

Cookbook for Wawasee High School

Created by HPS Menu Planner

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Turkey Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9378
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CUCUMBER SDLSS 12-1CT MRKN	1/4 Cup		532312
Turkey Breast Deli	2 Ounce		100121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each		832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadsticks.

Cover.

Keep Chilled.

Meal Components (SLE)

Amount Per Serving

Meat	5.26
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.38
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	924.29
Fat	62.84g
SaturatedFat	29.85g
Trans Fat	0.00g
Cholesterol	170.22mg
Sodium	1696.74mg
Carbohydrates	47.38g
Fiber	4.75g
Sugar	11.63g
Protein	49.50g
Vitamin A 1912.99IU	Vitamin C 41.29mg
Calcium 891.67mg	Iron 2.35mg

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

Southwest Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9380
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	Weigh	150160
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	6 Each	Sliced in half.	129631
PEPPERS COLORED MIXED ASST 12CT P/L	2 Tablespoon	Diced.	491012
ONION RD SLIVERED 1/8 2-3 RSS	1/4 Cup		313157
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup		163760
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	1/4 Cup		403573
PEPPERS JALAP SLCD 6-.5GAL GRSZ	5 Slice		499943
DRESSING RNCH SW 6-.5GAL PMLL	2 Fluid Ounce		266984
SPICE CHILI POWDER MILD 16Z TRDE	1/8 Teaspoon		331473
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1/8 Teaspoon		229551
SEASONING TACO 21Z TRDE	1/8 Teaspoon		413429

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Reimbursable meal.

Must also offer 1 cup fruit, additional vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	2.50
Fruit	0.00
GreenVeg	4.00
RedVeg	0.38
OtherVeg	0.23
Legumes	0.02
Starch	0.02

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	820.37
Fat	51.45g
SaturatedFat	13.84g
Trans Fat	0.00g
Cholesterol	93.33mg
Sodium	1406.32mg
Carbohydrates	64.69g
Fiber	10.99g
Sugar	17.63g
Protein	32.83g
Vitamin A 1362.25IU	Vitamin C 38.32mg
Calcium 365.25mg	Iron 4.35mg

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BLT Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9381
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	Cut in half.	129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	Cut in half.	229431
BACON TOPPING 1 DCD 10 HRML	1/2 Cup		827002
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients, ending with eggs on top.

Add dressing (see separate recipe) and breadstick.

Cover.

Keep chilled.

Meal Components (SLE)

Amount Per Serving

Meat 2.00

Grain 2.00

Fruit	0.00
GreenVeg	1.00
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	342.20
Fat	12.70g
SaturatedFat	4.55g
Trans Fat	0.00g
Cholesterol	210.00mg
Sodium	564.50mg
Carbohydrates	38.00g
Fiber	3.90g
Sugar	9.00g
Protein	19.20g

Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	90.00mg	Iron	3.11mg

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Beef Taco Salad in Tortilla Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9393
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
PEPPERS COLORED MIXED ASST 12CT P/L	1/4 Cup	Diced.	491012
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/4 Cup		324531
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	Weigh.	722330
TORTILLA BOWL EDIBOWL 6.25 12-12CT	1 Each		549096

Preparation Instructions

Layer all ingredients as listed (starting with lettuce first) and then placing the the meat on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00

GreenVeg	1.00
RedVeg	0.38
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	437.50
Fat	22.06g
SaturatedFat	8.46g
Trans Fat	0.23g
Cholesterol	57.60mg
Sodium	1060.28mg
Carbohydrates	39.57g
Fiber	7.60g
Sugar	8.45g
Protein	23.39g

Vitamin A	2370.89IU	Vitamin C	71.33mg
Calcium	281.14mg	Iron	6.38mg

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Ham Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9429
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup		305812
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
TOMATO GRAPE SWT 10 MRKN	6 Each		129631
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CUCUMBER SDLSS 12-1CT MRKN	1/4 Cup		532312
Ham, Cubed Frozen	2 Ounce	weigh out	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
DRESSING BTRMLK RNCH 60-1.5FLZ PMLL	1 Each		832181
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

Bake breadsticks.

Layer all salad ingredients in container.

Add dressing and breadstick.

Cover.

Keep Chilled.

