

# **Cookbook for River Forest Community School Corp.**

**Created by HPS Menu Planner**

# **Cookbook for E-Learning**

**Created by HPS Menu Planner**

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# Deli Trio Sub

NO IMAGE

<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-27523

## 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
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

Wash hands.

Place sub bun on sheet pan. Cut slice of cheese in half diagonally, and alternate meat and cheese (layering 2 slices of salami, cheese, 2 slices of bologna, cheese, and 2 slices of ham) on bun. Top with lettuce before putting top of bun on. Cover sandwiches or wrap individually and keep refrigerated until serving.

CCP: Cold foods should be kept at 41° F. Food kept at room temperature for serving for 4 hours should be thrown away.

### 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>	0.13
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

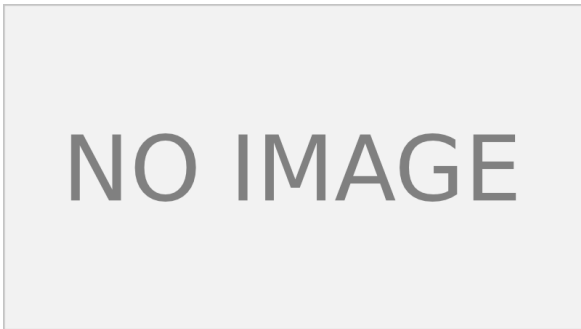
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	336.52
<b>Fat</b>	13.65g
<b>SaturatedFat</b>	4.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.55mg
<b>Sodium</b>	1122.44mg
<b>Carbohydrates</b>	30.52g
<b>Fiber</b>	2.25g
<b>Sugar</b>	3.75g
<b>Protein</b>	22.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 202.73mg	<b>Iron</b> 3.10mg

# Frozen Fruit Dessert Cup



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28072
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ CUP JCE BRY/LEM 96-4.4FLZ	1 Each		532420
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.36mg

# Variety of Yogurt Flavors

NO IMAGE

<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>	Lunch	<b>Recipe ID:</b>	R-28080
<b>School:</b>	E-Learning		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	80.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	65.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	4.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	140.00mg	<b>Iron</b>	0.00mg



# Pizza Lunchable

NO IMAGE

<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-28081
<b>School:</b>	E-Learning		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
PEPPERONI SLCD 14-16/Z 2-5 GCHC	12 Each		729981

## Preparation Instructions

Cut Flatbread into 4 pieces. Place cut flatbread and other ingredients into container together. Serve Cold.

## 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>	0.50
<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>		505.00	
<b>Fat</b>		26.75g	
<b>SaturatedFat</b>		11.75g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		52.50mg	
<b>Sodium</b>		1295.75mg	
<b>Carbohydrates</b>		38.00g	
<b>Fiber</b>		5.00g	
<b>Sugar</b>		8.00g	
<b>Protein</b>		26.50g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	450.00mg	<b>Iron</b>	1.71mg

# Assortment of Pop-Tart

NO IMAGE

<b>Servings:</b>	7.00	<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-28082
<b>School:</b>	E-Learning		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART SMORES FRSTD 72-2CT	1 Each	Equals 1.5 grain equivalents	221384
PASTRY POP-TART BRN SGR FRSTD 72-2CT	1 Piece	Equals 1.25 grain equivalents	765589
PASTRY POP-TART HOT FDG FRSTD 72-2CT	1 Each	Equals 1.25 grain equivalents	541590
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	Equals 2.5 grain equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	Equals 2.25 grain equivalents	123031
PASTRY POP-TART CHOC CHIP FRSTD 72-2	1 Piece	Equals 1.5 grain equivalents	351730
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	Equals 2.25 grain equivalents	865101

## 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: 7.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	266.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	1.87g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	277.29mg		
<b>Carbohydrates</b>	52.43g		
<b>Fiber</b>	2.74g		
<b>Sugar</b>	22.43g		
<b>Protein</b>	3.21g		
<b>Vitamin A</b>	31.43IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.99mg

# **Cookbook for Evans Elementary**

**Created by HPS Menu Planner**

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# Grab and Go Breakfast



<b>Servings:</b>	2.00	<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-28042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	Kit is 2 grain equivalents and 1/2 cup of fruit	676242
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	Kit is 2.25 grain equivalents and 1/2 cup of fruit	676222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	6.75g
<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	67.00g
<b>Fiber</b>	5.50g
<b>Sugar</b>	33.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 900.00IU	<b>Vitamin C</b> 61.80mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 2.97mg

# Hot Dog on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
White Wheat Hot Dog bun	1 Each		53071

## 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>	325.21		
<b>Fat</b>	19.09g		
<b>SaturatedFat</b>	6.33g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	834.84mg		
<b>Carbohydrates</b>	28.35g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	4.59g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.96mg	<b>Iron</b>	1.99mg



# Chicken Patty on bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
White Wheat Hamburger Bun	1 Each		51022

## Preparation Instructions

On large bun pan with liner, place chicken patties flat and cook in convection oven approx. 13-17 min at 350 degrees.

Place cooked patty in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm.

CCP: Final internal cooking temperature must reach a minimum of 165°F held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature f 140 degrees F°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

**Calories** 380.00

**Fat** 15.50g

**SaturatedFat** 3.00g

**Trans Fat** 0.00g

**Cholesterol** 25.00mg

**Sodium** 710.00mg

**Carbohydrates** 41.00g

**Fiber** 5.00g

**Sugar** 4.00g

**Protein** 20.00g

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

**Calcium** 101.00mg      **Iron** 3.00mg

# Hamburger on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
Bun White Wheat 4"	1 Each		51022

## Preparation Instructions

Place frozen beef patties flat on a sheet pan lined with parchment paper. DO NOT overlap or stack patties.

Place sheet pan in a 350 degrees preheated oven and set timer for 7-9 minutes.

When timer sounds, check for internal temperature of 160 degrees or higher. Remove from oven.

### 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

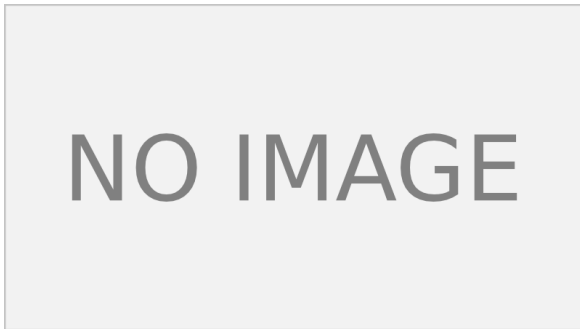
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 20.00mg **Iron** 1.80mg

# Doritos or Sunchips



<b>Servings:</b>	5.00	<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-28047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.5 grain equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.5 grain equivalents	737611
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	2 grain equivalents	712270
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.5 grain equivalents	456090
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 grain equivalents	105260

## 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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	148.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.00mg
<b>Carbohydrates</b>	21.40g
<b>Fiber</b>	2.40g
<b>Sugar</b>	1.40g

<b>Protein</b>		2.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	0.50mg

# Yogurt Kit



<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>	Lunch	<b>Recipe ID:</b>	R-28052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
CRACKER GLDFSH CHED WGRAIN 300-.75Z	3 Package		736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	3 Each		786801

## Preparation Instructions

Pair 1 yogurt cup, with 1 package of goldfish crackers, and 1 string cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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

<b>Amount Per Serving</b>	
<b>Calories</b>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.00g

<b>Sugar</b>	10.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 448.00mg	<b>Iron</b> 1.00mg



# Assortment of Cereal

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 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 APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052

## 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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	112.50
<b>Fat</b>	1.75g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	142.50mg
<b>Carbohydrates</b>	23.25g
<b>Fiber</b>	1.75g
<b>Sugar</b>	8.75g
<b>Protein</b>	1.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.50mg	<b>Iron</b> 3.38mg

# 100% Fruit Juice

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28069
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	56.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.00mg
<b>Carbohydrates</b>	13.80g
<b>Fiber</b>	0.00g

<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 36.00mg
<b>Calcium</b> 8.00mg	<b>Iron</b> 0.00mg

# Frozen Fruit Dessert Cup



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28072
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ CUP JCE BRY/LEM 96-4.4FLZ	1 Each		532420
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402

## 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.36mg

# Walking Taco

NO IMAGE

<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-28074
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	1 ounce spoodle	150250
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/8 Cup	1 ounce spoodle	678791
CHIP CORN 104-1Z SSV FRITOS	1 Package		105040
SOUR CREAM PKT 100-1Z P/L	1 Each		745903

## Preparation Instructions

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3 ounce spoodle of taco meat, 1 bag of chips, 1 ounce spoodle of lettuce, and 1 ounce spoodle of shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours.

Cold foods should be kept at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	400.79
<b>Fat</b>	25.06g
<b>SaturatedFat</b>	10.10g
<b>Trans Fat</b>	0.32g
<b>Cholesterol</b>	74.02mg
<b>Sodium</b>	599.90mg
<b>Carbohydrates</b>	23.27g
<b>Fiber</b>	4.33g
<b>Sugar</b>	3.33g
<b>Protein</b>	20.69g

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<b>Vitamin A</b>	864.07IU	<b>Vitamin C</b>	5.49mg
<b>Calcium</b>	209.79mg	<b>Iron</b>	2.20mg

# Creamy Mashed Potatoes



<b>Servings:</b>	38.00	<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-28076
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738

## Preparation Instructions

Mix instant potatoes with boiling water according to directions on package. Put potatoes into a 4 " deep steam table pan and keep hot.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees.

### 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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	73.68
<b>Fat</b>	1.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	357.89mg
<b>Carbohydrates</b>	14.74g
<b>Fiber</b>	1.05g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.11g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg



**Calcium** 10.53mg **Iron** 0.32mg

# Variety of Muffins

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28078
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

## 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 muffin

<b>Amount Per Serving</b>	
<b>Calories</b>	190.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	116.67mg
<b>Carbohydrates</b>	29.33g
<b>Fiber</b>	1.33g

<b>Sugar</b>	15.00g
<b>Protein</b>	2.33g
<b>Vitamin A</b> 4.80IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 7.01mg	<b>Iron</b> 0.95mg

# **Cookbook for Meister Elementary**

**Created by HPS Menu Planner**

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**Assortment of Cereal**

**100% Fruit Juice**

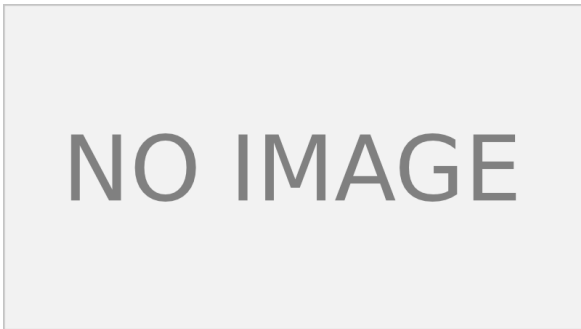
**Frozen Fruit Dessert Cup**

**Walking Taco**

**Creamy Mashed Potatoes**

**Variety of Muffins**

# Grab and Go Breakfast



<b>Servings:</b>	2.00	<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-28042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	Kit is 2 grain equivalents and 1/2 cup of fruit	676242
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	Kit is 2.25 grain equivalents and 1/2 cup of fruit	676222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	340.00		
<b>Fat</b>	6.75g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	67.00g		
<b>Fiber</b>	5.50g		
<b>Sugar</b>	33.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	900.00IU	<b>Vitamin C</b>	61.80mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	2.97mg

# Hot Dog on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
White Wheat Hot Dog bun	1 Each		53071

## 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>	325.21		
<b>Fat</b>	19.09g		
<b>SaturatedFat</b>	6.33g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	834.84mg		
<b>Carbohydrates</b>	28.35g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	4.59g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.96mg	<b>Iron</b>	1.99mg

# Chicken Patty on bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
White Wheat Hamburger Bun	1 Each		51022

## Preparation Instructions

On large bun pan with liner, place chicken patties flat and cook in convection oven approx. 13-17 min at 350 degrees.

Place cooked patty in 4" steam table and keep hot. Put the hamburger buns in 4" steam table pan and warm.

CCP: Final internal cooking temperature must reach a minimum of 165°F held for held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature f 140 degrees F°.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

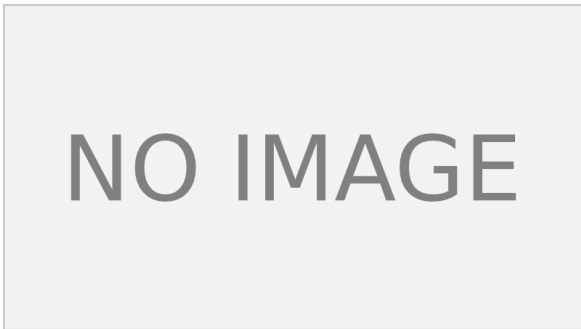
Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	710.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.00mg	<b>Iron</b> 3.00mg

# Hamburger on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
Bun White Wheat 4"	1 Each		51022

## Preparation Instructions

Place frozen beef patties flat on a sheet pan lined with parchment paper. DO NOT overlap or stack patties.

Place sheet pan in a 350 degrees preheated oven and set timer for 7-9 minutes.

When timer sounds, check for internal temperature of 160 degrees or higher. Remove from oven.

### 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

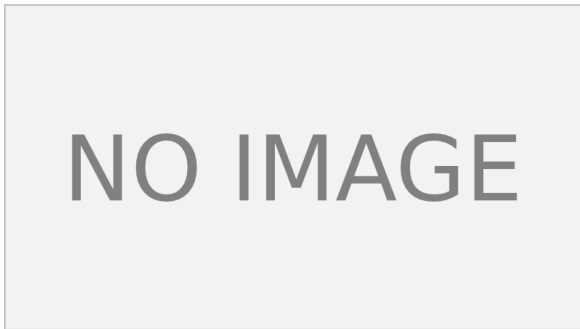
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	520.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 20.00mg **Iron** 1.80mg

# Doritos or Sunchips



<b>Servings:</b>	5.00	<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-28047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.5 grain equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.5 grain equivalents	737611
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	2 grain equivalents	712270
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.5 grain equivalents	456090
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 grain equivalents	105260

## 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: 5.00

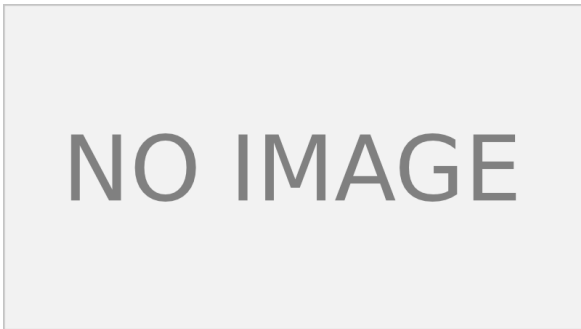
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	148.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.00mg
<b>Carbohydrates</b>	21.40g
<b>Fiber</b>	2.40g
<b>Sugar</b>	1.40g

<b>Protein</b>		2.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	0.50mg

# Yogurt Kit



<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>	Lunch	<b>Recipe ID:</b>	R-28052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
CRACKER GLDFSH CHED WGRAIN 300-.75Z	3 Package		736280
CHEESE STRING MOZZ LT IW 168-1Z LOL	3 Each		786801

## Preparation Instructions

Pair 1 yogurt cup, with 1 package of goldfish crackers, and 1 string cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.00g

<b>Sugar</b>	10.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 448.00mg	<b>Iron</b> 1.00mg

# Assortment of Cereal

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 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 APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	266052

## 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



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	112.50
<b>Fat</b>	1.75g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	142.50mg
<b>Carbohydrates</b>	23.25g
<b>Fiber</b>	1.75g
<b>Sugar</b>	8.75g
<b>Protein</b>	1.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.50mg	<b>Iron</b> 3.38mg

# 100% Fruit Juice

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28069
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

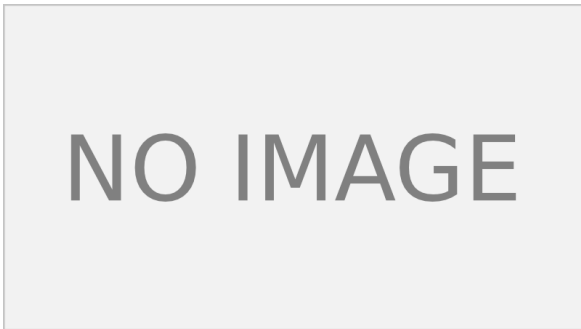
Servings Per Recipe: 5.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	56.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.00mg
<b>Carbohydrates</b>	13.80g
<b>Fiber</b>	0.00g

<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 36.00mg
<b>Calcium</b> 8.00mg	<b>Iron</b> 0.00mg

# Frozen Fruit Dessert Cup



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28072
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ CUP JCE BRY/LEM 96-4.4FLZ	1 Each		532420
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.36mg

# Walking Taco

NO IMAGE

<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-28074
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	1 ounce spoodle	150250
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/8 Cup	1 ounce spoodle	678791
CHIP CORN 104-1Z SSV FRITOS	1 Package		105040
SOUR CREAM PKT 100-1Z P/L	1 Each		745903

## Preparation Instructions

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3 ounce spoodle of taco meat, 1 bag of chips, 1 ounce spoodle of lettuce, and 1 ounce spoodle of shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours.

Cold foods should be kept at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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<b>Calories</b>	400.79
<b>Fat</b>	25.06g
<b>SaturatedFat</b>	10.10g
<b>Trans Fat</b>	0.32g
<b>Cholesterol</b>	74.02mg
<b>Sodium</b>	599.90mg
<b>Carbohydrates</b>	23.27g
<b>Fiber</b>	4.33g
<b>Sugar</b>	3.33g
<b>Protein</b>	20.69g

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<b>Vitamin A</b>	864.07IU	<b>Vitamin C</b>	5.49mg
<b>Calcium</b>	209.79mg	<b>Iron</b>	2.20mg

# Creamy Mashed Potatoes



<b>Servings:</b>	38.00	<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-28076
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738

## Preparation Instructions

Mix instant potatoes with boiling water according to directions on package. Put potatoes into a 4 " deep steam table pan and keep hot.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees.

### 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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	73.68
<b>Fat</b>	1.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	357.89mg
<b>Carbohydrates</b>	14.74g
<b>Fiber</b>	1.05g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.11g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg

**Calcium** 10.53mg **Iron** 0.32mg



# Variety of Muffins

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28078
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

## 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 muffin

<b>Amount Per Serving</b>	
<b>Calories</b>	190.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.33g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	116.67mg
<b>Carbohydrates</b>	29.33g
<b>Fiber</b>	1.33g

<b>Sugar</b>	15.00g
<b>Protein</b>	2.33g
<b>Vitamin A</b> 4.80IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 7.01mg	<b>Iron</b> 0.95mg

# **Cookbook for River Forest Jr. High School**

**Created by HPS Menu Planner**

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No Recipes found

# **Cookbook for River Forest Middle and High School**

**Created by HPS Menu Planner**

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**Cheeseburger on Bun**

**Grilled Cheese Sandwich**

**Walking Taco**

**Chef Salad with Banana Bread**

**100% Fruit Juice**

**Frozen Fruit Dessert Cup**

**Creamy Mashed Potatoes**

**Flavored Applesauce Cup**

# McIngot Breakfast Sandwich



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28043

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	24 Each		687131
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	24 Each		462519
SAUSAGE PTY CKD 250-1.2Z COMM	24 Each		109000
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice		150260

## Preparation Instructions

Place 24 egg patties on 1/2 sheet pan and heat in 350° oven until heated to 155° for 15 seconds.

Place sausage patties on 1/2 sheet pan and heat the same as the eggs.

Slice thawed english muffins in half put egg patty on bottom half top with sausage and cheese.

Put on top half of english muffin, cover pan with foil and heat until cheese is melted and sandwich is heated through.

Serve immediately.

