

Cookbook for New Paris Elementary School

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
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 FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 7.00			
Serving Size: 1.00 Each			
Amount Per Serving			
<hr/>			
Calories	110.00		
Fat	1.29g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.57mg		
Carbohydrates	23.57g		
Fiber	1.86g		
Sugar	8.29g		
Protein	1.86g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.14mg	Iron	3.09mg
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Cheeseburger

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	48 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
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	48 Slice		722360
3.5 WG Hamburger Bun	48 Each	READY_TO_EAT	3354

Preparation Instructions

Beef Patty:

Pre-heat oven to 350 degrees.

Put frozen patties on parchment lined 1 inch deep large baking sheet. 24 patties per pan with 4 X 6 arrangement.

Bake 13 minutes or to minimum temperature of 150 degrees.

Keep warm in pass through.

To assemble:

Line 4 inch deep large pan with parchment paper. Put patties on buns with cheese slice. Layer sandwiches 4 X 6 to equal 48 sandwiches per pan. Cover with foil and keep warm in pass through.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00		
Fat	8.50g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	620.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	9.80mg

Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN		822477
SAUCE BBQ 4-1GAL GCHC	2 Cup		734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup		100129
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	or 12 packets of mustard	860221

Preparation Instructions

Mix all ingredients in a large mixing bowl. Pour into a 4 inch deep pan that has been sprayed with cooking spray. Put pan in oven that has been pre-heated to 350 degrees. Bake for 45 minutes or until minimum temperature of 150 degrees.

Note: Most times will want to do recipes 3 times for 3-4 inch pans of beans for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	149.07		
Fat	0.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	522.01mg		
Carbohydrates	31.13g		
Fiber	4.70g		
Sugar	10.37g		
Protein	6.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 48.04mg **Iron** 1.85mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	45 Pound	BAKE	285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

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: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

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
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	360.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	10.00mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	10 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.57		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	302.06mg		
Carbohydrates	4.17g		
Fiber	2.09g		
Sugar	2.09g		
Protein	1.04g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	31.38mg	Iron	0.42mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

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: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	108.57		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	15.97g		
Fiber	2.00g		
Sugar	2.99g		
Protein	2.00g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.08mg	Iron	0.40mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	2 packages	159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN		101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN		452841
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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: 300.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	355.52		
Fat	20.08g		
SaturatedFat	7.42g		
Trans Fat	2.13g		
Cholesterol	69.67mg		
Sodium	945.16mg		
Carbohydrates	18.03g		
Fiber	2.16g		
Sugar	1.17g		
Protein	22.13g		
Vitamin A	363.90IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.38mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

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
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	410.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 22.00mg **Iron** 9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE 6-10 HUNTS	2 2/3 #10 CAN		444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon		225061
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
Tap Water for Recipes	4 3/4 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	275.54
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	520.12mg
Carbohydrates	22.12g

Fiber	9.19g		
Sugar	4.48g		
Protein	20.45g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.16mg	Iron	2.32mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89		
Fat	3.76g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	619.22mg		
Carbohydrates	25.06g		
Fiber	6.47g		
Sugar	1.34g		
Protein	10.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.17mg	Iron	2.16mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.99
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.72		
Fat	10.04g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	85.93mg		
Sodium	977.45mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	26.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	8.94mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	45 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.71		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.04mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	2.60g		
Protein	1.30g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.39mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SUGAR CANE GRANUL 25 GCHC	6 Cup		108642
MARGARINE SLD ZT 30-1 GFS	6 Cup	3 pounds	557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	5 1/3 Tablespoon	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon		108308
BAKING SODA 36Z GCHC	2 Tablespoon		513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon		513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	8 Cup		240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

Preparation Instructions

Put in large mixer: brown sugar, white sugar, butter, oil.

Mix with paddle attachment and beat well.

Add eggs and vanilla to mixture and mix again

Add the following to mixture: salt, soda, cream of tarter, and flour. Then mix again.

Then fold in the following to cookie dough mixture: oatmeal, rice krispies, and chocolate chips.

Put parchment liner on large 1 inch deep baking sheet pan.

Scoop dough with a #60 disher onto backing sheet. Place dough balls in an arrangement of 4 X 7 to equal 28 cookies per pan.

Bake 8 to 10 minutes at 300 degrees in convection oven.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	139.26		
Fat	8.93g		
SaturatedFat	2.75g		
Trans Fat	0.01g		
Cholesterol	3.81mg		
Sodium	114.41mg		
Carbohydrates	14.73g		
Fiber	1.06g		
Sugar	7.12g		
Protein	1.70g		
Vitamin A	141.18IU	Vitamin C	0.00mg
Calcium	2.68mg	Iron	0.91mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	60 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	8 #5 CAN		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	6 #5 CAN		695513
BASE CHIX RSTD 25 GCHC	2 1/2 Pound		160830
Tap Water for Recipes	8 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Tablespoon		225037
MARGARINE SLD 30-1 GCHC	1 1/4 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	30 Pound		654580

Preparation Instructions

Heat up tilt skillet to 275 degrees. Put all ingredients in skillet except for noodles.

Turn to 300 degrees and bring to boil.

Put noodles in to boiling broth with lid vented. Stirring occasionally boil for 15 to 20 minutes or until noodles are about done.

Use a saucepan to scoop out of the skillet and place in sprayed 4" deep pans and cover with lids, Store in the warmer.

Note: This will be kind of "soupie" but will set up in warmer. If it needs to be thinned out when serving used canned broth.

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: 350.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	252.64		
Fat	5.70g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	59.43mg		
Sodium	722.43mg		
Carbohydrates	29.59g		
Fiber	4.11g		
Sugar	2.32g		
Protein	22.04g		
Vitamin A	146.58IU	Vitamin C	0.00mg
Calcium	15.55mg	Iron	1.37mg

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9746
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	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.	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup		802860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.36
Grain	1.18
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	328.99		
Fat	15.34g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	23.60mg		
Sodium	537.78mg		
Carbohydrates	31.88g		
Fiber	3.54g		
Sugar	14.62g		
Protein	16.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.94mg	Iron	2.36mg

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BROTH CHIX 12-5 COLLEGE INN	4 #5 CAN		264865

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	89.44		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	251.50mg		
Carbohydrates	18.30g		
Fiber	0.50g		
Sugar	0.30g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.87mg	Iron	0.50mg

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9748
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.48
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	12.99mg	Iron	0.00mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9749
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce		564790
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake with Frosting

Servings:	400.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	21 Cup		515002
SUGAR CANE GRANUL 25 GCHC	24 1/2 Cup		108642
COCOA PWD BAKING 6-5 GCHC	16 Cup		269654
BAKING SODA 36Z GCHC	5 3/4 Tablespoon		513849
BAKING POWDER 6-5 CLABBER GIRL	5 3/4 Tablespoon		361032
SALT IODIZED 24-26Z GFS	3 1/2 Tablespoon		108308
EGG SHL LRG A GRD 6-30CT GCHC	28 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	16 3/4 Cup		817801
OIL CORN 2-2.5GAL MAZOLA	98 Tablespoon	6 cups and 2 Tablespoons	433518
FLAVORING VANILLA IMIT 1-QT KE	38 Teaspoon		110736
Tap Water for Recipes	12 1/4 Cup	Boiling	000001WTR
MARGARINE SLD ZT 30-1 GFS	72 Tablespoon	Softened	557482
SUGAR POWDERED 10X 12-2 PION	32 Cup		859740

Preparation Instructions

Cake Directions:

1. Combine the following ingredients: 28 eggs, 12 1/4 cup milk, 6 cups plus 2 Tablespoons of oil, and 8 Tablespoons plus 1/2 teaspoon vanilla. Set aside.
2. Put into large mixing bowl for large mixer the following: 21 cups of flour, 24 1/2 cups of sugar, 9 1/3 cups cocoa, 5 3/4 Tablespoons baking soda, 5 3/4 Tablespoons baking powder, and 3 1/2 Tablespoons salt.
3. Using paddle attachment turn mixer on low speed with dry ingredients while adding wet ingredients from Step 1.
4. Beat on medium speed for two minutes

5. On low stir in boiling water. Batter will be thin.
6. Divide batter into 8 -2 inch (vegetable pans)
7. Bake 25 to 30 minutes at 300 degrees

Frosting Directions:

1. Put softened butter into small mixer bowl and beat well.
2. Add 6 3/4 cup cocoa and 32 cups powder sugar gradually
3. Alternate adding milk (4 1/2 cups) and vanilla (4 1/2 Tablespoons).
4. Once all ingredients are added beat for 30 minutes or until fluffy and creamy.

Once Cake is baked and cooled divide icing amongst 8 pans. Cut each pan into 50 pieces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	152.06		
Fat	6.60g		
SaturatedFat	1.83g		
Trans Fat	0.01g		
Cholesterol	14.62mg		
Sodium	216.11mg		
Carbohydrates	20.30g		
Fiber	0.57g		
Sugar	15.60g		
Protein	3.01g		
Vitamin A	155.66IU	Vitamin C	0.00mg
Calcium	55.92mg	Iron	0.34mg

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-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GFS	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	580.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	11.08mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758
School:	New Paris Elementary School		

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
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.28
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	294.02
Fat	12.65g
SaturatedFat	3.79g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1021.19mg
Carbohydrates	23.02g
Fiber	2.00g
Sugar	3.50g
Protein	20.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.23mg	Iron 9.10mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9759
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, Cubed Frozen	2 1/2 Ounce		100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.38		
Fat	11.05g		
SaturatedFat	8.05g		
Trans Fat	0.00g		
Cholesterol	66.89mg		
Sodium	665.41mg		
Carbohydrates	6.21g		
Fiber	0.56g		
Sugar	2.60g		
Protein	17.80g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	206.22mg	Iron	0.20mg

Grilled Cheese Sandwich

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	33 Slice		722360
MARGARINE SLD ZT 30-1 GFS	11 Tablespoon		557482
Aunt Millie's Wheat Sandwich Bread	22 Slice	READY_TO_EAT	466

Preparation Instructions

Melt butter

Use pastry brush to butter 1 side of each pieces of bread. Place 3 slices of cheese on each sandwich. Place in arrangement of 4 X 6 on narrow edge large sheet pans.

Grill sandwiches on grill cook top.

Note: 1 loaf of bread makes 11 sandwiches discard heels.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	19.00g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9761
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound		557482
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
SUGAR CANE GRANUL 25 GCHC	8 1/4 Cup		108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup		110736
BAKING SODA 36Z GCHC	2 5/6 Tablespoon		513849
SALT IODIZED 24-26Z GFS	1 5/12 Tablespoon		108308
FLOUR ULTRAGRAIN 50 HLCHC	24 Cup		515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	5 1/3 Cup		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.10
Grain	0.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	112.31
Fat	6.41g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	8.99mg
Sodium	133.34mg
Carbohydrates	13.18g
Fiber	0.82g

Sugar			6.66g
Protein			1.60g
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	3.85mg	Iron	0.61mg

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15643
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	670.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

Bacon & Egg Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15703
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.67
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	305.00		
Fat	18.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	830.01mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.83mg	Iron	1.05mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.03		
Fat	13.15g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	75.68mg		
Sodium	588.67mg		
Carbohydrates	3.73g		
Fiber	1.37g		
Sugar	1.37g		
Protein	19.99g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	216.77mg	Iron	1.09mg

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24446
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	WAs 3 Tbsp. Kaylyn changed it to 1 Tbsp. for sat. fat purposes	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	209.26
Fat	7.60g
SaturatedFat	4.18g
Trans Fat	0.00g
Cholesterol	51.03mg
Sodium	498.97mg
Carbohydrates	20.43g
Fiber	2.00g
Sugar	2.18g

Protein		15.34g	
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	69.75mg	Iron	1.08mg

Taco Salad

Servings:	225.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27701
School:	Northwood Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLE 4-10 COMM	10 Pound		460120
ONION SPANISH JUMBO BAG 2 50	1/3 Cup		570109
SEASONING TACO 21Z TRDE	1 1/8 Cup		413429
LETTUCE ROMAINE RIBBONS 6-2 RSS	16 Pound		451730
Cheese, Cheddar Reduced fat, Shredded	8 Pound		100012
BEAN KIDNEY RED DARK 6-10 GCHC	1 #10 CAN		118761
CHIP NACHO CHS 6-15Z DORITOS	3 Pound		842241

Preparation Instructions

Place ingredients in 4B pan and place in steamer 20-30 min with lid off. For production purposes only put 1/2 the recipe in the 4-B pan for heating and then put 2 back together for serving. Hold meat in hot cart.

Taco Salad-Cold Items

Divide cheese in 3 containers.

Drain beans in colander and rinse. Divide in 3 containers.

Break chips in bags and divide in 3 containers.

Mix all ingredients together by hand in large pan just before serving. One batch at a time. Divide into 4- 4B pans.

Serve with #5 disher.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 225.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
<hr/>			
Calories	138.92		
Fat	7.59g		
SaturatedFat	3.73g		
Trans Fat	0.00g		
Cholesterol	24.98mg		
Sodium	293.27mg		
Carbohydrates	9.55g		
Fiber	2.29g		
Sugar	0.90g		
Protein	9.60g		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	20.94mg	Iron	0.43mg
<hr/>			

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27726
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight	722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package		696871
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261

Preparation Instructions

A serving of nachos is 3.17 oz weight of taco filling, 1 package of chips and 1/4 cup of cheese sauce.

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	316.17		
Fat	14.69g		
SaturatedFat	6.17g		
Trans Fat	0.29g		
Cholesterol	56.87mg		
Sodium	817.86mg		
Carbohydrates	27.65g		
Fiber	3.00g		
Sugar	2.00g		
Protein	19.90g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	280.23mg	Iron	2.30mg

Buffalo Chicken Dip with Tortilla Chips

Servings:	122.00	Category:	Entree
Serving Size:	4.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27739
School:	Northwood Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	20 Cup		100101
CHEESE CREAM BULK 30 GCHC	15 Cup		593567
DRESSING RNCH 4-1 GAL KE	40 Cup		631430
SAUCE HOT REDHOT 12-23FLZ FRNKS	16 Cup		557609
CHEESE CHED SHRD 6-5 COMM	4 Cup		199720
CHIP TORTL CRN YEL RND REST 72-1.5Z	122 Cup		133273

Preparation Instructions

Thaw diced chicken in refrigerator 2 days prior to service.

Pre-heat oven to 325° .

Drain chicken and chop into small pieces.

Heat cream cheese in steamer for approximately 5-8 minutes, just until it is soft and able to be blended. Add cream cheese to chicken and mix well.

Add shredded cheese to chicken mixture and mix.

Mix hot sauce and ranch dressing with a wire whisk. Add to chicken mixture.

Bake in convection oven for approximately 15 mins.

CCP: Heat until 165° for at least 15 seconds.

Place in warmer to hold for hot service. Hold for at least 10 minutes to allow the grease to clear from the top of the cheese.

Portion 1/2 cup (#8) scoop served with a bag of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 122.00
Serving Size: 4.00 #8 Scoop

Amount Per Serving

Calories	588.56		
Fat	36.97g		
SaturatedFat	16.11g		
Trans Fat	0.00g		
Cholesterol	122.16mg		
Sodium	719.80mg		
Carbohydrates	32.18g		
Fiber	3.00g		
Sugar	2.18g		
Protein	25.93g		
Vitamin A	705.73IU	Vitamin C	0.00mg
Calcium	37.13mg	Iron	0.90mg

Pizza Burger

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27740
School:	Northwood Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	35 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
SAUCE PIZZA W/BASL 6-10 REDPK	1 3/4 #10 CAN	READY_TO_EAT None	256013
Salsa, Low-Sodium, Canned	1 #10 CAN	READY_TO_EAT	100330
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SPICE GARLIC POWDER 21Z TRDE	6 Teaspoon		224839
SPICE OREGANO GRND 12Z TRDE	6 Teaspoon		513725
SEASONING SPAGHETTI ITAL 12Z TRDE	6 Tablespoon		413453
SALT SEA 36Z TRDE	2 1/2 Tablespoon		748590
ONION DEHY CHPD 15 P/L	1 1/2 Cup		263036
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	315 Slice		726567
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	315 Each		517810

Preparation Instructions

In each 4B Pan (120 halves per pan):

5 lbs. beef crumbles

1/4 #10 can pizza sauce

- 2 cups salsa
- 1/2 tsp. white pepper
- 1 tsp. garlic powder
- 1 tsp oregano
- 1 Tbsp. Italian seasoning
- 1 tsp. salt
- 1/4 cup dried onion

Heat in steamer with a lid on the top shelf until 170 degrees. Use hamburger buns. Use #16 dipper for meat on bun, place a slice of cheese on top of meat. Use pan liners on cookie sheets. Put in oven for 2-3 minutes at 350 degrees to melt cheese and bring back to temp.

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: 315.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	308.62		
Fat	11.48g		
SaturatedFat	5.63g		
Trans Fat	0.00g		
Cholesterol	41.33mg		
Sodium	743.29mg		
Carbohydrates	28.45g		
Fiber	3.94g		
Sugar	5.50g		
Protein	20.56g		
Vitamin A	71.11IU	Vitamin C	0.00mg
Calcium	165.63mg	Iron	2.62mg

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27745
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	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.	281622
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE SPAGHETTI W/BITS 6-10 ANGM	1/4 Cup		315494
Hamburger Buns	1 Each		1632

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	510.00
Fat	22.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1120.00mg
Carbohydrates	51.00g
Fiber	5.50g
Sugar	9.00g
Protein	26.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 245.00mg **Iron** 2.44mg

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27772
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

Each PBJ Meal consist of 1 Uncrushable 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: 2.00

Serving Size: 1.00 Pack

Amount Per Serving

Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.50mg	Iron 1.00mg

Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27773
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

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	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	0.00g		
Vitamin A	1000.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

Fruitables Juice Box

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27774
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	12.00g
Protein	0.00g
Vitamin A 500.00IU	Vitamin C 60.00mg
Calcium 0.00mg	Iron 0.00mg

Cheeseburger Dip

Servings:	236.00	Category:	Entree
Serving Size:	0.38 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27778
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	35 Pound		674312
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
SAUCE CHS CHED POUCH 6-106Z LOL	2 1/2 Package		135261

Preparation Instructions

In each of Pans:

8 3/4 lbs beef crumbles

1/2, #10 can salsa

2 quart cheese sauce

Mix all together and bake UNCOVERED at 300 degrees for 50-55 minutes until 170 degrees. Stir at 20 minute.

Serve with #10 dipper.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 236.00

Serving Size: 0.38 Cup

Amount Per Serving

Calories	144.84		
Fat	8.73g		
SaturatedFat	3.82g		
Trans Fat	0.00g		
Cholesterol	30.94mg		
Sodium	196.58mg		
Carbohydrates	1.97g		
Fiber	0.88g		
Sugar	0.88g		
Protein	12.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.27mg	Iron	1.28mg

Assortment Pop-tart

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Campbell's® Tomato Soup

Servings:	4.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28100
School:	River Forest Middle and High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 Cup		101427

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.50g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.36mg

Pumpkin Bars

Servings:	405.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28149
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	17 1/2 Cup		108642
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	23 Cup		118605
EGG SHL LRG A GRD 6-30CT GCHC	46 Each		206539
OIL CORN 2-2.5GAL MAZOLA	11 1/2 Cup		433518
FLOUR ULTRAGRAIN 50 HLCHC	23 Cup		515002
BAKING SODA 36Z GCHC	7 1/2 Tablespoon		513849
SPICE CINNAMON GRND 15Z TRDE	6 Teaspoon		224723
SALT IODIZED 24-26Z GFS	6 Teaspoon		108308
CHEESE CREAM LOAF 10-3 GCHC	4 Pound		163562
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon		110736
MARGARINE SLD ZT 30-1 GFS	4 1/2 Pound		557482
SUGAR POWDERED 10X 12-2 PION	36 Cup		859740

Preparation Instructions

Pumpkin Bar:

In large mixer bowl with paddle attachment mix well the first four ingredients (white sugar, sweet potatoes, eggs, and oil)

Then add flour, soda, cinnamon, and salt to mixture in mixing bowl and mix well.

Spray 9-2 inch aluminum pans with cooking spray. Use sauce pan and divide batter between the 9 sprayed pans.

Bake at 300 degrees for 20 to 22 minutes.

Cool before frosting.

Frosting:

Beat cream cheese, butter, vanilla, and powder sugar together in small mixer bowl.

Divide among frosting between 9 pans.

Cover with plastic and foil. Freeze

Pull from freezer the day before serving and put into fridge.

Cut each pan into 9 X 5 for 45 bars per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 405.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	222.48		
Fat	12.40g		
SaturatedFat	3.74g		
Trans Fat	0.02g		
Cholesterol	24.96mg		
Sodium	214.45mg		
Carbohydrates	26.87g		
Fiber	0.82g		
Sugar	20.32g		
Protein	1.88g		
Vitamin A	225.19IU	Vitamin C	0.00mg
Calcium	10.02mg	Iron	0.40mg

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28150
School:	Northwood High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg