

Cookbook for Harpeth High School

Created by HPS Menu Planner

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Chicken Tenders HHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15704
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece	Appliances vary, adjust accordingly. Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.	533830

Preparation Instructions

Prepare the chicken tenders according to instructions above. Serve the chicken tenders.

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	1.01
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	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Lettuce & Tomato

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18279
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomato, slicer	1 Slice	Slice tomatoes 1/4" thick	16063
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/2 Cup		242489
1-5GAL PICKLE 5/16 CHP - 29658270756 - M	4 Each	4 SLICES OF PICKLES	900487

Preparation Instructions

PLACE IN CLEAR DESSERT CONTAINERS THESE ARE SERVED AS EACH SO COUNT HOW MANY CONTAINERS PREPARED.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.06
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	8.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	1.63g		
Fiber	0.50g		
Sugar	0.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chef Salad Box - Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18281
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GCHC	1 1/2 Ounce		199834
Dinner roll whole grain	2 Ounce		

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

2 OZ ROLL

Meal Components (SLE)

Amount Per Serving

Meat	2.13
Grain	8.00
Fruit	0.00
GreenVeg	3.33
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	840.65
Fat	17.45g
SaturatedFat	5.55g
Trans Fat	0.00g
Cholesterol	58.75mg
Sodium	1235.33mg
Carbohydrates	136.00g
Fiber	7.06g
Sugar	9.33g

Protein	23.06g
Vitamin A 900.41IU	Vitamin C 32.32mg
Calcium 153.75mg	Iron 6.05mg

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JUICE VARIETY HHS

Servings:	50.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18407
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 70-4FLZ SNCUP	25 Each		207980
JUICE APPL 100 70-4FLZ SNCUP	25 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990

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: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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BEEF TACO HHS

Servings:	64.00	Category:	Entree
Serving Size:	2.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18603
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	10 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
SEASONING TACO MIX 6-9Z LAWR	1 Package	1PKG TO 10#	159204

Preparation Instructions

SPRAY PAN, PLACE BEEF CRUMBLE AND SEASONING TOGETHER. COOK UNTIL TEMP REACHES 155. APPROX 15 MIN CHECK PRODUCT AFTER 10 MIN
SERVE 2.5 OZ

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 64.00

Serving Size: 2.50

Amount Per Serving			
Calories	134.95		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	659.19mg		
Carbohydrates	2.99g		
Fiber	0.00g		
Sugar	0.00g		
Protein	13.00g		
Vitamin A	299.30IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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Pasta with Beef and Sauce CP5591

Servings:	64.00	Category:	Entree
Serving Size:	7.44	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19435
School:	Cheatham Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Place sealed bag in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. Open bag carefully to avoid being burned.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 7.44

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19458
School:	Cheatham Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

combine 1/4 cup broccoli, 1/4 cup carrots, 3 small sticks of celery & 1 stick of cucumber in a serving container.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Smart Mouth CALZONE Pizza HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19574
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	1 Each		
Sauce pizza	1/2 Ounce		
Mozzerella Cheese	1 3/5 Ounce		105077
Pepperoni Slice	8 Slice		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.08
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	500.32
Fat	26.11g
SaturatedFat	11.64g
Trans Fat	0.00g
Cholesterol	76.44mg
Sodium	969.84mg
Carbohydrates	39.60g
Fiber	4.00g
Sugar	5.60g
Protein	28.09g
Vitamin A 1790.00IU	Vitamin C 36.00mg
Calcium 580.00mg	Iron 2.38mg

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Cereal HHS

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19579
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
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: 10.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	33.00		
Fat	0.40g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.00mg		
Carbohydrates	7.00g		
Fiber	0.80g		
Sugar	2.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

#148353- Buffalo Cheese Cruncher

Servings:	4.00	Category:	Entree
Serving Size:	1.45	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19831
School:	Cheatham Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Preheat oven to 350 F. Arrange product in a single layer on lined baking sheet. Bake for 13-14 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjusted time. If cheese becomes visible, remove from heat. Caution-product will be hot

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: 4.00

Serving Size: 1.45

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

#223861 comm.-Pizza Cheese Crunchers

Servings:	4.00	Category:	Entree
Serving Size:	1.38	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19832
School:	Cheatham Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Preheat oven to 350 F. Arrange product in a single layer on lined baking sheet. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking times may be required.