Meal Components (SLE)

Amount Per Serving

Meat	5.64
Grain	2.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.38
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	914.51
Fat	61.96g
SaturatedFat	30.23g
Trans Fat	0.00g
Cholesterol	164.51mg
Sodium	1738.70mg
Carbohydrates	49.40g
Fiber	4.75g
Sugar	13.26g
Protein	46.37g
Vitamin A 1912.99IU	Vitamin C 41.29mg
Calcium 891.67mg	Iron 2.35mg

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Dressing for BLT Salad

NO IMAGE

Servings:	10.00	Category:	Condiments or Other
Serving Size:	1.00 1/4 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9431
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4-1GAL MIR WHIP	2 1/2 Cup		251066
SUGAR BEET GRANUL 25 GCHC	2 1/2 Teaspoon		108588
SALT IODIZED 24-26Z GFS	1 1/4 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/4 Teaspoon		225045
LEMON JUICE 100 12-32FLZ GCHC	1/4 Teaspoon		311227

Preparation Instructions

Mix all ingredients together. Portion in 2 oz. cups and serve in container with BLT Salad.

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: 10.00

Serving Size: 1.00 1/4 cup

Amount Per Serving	
Calories	163.78
Fat	14.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	673.05mg
Carbohydrates	9.00g

Fiber	0.00g		
Sugar	5.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	0.23mg	Iron	0.00mg

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Turkey & American on Whole Wheat

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9979

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 1/2 Ounce	Weigh	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
Variety of Fruit	1 Cup		

Preparation Instructions

Layer turkey and cheese on sandwich.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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	468.05
Fat	7.64g
SaturatedFat	3.07g
Trans Fat	0.00g
Cholesterol	51.53mg
Sodium	912.96mg
Carbohydrates	76.57g

Fiber	12.00g		
Sugar	37.00g		
Protein	23.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

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Ham & American on Whole Wheat



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	Weigh	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
380 - Aunt Millie's WG Honey White Bread	2 Each		380
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	

Preparation Instructions

Layer ham and cheese on sandwich bread.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
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		440.66	
Fat		7.78g	
SaturatedFat		3.14g	
Trans Fat		0.00g	
Cholesterol		37.01mg	
Sodium		870.33mg	
Carbohydrates		78.28g	
Fiber		12.00g	
Sugar		38.64g	
Protein		17.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

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Bacon Club Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9982
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 Ounce	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	Weigh	100187
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each		690141
Variety of Fruit	1 Cup		

Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00

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	685.55
Fat	26.40g
SaturatedFat	8.95g
Trans Fat	0.00g
Cholesterol	109.86mg
Sodium	1979.35mg
Carbohydrates	72.27g
Fiber	11.00g
Sugar	33.82g
Protein	37.76g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.34mg

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Chicken Salad Croissant

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9984
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	2 Quart	Should weigh 2.50 lbs. (40 oz.)	100101
EGG HARD CKD PLD BIB 4-2.5 GCHC	2 1/2 Cup	Diced. Approximately 10 eggs.	229431
RELISH SWT PICKLE 4-1GAL GCHC	1 1/2 Cup	Drain well.	517186
SUGAR BEET GRANUL 25 GCHC	11 Tablespoon	1/2 cup + 3 Tbsp.	108588
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon		513679
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon		224847
SEASONING POULTRY 10Z TRDE	1 Teaspoon		273996
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	Add more if needed. Gets watery the longer it sets.	251066
CELERY STIX 4-3 RSS	1/2 Cup	Diced	781592
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	20 Each		172172

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	20 Cup		

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	548.22
Fat	16.46g
SaturatedFat	4.35g
Trans Fat	0.00g
Cholesterol	140.46mg
Sodium	790.85mg
Carbohydrates	80.72g
Fiber	10.01g
Sugar	44.71g
Protein	18.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.79mg	Iron 2.00mg

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Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9985
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
Variety of Fruit	1 Cup	BAKE dish into 4 oz. portion cups	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)	
Amount Per Serving	
Meat	2.00
Grain	2.00
Fruit	1.00
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		533.33	
Fat		9.00g	
SaturatedFat		2.67g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		286.67mg	
Carbohydrates		100.00g	
Fiber		10.00g	
Sugar		73.00g	
Protein		12.67g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.87mg

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

Grab & Go Meal-Turkey

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9986
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce	Weigh Can substitute 2.5 oz. weight USDA ham.	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	Can use a variety of cheeses as long as 1 ounce weight	100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9, squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Not Whole Grain	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Not Whole Grain	112186
SAUCE TZATZIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
Variety of Fruit	1 Cup		

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	3.00
Fruit	1.00
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	710.66		
Fat	24.77g		
SaturatedFat	10.39g		
Trans Fat	0.00g		
Cholesterol	67.83mg		
Sodium	1487.55mg		
Carbohydrates	91.89g		
Fiber	11.00g		
Sugar	37.00g		
Protein	32.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.72mg	Iron	2.48mg

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

Fruit Bowl w/ Cottage Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9987
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	4 Ounce	Prairie Farms 21680- low fat 4 oz. snack cup	329487
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	Cut into 9 squares.	644182
CRACKER RITZ 300-2CT NAB	2 Package	Does not contribute any grain.	426962
CRACKER CLUB PC PKG 300-2CT KEEB	2 Package	Does not contribute any grain.	112186
SAUCE TZATSIKI DIP GREC 4-.5GAL OLYMP	1 Fluid Ounce	Portion.	242742
Variety of Fruit	1 Cup		

Preparation Instructions

Package all together.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00

Fruit	1.00
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	585.00		
Fat	17.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	1080.00mg		
Carbohydrates	93.00g		
Fiber	11.00g		
Sugar	39.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	147.72mg	Iron	2.48mg

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

Broccoli & Cheese

NO IMAGE

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10013
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.43
Grain	0.00
Fruit	0.00
GreenVeg	0.45
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.60		
Fat	0.49g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	1.48mg		
Sodium	46.72mg		
Carbohydrates	4.71g		
Fiber	2.68g		
Sugar	0.89g		
Protein	3.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	14.13mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Butternut Squash

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10014
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1 4-4 P/L	40 Pound		668831
SPICE CINNAMON GRND 5 TRDE	4 Teaspoon		224731
SALT IODIZED 25 CARG	4 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	2 Cup		645182

Preparation Instructions

Preheat oven to 350 degrees.

Toss all ingredients together until well coated.

Place squash on full sheet pans. Be sure to not overcrowd pans or squash will steam instead of roasting. (Will probably need about 5 pans for 40 lbs. squash.)

Bake for 30-40 minutes until tender.

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: 100.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	110.40
Fat	4.48g
SaturatedFat	0.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	282.10mg
Carbohydrates	19.20g
Fiber	3.20g
Sugar	3.20g
Protein	1.60g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.77mg	Iron	1.12mg

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

BBQ Rib on Hoagie Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10015
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each		108980
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

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	290.00		
Fat	9.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	630.00mg		
Carbohydrates	33.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	19.00g		
Vitamin A	300.00IU	Vitamin C	1.20mg

Calcium	20.00mg	Iron	1.08mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Brussels Sprouts & Red Potatoes

NO IMAGE

Servings:	175.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10016
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUT BRUSSEL MED 12-2 GCHC	24 Pound		426288
POTATO RED A SZ 50 MRKN	10 Pound		530018
ONION RING RED 1/4 2-5 RSS	2 Pound		429198
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Pound		191205
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	4 Cup		645182
GARLIC MINCED IN WTR 6-32Z ITALR	32 Ounce		874910
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup		513881
SEASONING VEGETABLE NO SALT 21Z TRDE	1/2 Cup		647230
SPICE THYME LEAF 6Z TRDE	1/4 Cup		513814
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		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	0.38
Legumes	0.00
Starch	0.13

Nutrition Facts

Servings Per Recipe: 175.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	114.15		
Fat	7.41g		
SaturatedFat	1.65g		
Trans Fat	0.00g		
Cholesterol	5.49mg		
Sodium	326.40mg		
Carbohydrates	11.00g		
Fiber	3.13g		
Sugar	0.50g		
Protein	2.89g		
Vitamin A	91.06IU	Vitamin C	5.15mg
Calcium	20.93mg	Iron	0.88mg

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

Candied Carrots

NO IMAGE

Servings:	93.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10017
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 30 KE	15 Pound		360240
BUTTER PRINT SLTD GRD AA 36-1 GFS	1/4 Cup		191205
SUGAR BROWN MED 25 GCHC	3/4 Cup	UNSPECIFIED	108626

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	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 93.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.50
Fat	0.47g
SaturatedFat	0.30g
Trans Fat	0.00g
Cholesterol	1.29mg
Sodium	5.63mg
Carbohydrates	7.71g
Fiber	1.76g
Sugar	5.07g
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