CCP: Hot foods should be kept at 140°

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

**Calories** 290.00

**Fat** 14.50g

**SaturatedFat** 5.00g

**Trans Fat** 0.00g

**Cholesterol** 112.50mg

**Sodium** 845.00mg

**Carbohydrates** 23.00g

**Fiber** 1.00g

**Sugar** 1.50g

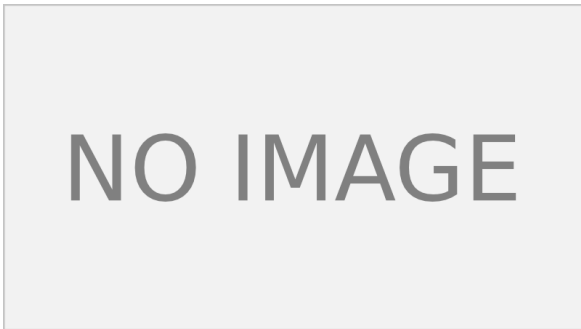
**Protein** 19.00g

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

**Calcium** 206.50mg      **Iron** 1.96mg



# Hot Dog on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
White Wheat Hot Dog bun	1 Each		53071

## 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

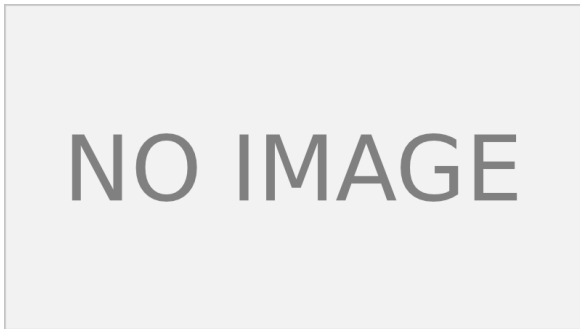
### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	325.21		
<b>Fat</b>	19.09g		
<b>SaturatedFat</b>	6.33g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	834.84mg		
<b>Carbohydrates</b>	28.35g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	4.59g		
<b>Protein</b>	11.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.96mg	<b>Iron</b>	1.99mg

# Doritos or Sunchips



<b>Servings:</b>	5.00	<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-28047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	1.5 grain equivalents	541502
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	1.5 grain equivalents	737611
CHIP GARDEN SALSA 64-LSSV SUNCHIP	1 Package	2 grain equivalents	712270
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	1.5 grain equivalents	456090
CHIP HARV CHED 104-SSV SUNCHIP	1 Package	1.25 grain equivalents	105260

## 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: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	148.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.00mg
<b>Carbohydrates</b>	21.40g
<b>Fiber</b>	2.40g
<b>Sugar</b>	1.40g

<b>Protein</b>		2.20g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	0.50mg

# Cheeseburger on Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> 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
Bun White Wheat 4"	1 Each		51022
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

On large bun pan with liner, place patty flat and cook in convection oven approx. 10-12 min, or until temp. probe inserted reaches 165 degrees.

Place cooked patty on hamburger bun and top with one slice of cheese.

Place assembled sandwich on bun pan and cover with saran wrap. Serve hot.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F. HELD FOR A MINIMUM OF 15 SECONDS

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 140 DEGREES F.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		315.00	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		47.50mg	
<b>Sodium</b>		745.00mg	
<b>Carbohydrates</b>		28.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		3.50g	
<b>Protein</b>		23.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	101.50mg	<b>Iron</b>	1.80mg

# Grilled Cheese Sandwich



<b>Servings:</b>	24.00	<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-28049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	48 Slice		12385
CHEESE AMER 160CT SLCD 6-5 COMM	96 Slice		150260
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	48 Tablespoon		299405

## Preparation Instructions

Melt butter.

Put 1 Tablespoon melted butter on one side of bread slice and lay on pan.

Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with 1 Tablespoon of melted butter

Bake until lightly browned

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

### 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: 24.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	558.76		
<b>Fat</b>	41.98g		
<b>SaturatedFat</b>	24.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	110.00mg		
<b>Sodium</b>	1207.30mg		
<b>Carbohydrates</b>	29.40g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	16.78g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	365.18mg	<b>Iron</b>	1.34mg

# Walking Taco



<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-28050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	1 ounce spoodle	150250
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/8 Cup	1 ounce spoodle	678791
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803
SOUR CREAM CUP 100-1Z PAULY	1 Each		126400

## Preparation Instructions

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3 ounce spoodle of taco meat, 1 bag of chips, 1 ounce spoodle of lettuce, and 1 ounce spoodle of shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	420.79		
<b>Fat</b>	22.06g		
<b>SaturatedFat</b>	9.10g		
<b>Trans Fat</b>	0.32g		
<b>Cholesterol</b>	74.02mg		
<b>Sodium</b>	729.90mg		
<b>Carbohydrates</b>	36.27g		
<b>Fiber</b>	4.33g		
<b>Sugar</b>	4.33g		
<b>Protein</b>	20.69g		
<b>Vitamin A</b>	1064.07IU	<b>Vitamin C</b>	5.49mg
<b>Calcium</b>	219.79mg	<b>Iron</b>	2.60mg

# Chef Salad with Banana Bread

NO IMAGE

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	4 Cup	2 cups per salad	206504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1/8 cup or 1 ounce spoodle per salad	150250
EGG HARD CKD PLD 25 GCHC	2 Each	Cut in half	711160
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Sliced. 2 to 3 slices per salad	418439
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	3 tomatoes per salad	129631
Ham, Cubed Frozen	2 Ounce	3 ounce spoodle= 1.5 Meat Equivalents	100188-H
Chicken, Diced, Cooked, Frozen	1 4/5 Ounce	3 ounce spoodle = 1.75 Meat Equivalents	100101
BREAD BANANA IW 70-3.4Z SUPBAK	2 Each		230361
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	2 Package		175400

## Preparation Instructions

Wash and cut or dice all vegetables. Put 2 cups of lettuce in container and then layer the following: 1/8 cup cheese, egg that has been cut in half, 2 to 3 slices of cucumber, and 3 grape tomatoes. Portion meat in soufflé cup and offer choice of chicken or diced ham cup with salad. Also allow students to take 1 package of croutons and 1 slice of banana bread. Offer dressing choices with salad.

Note: Salad without portion meat cup is equal to 2.50 Meat/Meat Alternative Equivalents.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away

after 4 hours.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	1.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

#### Amount Per Serving

<b>Calories</b>	519.89		
<b>Fat</b>	20.33g		
<b>SaturatedFat</b>	6.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	233.65mg		
<b>Sodium</b>	730.83mg		
<b>Carbohydrates</b>	59.76g		
<b>Fiber</b>	4.90g		
<b>Sugar</b>	30.50g		
<b>Protein</b>	27.74g		
<b>Vitamin A</b>	531.68IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	321.74mg	<b>Iron</b>	2.14mg

# 100% Fruit Juice

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28069
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5.00

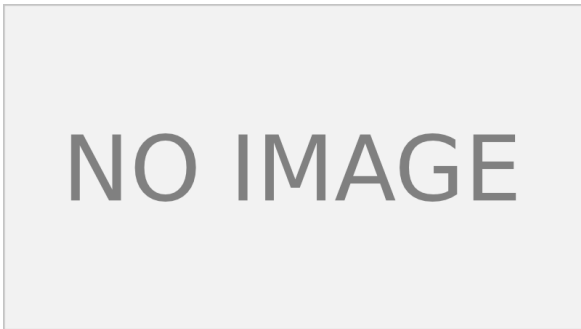
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	56.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.00mg
<b>Carbohydrates</b>	13.80g
<b>Fiber</b>	0.00g

<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 36.00mg
<b>Calcium</b> 8.00mg	<b>Iron</b> 0.00mg

# Frozen Fruit Dessert Cup



<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28072
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ CUP JCE BRY/LEM 96-4.4FLZ	1 Each		532420
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	18.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.50g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.36mg

# Creamy Mashed Potatoes



<b>Servings:</b>	38.00	<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-28076
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce		613738

## Preparation Instructions

Mix instant potatoes with boiling water according to directions on package. Put potatoes into a 4 " deep steam table pan and keep hot.

CCP: Hot food held for later service must maintain a minimum internal temperature of 140 degrees.

### 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: 38.00

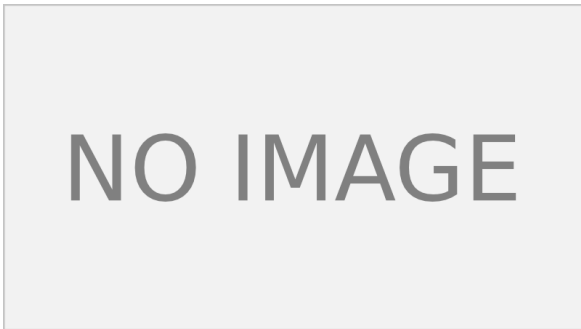
Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		73.68	
<b>Fat</b>		1.05g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		357.89mg	
<b>Carbohydrates</b>		14.74g	
<b>Fiber</b>		1.05g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		2.11g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 10.53mg **Iron** 0.32mg



# Flavored Applesauce Cup



<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28079
<b>School:</b>	River Forest Middle and High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570

## 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	15.33g

<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.00mg