Keep frozen until ready to prepare. Product is not ready to eat until fully cooked. Due to differences in appliances, cooking time may vary and require adjustment. If cheese becomes visible, remove from heat. Caution will be hot.

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: 4.00

Serving Size: 1.38

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Ham, Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21446
School:	Cheatham Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
Round Egg Patty	1	BAKE Per heat convection oven to 275 degrees. place patty's singled layer on a full sheet pan sprayed with non-stick cooking spray bake frozen for 18-20 min. Bake thawed for 10-12 min until internal temp reaches 165 degrees.	072433
American Cheese Sliced RF	1 Slice		666204
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Cook Ham & Egg at 350 to 165 degrees. Thaw the english muffin panned on a flat sheet overnight.

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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	233.33
Fat	5.14g
SaturatedFat	2.87g
Trans Fat	0.00g
Cholesterol	22.25mg
Sodium	758.16mg
Carbohydrates	23.64g
Fiber	1.00g

Sugar	2.32g
Protein	13.60g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 1.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

RIB PATTY

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22206
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB SHAPED PATTY, BBQ SEASONED, FC, CN	1 Each	BAKE PLACE IN SINGLE LAYER ON SPRAYED BAKING SHEET BRUSH LIGHTLY WITH BBQ SAUCE CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	75156

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 0.00

Amount Per Serving			
Calories	130.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	410.00mg		
Carbohydrates	4.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

YOGURT PARFAIT

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23171
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	4 Ounce		541966
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010

Preparation Instructions

SCOOP 4 OZ OF VANILLA YOGURT IN CONTAINER
1 STRAWBERRY CUP
1 GRANOLA PACK

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.50
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

Amount Per Serving	
Calories	310.00
Fat	5.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	145.00mg
Carbohydrates	59.00g
Fiber	4.00g
Sugar	40.50g
Protein	9.00g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 175.00mg	Iron 0.72mg

*All reporting of TransFat is for information only, and is not

scramble eggs

Servings:	42.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23523
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Scrambled Egg Mix	5 Pound	BOIL Boil-in-bag	
Shredded Cheddar	21 Ounce		

Preparation Instructions

Boil the eggs according to the manufacturer's instructions.

Cook the sausage according to the manufacturer's instructions to 135 degrees or higher. Crumble the sausage into the scrambled eggs.

CCP: Heat to 135 degrees or higher.

Serve 1/4 cup of eggs in 1 tortilla shell and top with 1/2 ounce of shredded cheese. Wrap the shell like a burrito.

CCP: Hold at 135 degrees or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 42.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.15		
Fat	7.01g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	155.16mg		
Carbohydrates	0.50g		
Fiber	0.00g		
Sugar	0.00g		
Protein	9.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Muffin Variety

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26486
School:	Harpeth High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	195.00		
Fat	7.50g		
SaturatedFat	1.25g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	122.50mg		
Carbohydrates	30.50g		
Fiber	1.00g		
Sugar	15.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.13mg	Iron	0.77mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

2 oz cereal variety HHS

Servings:	2.00	Category:	Entree
Serving Size:	2.00 2 oz	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26515
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms 2 oz	1 Container	1 each	105840
Cinnamon Toast Crunch 2 oz	1 container	1each	105931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 2.00

Serving Size: 2.00 2 oz

Amount Per Serving

Calories	220.00		
Fat	3.75g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	335.00mg		
Carbohydrates	45.00g		
Fiber	4.50g		
Sugar	15.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26740
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020

Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

CCP: Hold at 40 degrees or less for service.

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	355.00		
Fat	9.25g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	840.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	7.00g		
Protein	26.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	11.00mg

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Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27242
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .5Z 300-340CT 2-5 GCHC	6 Each		197645
SAUCE SPAGHETTI 6-10 GCHC	1/2 Cup		144207
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	480.00
Fat	22.00g
SaturatedFat	8.00g
Trans Fat	1.00g
Cholesterol	40.00mg
Sodium	1375.00mg
Carbohydrates	47.00g
Fiber	10.00g
Sugar	11.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 3.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

PB&J BOX LUNCH

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27243
School:	Harpeth High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J STRAWB WGRAIN 72-2.8Z COMM	1 Each		499661
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		146081
CHIP TORTL RND R/F 104- .88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	250.00		
Fat	14.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	650.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	310.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes