

Cookbook for River Forest Community School Corp.

Created by HPS Menu Planner

Cookbook for E-Learning

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Cookbook for Evans 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		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		265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		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		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		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

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Creamy Mashed Potatoes

Variety of Muffins

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		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		265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		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		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		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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Cookbook for River Forest Middle and High School

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

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

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