

Cookbook for Argos High School-COVID Service

Created by HPS Menu Planner

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Mixed Vegetables

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13610
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
Carrots, Sliced, low sodium, canned	1 #10 CAN		100309
Corn cnd	1 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 pouch of butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Mix.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.25
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	69.61
Fat	0.27g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	403.30mg
Carbohydrates	15.30g
Fiber	3.91g
Sugar	5.93g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 0.00mg **Iron** 0.00mg

Bread & Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13611
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	123.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13612
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	30.17
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	27.25mg
Carbohydrates	5.88g
Fiber	3.07g
Sugar	1.02g
Protein	3.07g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Corn

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13613
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	4 #10 CAN		100313
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.27		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.12mg		
Carbohydrates	16.64g		
Fiber	2.16g		
Sugar	3.23g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cooked Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13614
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	4 #10 CAN		100309
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	1/4 package	209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.72		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	131.29mg		
Carbohydrates	4.14g		
Fiber	0.92g		
Sugar	1.83g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13623
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	2 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
Beans, Vegetarian, Low Sodium, Canned	2 #10 CAN		100364
SPICE ONION MINCED 12Z TRDE	1 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	1 1/2 Teaspoon	1/2 pump of mustard dispenser	819506
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
KETCHUP DISPENSER PK 2-1.5GAL HNZ	20 Tablespoon	20 pumps of ketchup from dispenser	819492

Preparation Instructions

Drain beans.

Pour into 4" steam table pan.

Add the remaining ingredients.

Stir.

Bake in oven on 350 degrees-400 degrees for 2-2.5 hours.

Check that temperature is at least 135 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	0.50

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 148.80

Fat 0.74g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 388.71mg

Carbohydrates 29.96g

Fiber 4.99g

Sugar 13.25g

Protein 6.98g

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

Calcium 25.87mg **Iron** 0.98mg

Mashed Potatoes

Servings:	132.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13624
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	9 Package	9, 4 lb. bags of frozen potatoes per pan	860560
MARGARINE SLD 30-1 GCHC	1/2 Pound		733061

Preparation Instructions

- Place unopened bags of potatoes in 6" pan. (6 bags per pan)
- Steam for approximately 40 minutes.
- Check that temperature is at least 135 degrees.
- Empty 9 bags of steamed potatoes into mixer with 1/2 lb. of margarine.
- Mix until nice and fluffy.
- Transfer potatoes to 6" pan.
- Check that temperature is at least 135 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: 132.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	122.43		
Fat	4.34g		
SaturatedFat	1.55g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.87mg		
Carbohydrates	18.05g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	90.91IU	Vitamin C	0.00mg
Calcium	20.06mg	Iron	0.72mg

Taco Meat

Servings:	512.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13867
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX 6-9Z LAWR	8 Package		159204
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158

Preparation Instructions

BROWN GROUND BEEF,DRAIN. ADD TACO SEASONING MIX & WATER ACCORDING TO PACKAGE. BLEND,BRING TO BOIL,REDUCE HEAT & SIMMER 20-30 MIN,STIRRING OCCASIONALLY

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	167.93		
Fat	11.19g		
SaturatedFat	3.73g		
Trans Fat	1.87g		
Cholesterol	0.00mg		
Sodium	275.84mg		
Carbohydrates	1.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	13.06g		
Vitamin A	199.30IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Green Beans

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13868
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.84mg		
Carbohydrates	3.71g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Peas

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13874
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	20 Pound	BAKE	100350
BUTTER SUB 24-4Z BTRBUDS	1 Ounce		209810
SEASONING GARDEN NO SALT 19Z TRDE	3 Tablespoon		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.96		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.71mg		
Carbohydrates	11.43g		
Fiber	3.98g		
Sugar	3.98g		
Protein	3.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Baked Apples

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13875
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	12 #10 CAN		117773
SUGAR BROWN LT 12-2 P/L	24 3/4 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Cup		224723
FLOUR H&R A/P 50 GCHC	3 Pound		765180
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061

Preparation Instructions

Spray 4, 4" pans.

Place 3 cans of apples in each 4" pan. Sprinkle with brown sugar, cinnamon, and flour. Add margarine.

Bake at 300 degrees for 3 hours.

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: 300.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	84.66		
Fat	0.91g		
SaturatedFat	0.36g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.15mg		
Carbohydrates	18.22g		
Fiber	2.19g		
Sugar	11.79g		
Protein	0.53g		
Vitamin A	60.00IU	Vitamin C	0.00mg
Calcium	0.68mg	Iron	0.20mg

Sausage Gravy

Servings:	96.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13877
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC PEPRD 6-24Z PION	3 Package		792683
SAUSAGE PTY CKD 250-1.2Z COMM	17 Each		109000

Preparation Instructions

Grind up sausage patties. Combine with prepared gravy. Steam.

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	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	119.27		
Fat	8.01g		
SaturatedFat	1.45g		
Trans Fat	3.56g		
Cholesterol	4.43mg		
Sodium	616.06mg		
Carbohydrates	11.88g		
Fiber	0.00g		
Sugar	2.38g		
Protein	1.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.54mg	Iron	0.92mg

Turkey & Noodles

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13911
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	80 Pound	CONVECTION	100125
PASTA NOODL KLUSKI AMISH 10 INN MAID	30 Pound		456632
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Cup		225037
Tap Water for Recipes	17 Quart	UNPREPARED	000001WTR
BASE CHIX LO SOD 12-1 LEGO	3 Pound		130869
BROTH CHIX NO MSG 12-5 HRTHSTN	36 #5 CAN		261564

Preparation Instructions

Put two turkeys in each of 4, 6" pan. Add enough water to cover bottom of pan. Wrap pan with saran wrap and foil. Cook turkey on 180 degrees overnight

In the morning, cut up turkey. Add to skillet with broth and chicken base. Simmer for at least 2 hours.

Add noodles. Cook until noodles are tender.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 480.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	276.61
Fat	10.23g
SaturatedFat	3.42g
Trans Fat	0.00g
Cholesterol	128.65mg
Sodium	366.63mg
Carbohydrates	20.96g
Fiber	0.50g
Sugar	0.46g
Protein	26.30g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.33mg	Iron	1.10mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13918
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice		722360
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061
White Sandwich Bread	2 Slice		157

Preparation Instructions

Butter one side of 1 slice of bread. Place buttered side down on sheet pan. Place 4 slices of cheese on each slice of bread. Top with another slice of bread that is buttered- buttered side up. Cover with tray liner. Repeat with two more layers of sandwiches.

Cook sandwiches on griddle until bread is golden brown and cheese is melted.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	313.33		
Fat	13.17g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1116.67mg		
Carbohydrates	31.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	384.00mg	Iron	0.00mg

Sloppy Joe

Servings:	390.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13922
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	80 Pound		100158
KETCHUP POUCH 6-114Z HNZ	228 Ounce		315702
SAUCE BBQ 4-1GAL SWTBRAY	1/2 Gallon		655937
SUGAR BROWN LT 12-2 P/L	4 Cup		860311

Preparation Instructions

Brown ground beef. Drain. Add ketchup, bbq sauce, and brown sugar. Simmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 390.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	233.29		
Fat	14.70g		
SaturatedFat	4.90g		
Trans Fat	2.45g		
Cholesterol	0.00mg		
Sodium	287.13mg		
Carbohydrates	8.21g		
Fiber	0.00g		
Sugar	7.06g		
Protein	17.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14570
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
DOUGH BISC HNY CORN WGRAIN 168- 2.75Z	1 Each		576272

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	300.00		
Fat	15.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-14583
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
MARGARINE SLD 30-1 GCHC	1 Teaspoon		733061

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	123.33		
Fat	4.67g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.67mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

Tomato Soup

Servings:	11.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14585
School:	Argos High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HNZ	1 #5 CAN		102008
1 % White Milk	7 Cup		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	166.93		
Fat	1.59g		
SaturatedFat	0.95g		
Trans Fat	0.00g		
Cholesterol	9.55mg		
Sodium	683.20mg		
Carbohydrates	31.53g		
Fiber	1.29g		
Sugar	21.20g		
Protein	7.67g		
Vitamin A	6.36IU	Vitamin C	1.27mg
Calcium	19.09mg	Iron	1.16mg

Assortment Pop-tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27968
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CHOC CHIP FRSTD 72-2	1 Piece		351730
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

Frosted Chocolate Chip (Non-Whole Grain) = 2.50 Grains , Frosted Strawberry = 2.25, Frosted Fudge=2.50

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	304.67		
Fat	5.67g		
SaturatedFat	1.93g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	328.67mg		
Carbohydrates	61.83g		
Fiber	4.03g		
Sugar	25.50g		
Protein	3.73g		
Vitamin A	73.33IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.65mg

Assortment Cereal

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27969
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	113.33		
Fat	1.67g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	166.67mg		
Carbohydrates	23.00g		
Fiber	1.67g		
Sugar	8.67g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.67mg	Iron	3.60mg

Doritos or Cheetos

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27971
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package		456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package		788670
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package		191090

Preparation Instructions

Doritos= 1.5 grain per bag

Cheetos= 1.25 grain per bag

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	127.50		
Fat	4.88g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	19.00g		
Fiber	1.75g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.33mg

Variety of Uncrustable

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27972
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&HNY WHE IW 72-2.6Z	1 Each		524129
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&CHOC WHE IW 72-2.4Z	1 Each		556980

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	302.50		
Fat	17.00g		
SaturatedFat	3.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	13.25g		
Protein	9.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.25mg	Iron	1.00mg

Fresh Baked Cookie

Servings:	4.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27997
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY SGR WGRAIN R/F 192-1.85Z	1 Each		170041
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992
DOUGH CKY CNDY WGRAIN R/F 192-1.85Z	1 Each		170031
DOUGH CKY DBL CHOC WGRAIN 192-1.85Z	1 Each		170071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 cookie

Amount Per Serving			
Calories	192.15		
Fat	5.95g		
SaturatedFat	2.10g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	182.13mg		
Carbohydrates	34.00g		
Fiber	3.50g		
Sugar	17.00g		
Protein	3.05g		
Vitamin A	69.88IU	Vitamin C	0.03mg
Calcium	16.35mg	Iron	1.25mg

Cinnamon Roll with icing

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27998
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	1 Each	<p>BAKE</p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
Powdered Sugar Icing	2 Serving		R-27999

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: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	229.10		
Fat	4.62g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	5.14mg		
Sodium	207.12mg		
Carbohydrates	43.01g		
Fiber	1.00g		
Sugar	17.65g		
Protein	5.07g		
Vitamin A	0.09IU	Vitamin C	0.02mg
Calcium	10.44mg	Iron	1.70mg

Broccoli with Cheese

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE CHS NACHO DLX 6-10 GCHC	1/2 #10 CAN		323616

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 10 minutes or until it reaches temp. Check that temperature is at least 135 degrees.

Drain the water from the pan and put cheddar cheese over it to coat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	56.80		
Fat	1.94g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	268.25mg		
Carbohydrates	7.71g		
Fiber	3.07g		
Sugar	1.89g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.42mg	Iron	0.00mg

Hot Ham and Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	225 Ounce		100187
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice		150260
4" Whole Grain Hamburger Bun	100 Each	READY_TO_EAT	3159

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Shave ham in wafer thin slices. Weigh 2 1/4 ounces of ham to determine size of individual serving. Place 24 bottom portions of buns on bun pan, 4 across and 6 down. Portion 2 1/4 ounces of shaved ham and 1/2 ounce of sliced cheese on bun. Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time. For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

CCP: Cold foods should be kept at 41° or colder. Hot foods should be kept at 140° or warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	283.24		
Fat	10.19g		
SaturatedFat	4.34g		
Trans Fat	0.00g		
Cholesterol	45.70mg		
Sodium	842.87mg		
Carbohydrates	33.69g		
Fiber	2.00g		
Sugar	6.34g		
Protein	18.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	Iron	10.00mg

Chicken Taco Meat

Servings:	512.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28002
School:	Argos High School- COVID Service		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	109 Pound	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 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117

Preparation Instructions

Thaw chicken and heat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories	122.22		
Fat	4.01g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.14mg		
Sodium	607.11mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	18.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg