

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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Frozen Fruit Dessert Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28072
School:	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

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

Variety of Yogurt Flavors

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28080
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28081
School:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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 505.00

Fat 26.75g

SaturatedFat 11.75g

Trans Fat 0.00g

Cholesterol 52.50mg

Sodium 1295.75mg

Carbohydrates 38.00g

Fiber 5.00g

Sugar 8.00g

Protein 26.50g

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

Calcium 450.00mg **Iron** 1.71mg

Assortment of Pop-Tart

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28082
School:	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

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	266.00
Fat	5.50g
SaturatedFat	1.87g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	277.29mg
Carbohydrates	52.43g
Fiber	2.74g

Sugar		22.43g	
Protein		3.21g	
Vitamin A	31.43IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.99mg

Cookbook for Evans Elementary

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Grab and Go Breakfast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

Hot Dog on Bun

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Patty on bun

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

Ingredients

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

Meat	2.00
Grain	3.00
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	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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	520.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Doritos or Sunchips

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	148.00		
Fat	6.00g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.00mg		
Carbohydrates	21.40g		
Fiber	2.40g		
Sugar	1.40g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.50mg

Yogurt Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	415.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	448.00mg	Iron	1.00mg

Assortment of Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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 Each

Amount Per Serving			
Calories	112.50		
Fat	1.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.50mg		
Carbohydrates	23.25g		
Fiber	1.75g		
Sugar	8.75g		
Protein	1.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.50mg	Iron	3.38mg

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28069
School:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	56.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.00mg		
Carbohydrates	13.80g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	36.00mg
Calcium	8.00mg	Iron	0.00mg

Frozen Fruit Dessert Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28072
School:	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

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28074
School:	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

Meat	2.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.79		
Fat	25.06g		
SaturatedFat	10.10g		
Trans Fat	0.32g		
Cholesterol	74.02mg		
Sodium	599.90mg		
Carbohydrates	23.27g		
Fiber	4.33g		
Sugar	3.33g		
Protein	20.69g		
Vitamin A	864.07IU	Vitamin C	5.49mg

Calcium 209.79mg **Iron** 2.20mg

Creamy Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28076
School:	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

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.68		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	357.89mg		
Carbohydrates	14.74g		
Fiber	1.05g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.53mg	Iron	0.32mg

Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28078
School:	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

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 muffin

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

Cookbook for Meister Elementary

Created by HPS Menu Planner

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Grab and Go Breakfast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

Hot Dog on Bun

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Chicken Patty on bun

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

Ingredients

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

Meat	2.00
Grain	3.00
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	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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	260.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	520.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

Doritos or Sunchips

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	148.00		
Fat	6.00g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.00mg		
Carbohydrates	21.40g		
Fiber	2.40g		
Sugar	1.40g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.50mg

Yogurt Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	415.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	448.00mg	Iron	1.00mg

Assortment of Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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 Each

Amount Per Serving			
Calories	112.50		
Fat	1.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.50mg		
Carbohydrates	23.25g		
Fiber	1.75g		
Sugar	8.75g		
Protein	1.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.50mg	Iron	3.38mg

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28069
School:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	56.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.00mg		
Carbohydrates	13.80g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	36.00mg
Calcium	8.00mg	Iron	0.00mg

Frozen Fruit Dessert Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28072
School:	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

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28074
School:	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

Meat	2.50
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.79		
Fat	25.06g		
SaturatedFat	10.10g		
Trans Fat	0.32g		
Cholesterol	74.02mg		
Sodium	599.90mg		
Carbohydrates	23.27g		
Fiber	4.33g		
Sugar	3.33g		
Protein	20.69g		
Vitamin A	864.07IU	Vitamin C	5.49mg

Calcium 209.79mg **Iron** 2.20mg

Creamy Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28076
School:	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

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.68		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	357.89mg		
Carbohydrates	14.74g		
Fiber	1.05g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.53mg	Iron	0.32mg

Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28078
School:	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

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 muffin

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

Cookbook for River Forest Jr. High School

Created by HPS Menu Planner

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Created by HPS Menu Planner

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McIngot Breakfast Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	2.25
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: 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

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Doritos or Sunchips

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	148.00		
Fat	6.00g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	192.00mg		
Carbohydrates	21.40g		
Fiber	2.40g		
Sugar	1.40g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	0.50mg

Cheeseburger on Bun

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

Ingredients

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	558.76
Fat	41.98g
SaturatedFat	24.34g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1207.30mg
Carbohydrates	29.40g
Fiber	2.36g
Sugar	5.00g
Protein	16.78g

Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	365.18mg	Iron	1.34mg

Walking Taco

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

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.79		
Fat	22.06g		
SaturatedFat	9.10g		
Trans Fat	0.32g		
Cholesterol	74.02mg		
Sodium	729.90mg		
Carbohydrates	36.27g		
Fiber	4.33g		
Sugar	4.33g		
Protein	20.69g		
Vitamin A	1064.07IU	Vitamin C	5.49mg
Calcium	219.79mg	Iron	2.60mg

Chef Salad with Banana Bread

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	4.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25

OtherVeg	1.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00
Serving Size: 1.00 salad

Amount Per Serving

Calories	519.89
Fat	20.33g
SaturatedFat	6.84g
Trans Fat	0.00g
Cholesterol	233.65mg
Sodium	730.83mg
Carbohydrates	59.76g
Fiber	4.90g
Sugar	30.50g
Protein	27.74g

Vitamin A	531.68IU	Vitamin C	6.35mg
Calcium	321.74mg	Iron	2.14mg

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28069
School:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	56.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.00mg		
Carbohydrates	13.80g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	200.00IU	Vitamin C	36.00mg
Calcium	8.00mg	Iron	0.00mg

Frozen Fruit Dessert Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28072
School:	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

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

Creamy Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28076
School:	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

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.68		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	357.89mg		
Carbohydrates	14.74g		
Fiber	1.05g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.53mg	Iron	0.32mg

Flavored Applesauce Cup

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28079
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	15.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg