

Cookbook for Mentone Elementary

Created by HPS Menu Planner

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Tomato Soup

Servings:	18.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9233
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	1 #5 CAN		101427
1% LOW FAT MILK	3 HALF-PINT		4752
Tap Water for Recipes	3 Cup	UNPREPARED	000001WTR

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	87.68		
Fat	0.42g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	398.73mg		
Carbohydrates	17.61g		
Fiber	0.79g		
Sugar	11.30g		
Protein	2.91g		
Vitamin A	1.67IU	Vitamin C	0.33mg
Calcium	20.78mg	Iron	0.57mg

Green Beans

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9247
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT 5SV 6-10 P/L	8 #10 CAN		562998
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405

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: 192.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	29.89		
Fat	0.92g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	150.89mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Spaghetti & Meat Sauce

Servings:	464.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15115
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	45 Pound		573201
TOMATO PASTE 6-10 HUNTS	1 1/2 #10 CAN		444707
SAUCE SPAGHETTI TRAD 6-10 RAGU	8 #10 CAN		437972
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE OREGANO GRND 12Z TRDE	3 Tablespoon		513725
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon		428574
SPICE PEPR BLK REST GRIND 16Z TRDE	3 Tablespoon		225061
SUGAR CANE GRANUL 25 GCHC	4 Cup		108642
SALT SEA 36Z TRDE	5 Tablespoon		748590
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
PASTA SPAG 51 WGRAIN 2-10	20 Pound		221460

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 464.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	241.74
Fat	9.58g
SaturatedFat	2.83g
Trans Fat	1.03g
Cholesterol	42.00mg
Sodium	417.39mg
Carbohydrates	25.25g
Fiber	2.65g
Sugar	8.88g
Protein	15.38g

Vitamin A	179.28IU	Vitamin C	5.27mg
Calcium	25.99mg	Iron	1.79mg

Garlic Bread

Servings:	490.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15116
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	245 Each	READY_TO_EAT	3354
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7 Pound		299405
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup		513857
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Cup		224847

Preparation Instructions

Use leftover hamburger buns. Get buns and butter out day before. Mix butter with spices using mixer. Put on bread. Bake at 350 degrees until browned.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 490.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	106.99		
Fat	5.78g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	13.71mg		
Sodium	393.56mg		
Carbohydrates	10.99g		
Fiber	1.05g		
Sugar	1.50g		
Protein	2.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.31mg	Iron	4.02mg

Chicken Gravy

Servings:	576.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15117
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 1/2 Pound		552061
BROTH CHIX NO MSG 12-5 HRTHSTN	8 #5 CAN		261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 1/2 #5 CAN		695513
STARCH CORN 24-1 ARGO	1 1/2 Pound		108413
BASE CHIX 12-1 KE	1 1/2 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Teaspoon		225061

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: 576.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	11.54		
Fat	0.17g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	83.85mg		
Carbohydrates	2.15g		
Fiber	0.00g		
Sugar	0.17g		
Protein	0.17g		
Vitamin A	9.25IU	Vitamin C	0.00mg
Calcium	2.30mg	Iron	0.00mg

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15119
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	320.00		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	270.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	9.80mg

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-15121
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
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	290.00		
Fat	18.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	770.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.47mg	Iron	10.59mg

Baked Beans

Servings:	220.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15122
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 #10 CAN		570710
SUGAR BROWN MED 25 GCHC	6 Cup	UNSPECIFIED	108626
KETCHUP CAN 6-10 HNZ	3 #10 CAN		100188
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	18 Ounce		860221
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	289.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1291.16mg		
Carbohydrates	62.01g		
Fiber	7.10g		
Sugar	33.49g		
Protein	9.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.06mg	Iron	2.69mg

BBQ Chicken on Sub Bun

Servings:	480.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15125
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	60 Pound		570533
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon		655937
BASE CHIX 12-1 KE	5 Tablespoon		160790
SUGAR BROWN MED 25 GCHC	12 Cup		108626
Aunt Millie's Whole Grain Mini Sub 2oz	480 bun		5113

Preparation Instructions

Serve 1/4 cup chicken mixture on each sub bun.

Note: If using brown box diced chicken it counts as 2 Meat/Alternative

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 480.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.24	
Fat		5.83g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		36.67mg	
Sodium		544.22mg	
Carbohydrates		52.26g	
Fiber		2.00g	
Sugar		24.65g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.67mg	Iron	0.67mg

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-15126
School:	Mentone Elementary		

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
3.5 WG Hamburger Bun	1 Each		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	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	37.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	9.90mg

Chili Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15128
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI MEX STYLE 6-10 GCHC	3 #10 CAN		192015
SEASONING TACO MIX 6-9Z LAWR	1 Tablespoon		159204

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	119.18		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	570.02mg		
Carbohydrates	21.64g		
Fiber	5.39g		
Sugar	1.08g		
Protein	7.54g		
Vitamin A	8.33IU	Vitamin C	0.00mg
Calcium	35.57mg	Iron	2.16mg

Garlic Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15129
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	10 1/2 Pound		IN110473
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon		513881

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.06		
Fat	3.52g		
SaturatedFat	2.24g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	25.47mg		
Carbohydrates	6.21g		
Fiber	3.49g		
Sugar	1.15g		
Protein	3.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.30mg	Iron	0.02mg

Creamed Turkey

Servings:	444.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15130
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	50 Pound	Raw weight.	100125
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	128 Ounce		552061
SOUP CRM OF CHIX 12-5 HLTHYREQ	4 #5 CAN		695513
BROTH CHIX NO MSG 12-5 HRTHSTN	24 #5 CAN		261564
BASE CHIX 12-1 KE	1 Pound		160790
STARCH CORN 24-1 ARGO	4 Pound		108413
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061

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: 444.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	126.03		
Fat	4.61g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	32.89mg		
Sodium	588.29mg		
Carbohydrates	10.19g		
Fiber	0.00g		
Sugar	1.04g		
Protein	10.56g		
Vitamin A	31.99IU	Vitamin C	0.00mg

Calcium 12.94mg **Iron** 0.00mg

Chicken & Noodles

Servings:	533.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15131
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound		570533
BROTH CHIX NO MSG 12-5 HRTHSTN	27 #5 CAN		261564
BASE CHIX 12-1 KE	3 Pound		160790
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Teaspoon		225061
PASTA NOODL EGG FZ 4-3 REAMES	11 Package		245046

Preparation Instructions

Note: If using brown box diced chicken a serving counts as 1.50 Meat/Meat Alternative

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 533.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	146.48		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	57.24mg		
Sodium	280.41mg		
Carbohydrates	15.75g		
Fiber	0.00g		
Sugar	0.00g		
Protein	11.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.10mg	Iron	1.49mg

Breaded Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15133
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
3.5 WG Hamburger Bun	1 Each		3354

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	380.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.62mg

Broccoli & Cheese

Servings:	192.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15134
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	60 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
SAUCE MIX CHS INST 8-32Z TRIO	1 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	64.81		
Fat	0.60g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	167.21mg		
Carbohydrates	12.18g		
Fiber	5.12g		
Sugar	2.49g		
Protein	5.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.04mg	Iron	0.00mg

Beef Gravy

Servings:	384.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15135
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH BF NO MSG 12-49Z HRTHTSTN	5 #5 CAN		504599
SOUP FRENCH ONION 3-4# CAMP	1 #5 CAN		692580
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1 #5 CAN		488259
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE	552050
BASE BEEF 12-1 KE	1/3 Pound		160810
STARCH CORN 24-1 ARGO	1 Pound		108413

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: 384.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
Calories	28.34
Fat	0.69g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.09mg
Sodium	253.23mg
Carbohydrates	5.01g
Fiber	0.09g

Sugar	0.36g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.84mg	Iron	0.07mg

Cooked Carrots

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15136
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	79 3/5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/4 Pound		299405

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.46		
Fat	2.07g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	26.57mg		
Sodium	42.27mg		
Carbohydrates	5.90g		
Fiber	1.97g		
Sugar	2.95g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nacho Meat

Servings:	230.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15138
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

Preparation Instructions

No Preparation Instructions available.

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: 230.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	244.34		
Fat	15.57g		
SaturatedFat	5.19g		
Trans Fat	2.60g		
Cholesterol	67.49mg		
Sodium	343.80mg		
Carbohydrates	7.20g		
Fiber	1.80g		
Sugar	5.40g		
Protein	19.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.32mg

Cheese Sauce

Servings:	97.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15139
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 8-32Z TRIO	2 Package		290319
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
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: 97.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	164.88
Fat	8.85g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	21.86mg
Sodium	868.40mg
Carbohydrates	17.67g
Fiber	0.00g
Sugar	3.12g
Protein	5.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 209.17mg	Iron 0.00mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15141
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Each	READY_TO_EAT	100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice	BAKE	336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	5.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	300.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Taco Meat

Servings:	420.00	Category:	Entree
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15142
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
BEAN REFRD 6-10 GRSZ	5 #10 CAN		293962
SEASONING TACO MIX 6-9Z LAWR	2 Package		159204

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 420.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving

Calories	127.99		
Fat	4.15g		
SaturatedFat	1.45g		
Trans Fat	0.21g		
Cholesterol	25.24mg		
Sodium	443.53mg		
Carbohydrates	11.30g		
Fiber	3.29g		
Sugar	1.75g		
Protein	11.69g		
Vitamin A	525.81IU	Vitamin C	3.61mg
Calcium	43.42mg	Iron	2.06mg

Chili

Servings:	379.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15143
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
BEAN KIDNY RD DK LO SOD 6-10 P/L	4 #10 CAN		598002
Diced Tomatoes cnd	4 #10 CAN	BAKE	100329
JUICE VEG 100 12-46FLZ V8	8 #5 CAN		100889
Cold Water	12 Quart		0000
SALT IODIZED 24-26Z GFS	4 Tablespoon		108308
ONION DEHY SUPER TOPPER 6-2 P/L	3 Cup		223255
SEASONING CHILI MIX 6-5.7Z LAWR	3 Package		521183
Black Pepper	3 Teaspoon	BAKE	24108

Preparation Instructions

1. Brown meat in combi oven
2. Add to 4 pots: 10 lbs cooked beef, 1 can diced tomato, 1 can kidney beans (make sure they are drained), 2 cans of V8, 3 quart water, 1 T salt, 3/4 c. chili seasoning, 3/4 teaspoon pepper, and 3/4 c. onion.
3. Bring ingredients to temperature.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 379.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories 146.17

Fat 7.70g

SaturatedFat 2.52g

Trans Fat 1.26g

Cholesterol 0.00mg

Sodium 298.85mg

Carbohydrates 8.10g

Fiber 1.84g

Sugar 2.17g

Protein 11.07g

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

Calcium 16.07mg **Iron** 0.49mg

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28240
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

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	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	15.33g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	3.33mg	Iron	0.20mg

Assorted Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28241
School:	Mentone Elementary		

Ingredients

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

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 Each

Amount Per Serving

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

Assorted Variety of Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28242
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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 APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

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	1.63g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	23.50g		
Fiber	1.50g		
Sugar	8.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.50mg	Iron	3.00mg

Craisins

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28256
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

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	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Raisels

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28257
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Raisels-Orange Burst	1 Each		5870
Raisels-Sour Watermelon Shock	1 Each		5887
Raisels-Tropical Fruit	1 Each		10569

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	143.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	35.67g		
Fiber	1.33g		
Sugar	28.33g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28258
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890

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	35.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1375.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28259
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	8 Each	This counts at 0.25 Meat/Meat Alternative	276662

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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		424.01	
Fat		20.20g	
SaturatedFat		11.40g	
Trans Fat		0.00g	
Cholesterol		60.67mg	
Sodium		998.06mg	
Carbohydrates		38.53g	
Fiber		5.00g	
Sugar		8.27g	
Protein		22.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.53mg	Iron	2.51mg

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28260
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO CHERRY 11 MRKN	3 Each		569551
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Tablespoon		100012

Preparation Instructions

Package all ingredients together.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
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	40.60		
Fat	1.60g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	2.25mg		
Carbohydrates	4.00g		
Fiber	1.55g		
Sugar	2.25g		
Protein	3.15g		
Vitamin A	374.70IU	Vitamin C	6.16mg
Calcium	20.50mg	Iron	0.48mg

Strawberry Banana or Rainbow Raspberry Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28261
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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: 2.00

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

Assorted Muffin Variety

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28267
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	N/A	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	N/A	262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each	N/A	279991

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	196.67		
Fat	8.33g		
SaturatedFat	1.83g		
Trans Fat	0.07g		
Cholesterol	16.67mg		
Sodium	155.00mg		
Carbohydrates	29.33g		
Fiber	0.67g		
Sugar	14.33g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.09mg	Iron	0.84mg

Breaded Pork Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28268
School:	Mentone Elementary		

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

Refried Beans with Queso Cheese

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28271
School:	Mentone Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 1/2 Pound	1/2 bag	722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.57
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	200.05		
Fat	5.91g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	751.64mg		
Carbohydrates	25.62g		
Fiber	6.47g		
Sugar	1.08g		
Protein	11.54g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	132.67mg	Iron	2.16mg