

Cookbook for New Paris Elementary School

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 7.00			
Serving Size: 1.00 Each			
Amount Per Serving			
<hr/>			
Calories	110.00		
Fat	1.29g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.57mg		
Carbohydrates	23.57g		
Fiber	1.86g		
Sugar	8.29g		
Protein	1.86g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.14mg	Iron	3.09mg
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100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.33mg		
Carbohydrates	15.67g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.40mg
Calcium	6.67mg	Iron	0.00mg

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	14.59g		
Fiber	0.95g		
Sugar	11.74g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.04mg	Iron	0.06mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	620.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	3.50g

Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 9.80mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
SAUCE BBQ 4-1GAL GCHC	2 Cup		734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.91		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	609.01mg		
Carbohydrates	36.32g		
Fiber	5.49g		
Sugar	12.09g		
Protein	7.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.04mg	Iron	2.16mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	45 Pound	BAKE	285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	10.00mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	10 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.57		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	302.06mg		
Carbohydrates	4.17g		
Fiber	2.09g		
Sugar	2.09g		
Protein	1.04g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	31.38mg	Iron	0.42mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.57		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	15.97g		
Fiber	2.00g		
Sugar	2.99g		
Protein	2.00g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.08mg	Iron	0.40mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce		159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	UNPREPARED	100012

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes.

Meal Components (SLE)

Amount Per Serving

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17

OtherVeg	0.00
Legumes	0.17
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 300.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories	355.52		
Fat	20.08g		
SaturatedFat	7.42g		
Trans Fat	2.13g		
Cholesterol	69.67mg		
Sodium	945.16mg		
Carbohydrates	18.03g		
Fiber	2.16g		
Sugar	1.17g		
Protein	22.13g		
Vitamin A	363.90IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.38mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	410.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 22.00mg **Iron** 9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 2/3 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	275.54
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	520.12mg
Carbohydrates	22.12g

Fiber	9.19g		
Sugar	4.48g		
Protein	20.45g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.16mg	Iron	2.32mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.99
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.72		
Fat	10.04g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	85.93mg		
Sodium	977.45mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	26.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	8.94mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	45 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.71		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.04mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	2.60g		
Protein	1.30g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.39mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup		557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 1/3 Tablespoon	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

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: 340.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	139.26
Fat	8.93g
SaturatedFat	2.75g
Trans Fat	0.01g
Cholesterol	3.81mg
Sodium	114.41mg
Carbohydrates	14.73g
Fiber	1.06g
Sugar	7.12g
Protein	1.70g

Vitamin A	141.18IU	Vitamin C	0.00mg
Calcium	2.68mg	Iron	0.91mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN		695513
BASE CHIX RSTD 25 GCHC	2 Pound		160830
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
MARGARINE SLD 30-1 GCHC	1 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	180.88
Fat	4.29g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	44.72mg
Sodium	569.15mg
Carbohydrates	20.06g
Fiber	2.74g
Sugar	1.67g

Protein	16.18g		
Vitamin A	119.29IU	Vitamin C	0.00mg
Calcium	10.55mg	Iron	0.91mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup		515002
SUGAR CANE GRANUL 25 GCHC	3 1/2 Cup		108642
COCOA PWD BAKING 6-5 GCHC	2 1/12 Cup		269654
BAKING SODA 36Z GCHC	2 1/2 Teaspoon		513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon		361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon		108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup		817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup		433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon		110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon		557482
SUGAR POWDERED 10X 12-2 PION	4 Cup		859740

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.25
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	168.18		
Fat	7.23g		
SaturatedFat	1.93g		
Trans Fat	0.01g		
Cholesterol	16.60mg		
Sodium	244.72mg		
Carbohydrates	22.76g		
Fiber	0.64g		
Sugar	17.40g		
Protein	3.29g		
Vitamin A	160.56IU	Vitamin C	0.00mg
Calcium	60.74mg	Iron	0.39mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.08mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.28
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	294.02		
Fat	12.65g		
SaturatedFat	3.79g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	1021.19mg		
Carbohydrates	23.02g		
Fiber	2.00g		
Sugar	3.50g		
Protein	20.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	152.23mg	Iron	9.10mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice		722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	READY_TO_EAT	466

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	19.00g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15643
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	670.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.03		
Fat	13.15g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	75.68mg		
Sodium	588.67mg		
Carbohydrates	3.73g		
Fiber	1.37g		
Sugar	1.37g		
Protein	19.99g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	216.77mg	Iron	1.09mg

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24446
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	WAs 3 Tbsp. Kaylyn changed it to 1 Tbsp. for sat. fat purposes	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	209.26
Fat	7.60g
SaturatedFat	4.18g
Trans Fat	0.00g
Cholesterol	51.03mg
Sodium	498.97mg
Carbohydrates	20.43g
Fiber	2.00g
Sugar	2.18g

Protein	15.34g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	69.75mg	Iron	1.08mg