

# **Cookbook for Milford School**

**Created by HPS Menu Planner**

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## **Doritos or Sunchips**

# Broccoli & Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10013
<b>School:</b>	Wawasee High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.43
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.45
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	29.60		
<b>Fat</b>	0.49g		
<b>SaturatedFat</b>	0.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.48mg		
<b>Sodium</b>	46.72mg		
<b>Carbohydrates</b>	4.71g		
<b>Fiber</b>	2.68g		
<b>Sugar</b>	0.89g		
<b>Protein</b>	3.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.13mg	<b>Iron</b>	0.00mg

# Salad

<b>Servings:</b>	218.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	10 Pound		153121
CUCUMBER SELECT 6CT MRKN	6 Each		592323
EGG HARD CKD PLD 10 DEB EL	4 Each		557540
CARROT MATCHSTICK SHRED 2-3 RSS	3 Pound		198161
RADISH SLCD 1/8 2-3 RSS	3 Pound		212733
DRESSING RNCH BTRMLK 4-1GAL MARZ	1/3 Gallon		292877

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 218.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	36.55
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.00mg
<b>Sodium</b>	50.60mg
<b>Carbohydrates</b>	1.98g
<b>Fiber</b>	0.72g
<b>Sugar</b>	1.08g
<b>Protein</b>	0.52g
<b>Vitamin A</b> 1057.54IU	<b>Vitamin C</b> 1.42mg
<b>Calcium</b> 9.97mg	<b>Iron</b> 0.21mg

# Fresh Veggie Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11024

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	2 Each		576646
CELERY STIX 4-3 RSS	1 Each		781592
TOMATO GRAPE SWT 10 MRKN	3 Each		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	19.10		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	26.39mg		
<b>Carbohydrates</b>	4.42g		
<b>Fiber</b>	1.47g		
<b>Sugar</b>	2.51g		
<b>Protein</b>	0.58g		
<b>Vitamin A</b>	5702.46IU	<b>Vitamin C</b>	6.60mg
<b>Calcium</b>	14.97mg	<b>Iron</b>	0.18mg

# Green Beans

<b>Servings:</b>	192.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11025
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	8 #10 CAN		100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	25.58		
<b>Fat</b>	0.92g		
<b>SaturatedFat</b>	0.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	224.15mg		
<b>Carbohydrates</b>	3.23g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.06mg	<b>Iron</b>	0.00mg

# Mashed Potatoes

<b>Servings:</b>	510.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	6 Package	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 510.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	75.93		
<b>Fat</b>	0.69g		
<b>SaturatedFat</b>	0.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.88mg		
<b>Sodium</b>	328.37mg		
<b>Carbohydrates</b>	14.93g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	1.89IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	10.22mg	<b>Iron</b>	0.23mg



# Corn

<b>Servings:</b>	165.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11046
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	30 Pound	<b>STEAM</b> Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	76.70		
<b>Fat</b>	2.07g		
<b>SaturatedFat</b>	0.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.91mg		
<b>Sodium</b>	86.25mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.07mg	<b>Iron</b>	0.00mg

# PBJ Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11047
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	460.00		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	50.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	271.00mg	<b>Iron</b>	1.80mg

# Choice of Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11052
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
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 LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265782

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	110.00
<b>Fat</b>	1.25g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	23.67g
<b>Fiber</b>	2.00g

<b>Sugar</b>			7.50g
<b>Protein</b>			1.67g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.67mg	<b>Iron</b>	3.32mg

# Choice of Cereal Bar

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11053
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	110.00mg		
<b>Carbohydrates</b>	29.67g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.67g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	1.70mg

# Choice of Poptart

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11054
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	186.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	196.67mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.33g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	1.80mg

# Hot Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11060
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 4/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
Whole Grain Mini Sub Buns	1 1	BAKE	5157

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	264.00		
<b>Fat</b>	7.75g		
<b>SaturatedFat</b>	3.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	39.75mg		
<b>Sodium</b>	809.00mg		
<b>Carbohydrates</b>	35.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	17.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	15.00mg

# Baked Beans

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11061
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	6 #10 CAN		520098
SUGAR BROWN LT 12-2 P/L	1/2 Pound		860311

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.14
<b>Legumes</b>	0.54
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	162.50		
<b>Fat</b>	0.54g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	592.77mg		
<b>Carbohydrates</b>	32.56g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	13.16g		
<b>Protein</b>	7.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.89mg	<b>Iron</b>	2.05mg



# Chicken & Noodles

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11115
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Pound		100101
ONION DCD IQF 6-4 GCHC	6 Pound		261521
CELERY DCD 1/4 2-5 RSS	6 Pound		198196
CARROT DCD 1/4 2-3 RSS	4 Pound		200972
BASE CHIX LO SOD 12-1 LEGO	6 Cup		130869
PASTA NOODL EGG WD 1/4 2-5 GCHC	7 Pound		108162
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR
SALT IODIZED 24-26Z GFS	1/2 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.07
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.14
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	100.54
<b>Fat</b>	2.04g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.60mg
<b>Sodium</b>	346.57mg
<b>Carbohydrates</b>	10.88g
<b>Fiber</b>	0.84g
<b>Sugar</b>	2.08g

<b>Protein</b>	8.98g		
<b>Vitamin A</b>	1294.80IU	<b>Vitamin C</b>	0.55mg
<b>Calcium</b>	9.71mg	<b>Iron</b>	0.40mg

# Baked Apples

<b>Servings:</b>	382.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11116
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD RED PLD IQF 4-5 GCHC	60 Pound		818895
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SUGAR CANE GRANUL 25 GCHC	8 Cup		108642
SPICE CINNAMON GRND 5 TRDE	3/4 Cup		224731

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 382.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	53.43		
<b>Fat</b>	0.92g		
<b>SaturatedFat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.51mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	12.01g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	10.51g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.00mg	<b>Iron</b>	0.00mg

# Glazed Carrots

<b>Servings:</b>	148.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11118
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Pound		191205

## Preparation Instructions

Spray two medium pans with Vegalene. Put 10 lbs. of frozen carrots in each pan. Wait to steam till it gets closer to serving time. Steam approximately 10-12 minutes. Stir, check temp. Drain slightly, add 1 cup of Brown Sugar, 1/4 cup Butter pan. Stir, cover with lid. Put in heated pass through.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	52.34		
<b>Fat</b>	2.19g		
<b>SaturatedFat</b>	0.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	27.18mg		
<b>Sodium</b>	52.61mg		
<b>Carbohydrates</b>	9.88g		
<b>Fiber</b>	1.99g		
<b>Sugar</b>	6.88g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12353
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	4.80g		
<b>Trans Fat</b>	0.80g		
<b>Cholesterol</b>	49.00mg		
<b>Sodium</b>	326.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.00mg	<b>Iron</b>	9.00mg

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12612
<b>School:</b>	Wawasee Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice	3 slices should weigh 1.5 oz.	100187
Turkey Breast Deli	1 3/4 Ounce	Adjust meat slicer to slice turkey breast to approximately 1.75 oz. (Anywhere from 1.59 oz. to 1.99 oz. is acceptable.)	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

## Preparation Instructions

Arrange turkey, ham , & cheese on sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

<b>Amount Per Serving</b>			
<b>Calories</b>	307.13		
<b>Fat</b>	9.66g		
<b>SaturatedFat</b>	3.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.45mg		
<b>Sodium</b>	921.32mg		
<b>Carbohydrates</b>	34.56g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.23g		
<b>Protein</b>	25.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Grab & Go Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13590
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh Can substitute 2.5 oz. weight USDA ham.	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	Can use a variety of cheeses.	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9, squares.	644182
Variety of Fruit	1 Cup		

## Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	525.66		
<b>Fat</b>	13.77g		
<b>SaturatedFat</b>	5.89g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.83mg		
<b>Sodium</b>	1157.55mg		
<b>Carbohydrates</b>	71.89g		
<b>Fiber</b>	11.00g		
<b>Sugar</b>	34.00g		
<b>Protein</b>	28.98g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

# Spaghetti with Meat Sauce

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19346
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	65 Pound	UNPREPARED	100158
ONION DCD IQF 6-4 GCHC	2 Cup		261521
CELERY DCD 1/4 2-5 RSS	2 Cup		198196
PEPPERS GREEN LRG 5 MRKN	2 Cup		592315
Tomato Sauce cnd	5 #10 CAN		100334
Tomato Paste cnd	2 #10 CAN	BAKE	110189comm
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
Tap Water for Recipes	3 1/2 Gallon	UNPREPARED	000001WTR
SALT IODIZED 25 CARG	1/4 Cup		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	1/4 Cup		225037
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
PASTA SPAGHETTI 10 2-10 KE	20 Pound		654560
SEASONING PIZZA ITAL MIX 12Z TRDE	2 1/2 Package		413461

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	0.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 500.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	218.20
<b>Fat</b>	9.64g
<b>SaturatedFat</b>	3.11g
<b>Trans Fat</b>	1.55g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	345.39mg
<b>Carbohydrates</b>	19.67g
<b>Fiber</b>	1.70g
<b>Sugar</b>	4.45g
<b>Protein</b>	13.89g

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<b>Vitamin A</b>	4.43IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	3.65mg	<b>Iron</b>	0.98mg

# Pork BBQ Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20057
<b>School:</b>	North Webster ES		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320
Aunt Millie's Sandwich Bun- Himes	1 Each		3480

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	358.00		
<b>Fat</b>	8.20g		
<b>SaturatedFat</b>	2.10g		
<b>Trans Fat</b>	0.04g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	429.90mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.40g		
<b>Sugar</b>	20.00g		
<b>Protein</b>	22.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22504
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	320.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	42.00mg	<b>Iron</b>	9.80mg

# Doritos or Sunchips

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28041
<b>School:</b>	Milford School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	Equals 1.25 Grain equivalents	105260
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Equals 1.50 Grain equivalents	456090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	135.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	185.00mg		
<b>Carbohydrates</b>	19.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.45mg