Amount Per Serving

Calories	340.00		
Fat	13.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	600.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	23.00g		
Vitamin A	8.00IU	Vitamin C	6.00mg
Calcium	30.00mg	Iron	20.00mg

Fresh Salad w/ Ranch

Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5888
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	12 Fluid Ounce	472999
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	15 Cup	600504

Preparation Instructions

Wash Hands and put on proper gloves

Mix Romaine lettuce with the ranch dressing 15 minutes before serving.

Place pan of frozen ice pack for service.

Hold for cold service at 41 degrees or below

Serve with an 8 oz. spoodle

****ALLERGENS; MILK, EGG****

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.54
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	96.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	170.67mg		
Carbohydrates	16.80g		
Fiber	2.67g		
Sugar	5.07g		
Protein	2.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.67mg	Iron	2.67mg

Diced Pear Cup

Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5894
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	290203

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish fruit into cups

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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	72.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	17.59g		
Fiber	1.03g		
Sugar	15.52g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5912
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	1 #10 CAN	221990
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Teaspoon	647230

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly.

Pour beans into a steam table pan.

Place in pan and add seasoning.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve in 4 oz. spoodle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.41		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	219.98mg		
Carbohydrates	8.08g		
Fiber	4.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.80mg

Macaroni and Cheese

Servings:	13.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5942

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5 JTM	5 Pound	609121

Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Let set in warmer for at least 30 minutes before serving.

Heat to 165 degrees

Hold for service at 145 degrees

Serve with a 6 oz. spoodle

ALLERGENS: MILK, EGG, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	311.79
Fat	15.38g
SaturatedFat	8.92g
Trans Fat	0.00g
Cholesterol	47.18mg
Sodium	800.00mg
Carbohydrates	26.67g
Fiber	2.05g
Sugar	3.08g
Protein	16.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 375.38mg	Iron 1.03mg

Corn

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5957
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	4 Pound	851329
SEASONING VEGETABLE NO SALT 21Z TRDE	2 Teaspoon	647230

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON

Pour corn into a steam table pan.

Heat until internal temperature reaches 145°F.

Hold for hot service at 145 degrees

Serve with a 4 oz. spoodle

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	62.20		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.44g		
Fiber	1.49g		
Sugar	4.48g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheeseburger *

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5958

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 184CT SLCD 4-5 GCHC	0 Slice	272744
BEEF PTY FLAMEBR 210-2.4Z	0 Each	205030
BEEF PTY W/APPLSCE 200-2.5Z	50 Each	644950
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	722360

Preparation Instructions

Hold for hot service at 145 degrees

**ALLERGENS: SOY (PATTY)

:MILK , SOY (CHEESE)

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	145.00		
Fat	8.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	480.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	0.50g		
Protein	17.50g		
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	116.00mg	Iron	1.80mg

Mini Pancakes

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5964

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	50 Package	395303

Preparation Instructions

Hold for hot service at 145 degrees

****ALLERGENS: MILK, WHEAT, EGG, SOY****

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Chicken Stix

Servings:	50.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5967
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	100 Piece	283951

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: SOY, WHEAT, EGG

Meal Components (SLE)

Amount Per Serving

Meat	1.33
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Piece

Amount Per Serving

Calories	173.33		
Fat	10.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	260.00mg		
Carbohydrates	10.67g		
Fiber	2.00g		
Sugar	0.67g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.33mg

Emoji Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5972
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
POTATO MASH SHPD EMOTICON 6-4 MCC	200 Piece	538872

Preparation Instructions

Hold for hot service at 145 degrees

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: 50.00

Serving Size: 4.00 Piece

Amount Per Serving

Calories	72.00		
Fat	2.40g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.00mg		
Carbohydrates	10.80g		
Fiber	1.20g		
Sugar	0.00g		
Protein	1.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Applesauce Cupped _

Servings:	25.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5975

Ingredients

Description	Measurement	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	1 #10 CAN	271497

Preparation Instructions

Wash Hands and put on proper gloves

Wipe off the tops of the cans. Open carefully and dispose of lids properly

Lay out the yield amount of 5.5 ounce cups and dish into cups.

Hold for cold service at 41 degrees or below

Use 4 oz. spoodle to dish out fruit.

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: 25.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	70.34		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.12mg		
Carbohydrates	17.48g		
Fiber	1.34g		
Sugar	16.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.03mg	Iron	0.00mg

Mini Corn Dogs

Servings:	25.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5989

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	150 Each	497360

Preparation Instructions

Prepare corn dogs from frozen

1. Preheat oven to 350 degrees F.
2. Spray baking sheet lightly with pan coating.
3. Pour contents of bag of frozen corn dogs

and spread evenly over the entire sheet pan leaving some space between each of them.

4. Bake for 15 minutes or until corn dogs reach 165F and batter is fully cooked and serve

Note: For best results flip half-way through cooking. Cooking times depend on load in the oven being heated.

****ALLERGENS: SOY,EGG, WHEAT****

Hold for service at 145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	4.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 6.00 Piece

Amount Per Serving			
Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	0.00g		
Sugar	7.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.50mg

Pepperoni Bosco Sticks

Servings:	72.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6007
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	144 Each	787421

Preparation Instructions

Hold for service at 145 degrees

****ALLERGENS: MILK, WHEAT****

2 Pieces per serving

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.00 Piece

Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	460.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	176.00mg	Iron	2.00mg

French Toast Sticks

Servings:	25.00	Category:	Grain
Serving Size:	3.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6024
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	75 Each	646222

Preparation Instructions

Preheat Oven to 325°F.

Place a single layer of the french toast on a baking sheet lined with baking paper. Cover with aluminum foil.

Bake for 6-8 minutes or until internal temperatures reaches 155°F.

Hold for hot service at 145 degrees

****ALLERGENS: MILK, EGG, WHEAT****

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 25.00

Serving Size: 3.00 Piece

Amount Per Serving

Calories	160.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	270.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.00mg

Chicken Sausage Patty

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6026
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	50 Each	138941

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	100.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	250.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

Mini Maple Waffles

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6030
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	25 Package	269260

Preparation Instructions

Hold for hot service at 145 degrees

ALLERGENS: SOY, MILK, EGG, WHEAT

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.10mg

Pancake Wrap

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-6031
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each	497202

Preparation Instructions

PREFERRED METHOD FOR COOKING IS THAWED.

CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES.

CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

Hold for hot service at 145 degrees

**ALLERGENS: WHEAT, SOY, EGGS, **

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

EZ Jammer School

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6427

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	20 Each	630302

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

Fresh Carrot Snacks

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6453

Ingredients

Description	Measurement	DistPart #
CARROT SNACK CLEANED 200-1Z RSS	25 Package	613967

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	90.00mg
Carbohydrates	12.00g
Fiber	4.00g
Sugar	6.00g
Protein	1.00g
Vitamin A 4000.00IU	Vitamin C 1.20mg
Calcium 42.00mg	Iron 0.00mg

Flavored Craisins

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6454

Ingredients

Description	Measurement	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	25 Each	765981

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheez-It Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6455

Ingredients

Description	Measurement	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	25 Package	282422

Preparation Instructions

ALLERGEN: WHEAT, MILK, SOY

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	100.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	0.00g
Protein	2.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	100.00mg
Iron	0.72mg

Goldrush Juice

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Carton	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6459
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	25 Carton	597380

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Carton

Amount Per Serving	
Calories	40.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.00mg
Carbohydrates	10.00g
Fiber	0.00g
Sugar	8.00g
Protein	0.00g
Vitamin A 5000.00IU	Vitamin C 60.00mg
Calcium 0.00mg	Iron 0.00mg

Cereal Bar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6481
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	50 Each	268690

Preparation Instructions

ALLERGENS: WHEAT, SOY

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: 50.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	160.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	1.50mg

Grape Juice

Servings:	40.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6488

Ingredients

Description	Measurement	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	40 Each	698211

Preparation Instructions

Hold at 41 degrees 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: 40.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

Goldfish Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6489

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package	736280

Preparation Instructions

ALLERGENS: WHEAT, MILK

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.00mg

Marinara Sauce Cup

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6677
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	25 Each	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	8.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

Breakfast in a Bag

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-6682
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	25 Each	150471

Preparation Instructions

ALLERGENS: CHECK PACKAGING

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	270.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.10g		
Cholesterol	0.00mg		
Sodium	215.00mg		
Carbohydrates	55.00g		
Fiber	4.00g		
Sugar	25.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	208.00mg	Iron	4.60mg

Yogurt Cup

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6693
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	25 Each	551760

Preparation Instructions

Hold for cold service at 41 degrees or below

****ALLERGENS: MILK****

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

Colby Cheese Stick

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6714
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each	786510

Preparation Instructions

Hold for cold service at 41 degrees or below

ALLERGENS: MILK

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.00mg	Iron 0.00mg

Brownie

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6715
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
BAR COCOA CHRY WGRAIN IW 120-1.8Z	25	419172

Preparation Instructions

ALLERGENS: WHEAT, SOY

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	1.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	120.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	33.00g		
Fiber	0.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Pizza

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6740
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	16 Each	153650

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: MILK, WHEAT, SOY

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	440.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	263.00mg	Iron	2.30mg

String Cheese Stick

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15330
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	25 Each	786801

Preparation Instructions

Hold at 41 Degrees or Less

****ALLERGENS: MILK****

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00
Fat	3.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.00mg

Fresh Baby Carrots

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15331
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL 200-1.6Z RSS	40 Ounce	786321

Preparation Instructions

Keep at 41 degrees or below

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	4.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.20mg	Iron	0.00mg

EZ Jammer Sandwich W/Colby

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15361
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
SAND SOY BTR & JAM WGRAIN IW 72-2.4Z	25 Each	630302
CHEESE STIX COLBY JK R/F IW 168-1Z	25 Each	786510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	380.00		
Fat	22.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	420.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	274.00mg	Iron	2.70mg

Diced Peach Cup

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15398
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
PEACH DCD CUP 72-4.5Z ZEE ZEE	25 Each	136741

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: 25.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.00mg

Cereal

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16132
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	25 Each	264702

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

Orange Juice

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16133
School:	Summer Lunch - Glenwood		

Ingredients

Description	Measurement	DistPart #
Orange Juice 4 oz.	25 Carton	14000

Preparation Instructions

Serve at 41 degrees

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	600.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Crackers

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16417
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CRACKER SALTINE MINI WGRAIN 300-.39Z	25 Package	522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	7.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

Chicken Tenders

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16433
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	150 Piece	283951

Preparation Instructions

Heat to 165 degrees

Hold for service at 145 degrees

ALLERGENS: SOY, WHEAT, EGG

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Piece

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

Mixed Fruit Cup

Servings:	25.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26224
School:	BIGELOW HILL ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	25 Each	731041

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	14.00mg	Iron	0.00mg

Cinnamon Toast Breakfast Square

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26801
School:	SSO LINC. 2020		

Ingredients

Description	Measurement	DistPart #
BAR BKFST CINN TST & CHS IW 72-2.36Z	25 Each	880415

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: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	250.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	280.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Turkey Bologna Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26848
School:	SSO LINC. 2020		

Ingredients

Description	Measurement	DistPart #
Turkey Bologna and Cheese Sub IW	1 Each	317

Preparation Instructions

Thaw and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	283.00		
Fat	88.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	716.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	14.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	2.52mg