Pizza Burger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10021
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
SAUCE SPAGHETTI 6-10 P/L	1 Tablespoon	READY_TO_EAT None	744520
PEPPERONI SLCD 14-16/Z 2-5 GCHC	3 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Tablespoon		645170
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.38
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
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		375.50	
Fat		16.81g	
SaturatedFat		5.85g	
Trans Fat		0.60g	
Cholesterol		50.25mg	
Sodium		645.44mg	
Carbohydrates		3.88g	
Fiber		3.25g	
Sugar		5.38g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.13mg	Iron	2.19mg

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

Roasted Baby Carrots

NO IMAGE

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10023
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	5 Pound		768146
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1/3 Cup		645182
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SALT IODIZED 25 CARG	1/2 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061

Preparation Instructions

Toss together until well coated. Put on full sheet pan and bake at 350 degrees for 20-30 minutes or until mostly tender.

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		79.46	
Fat		3.70g	
SaturatedFat		0.26g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		137.29mg	
Carbohydrates		11.27g	
Fiber		3.62g	
Sugar		5.33g	
Protein		0.95g	
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	36.14mg	Iron	0.03mg

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

Refried Beans with Cheese

NO IMAGE

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10024
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.49
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	188.17		
Fat	5.21g		
SaturatedFat	2.57g		
Trans Fat	0.00g		
Cholesterol	10.17mg		
Sodium	635.61mg		
Carbohydrates	25.13g		
Fiber	6.47g		
Sugar	1.08g		
Protein	10.99g		
Vitamin A	101.67IU	Vitamin C	0.00mg

Calcium	115.94mg	Iron	2.16mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Peanut Butter Sandwich with Cheese Stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10025
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
PEANUT BUTTER SMOOTH 6-5 GFS	2 Tablespoon		183245
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510

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	460.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	8.00g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	12.72mg

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

Toast



NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10027
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	1 Each		380
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 Teaspoon		191205

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	123.33
Fat	4.67g
SaturatedFat	2.33g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	190.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	3.00g
Protein	3.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 2.00mg **Iron** 6.00mg

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

Poptart Variety- 2 count



Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10028
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.38
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 Package

Amount Per Serving

Calories	364.50
Fat	5.75g
SaturatedFat	1.90g
Trans Fat	0.05g
Cholesterol	0.00mg
Sodium	379.50mg
Carbohydrates	76.00g

Fiber	5.70g		
Sugar	30.25g		
Protein	4.58g		
Vitamin A	305.00IU	Vitamin C	0.00mg
Calcium	215.00mg	Iron	3.60mg

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

Muffin Variety

NO IMAGE

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10029
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BAN WGRAIN IW 60-1.94Z GCHC	1 Each		280030
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	1 Each		280021
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.57
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 7.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	184.29		
Fat	7.71g		
SaturatedFat	1.86g		
Trans Fat	0.01g		
Cholesterol	27.14mg		
Sodium	182.86mg		
Carbohydrates	27.00g		
Fiber	0.71g		
Sugar	13.86g		
Protein	2.86g		
Vitamin A	2.06IU	Vitamin C	0.01mg
Calcium	16.68mg	Iron	1.08mg

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

Yogurt Variety

NO IMAGE

Servings:	17.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10030
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB N/F LT 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	465658
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	307742
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT RASPB L/F FOTB 12-5.3Z DANN	1 Each		827542
YOGURT STRAWB BAN L/F FOTB 12-5.3Z	1 Each		827531
YOGURT STRAWB L/F FOTB 12-5.3Z DANN	1 Each		827402
YOGURT CHERRY L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222054
YOGURT BLUEB L/F FOTB 12-5.3Z DANN	1 Each		827431
YOGURT RASPB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222038
YOGURT CHRY L/F FOTB 12-5.3Z DANN	1 Each		827461
YOGURT BRY MXD L/F FOTB 12-5.3Z DANN	1 Each		827481
YOGURT VAN L/F 12-5.3Z DANN	1 Each		827611

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT BLUEB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222046
YOGURT PCH L/F FOTB 12-5.3Z DANN	1 Each		827471
YOGURT PCH N/F 12-5.3Z LTN FIT	1 Each		719301
YOGURT STRAWB L/F 12-6Z YOPL	1 Each	READY_TO_EAT Ready to eat	222097

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.66
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: 17.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	125.88		
Fat	1.38g		
SaturatedFat	0.91g		
Trans Fat	0.00g		
Cholesterol	6.47mg		
Sodium	81.47mg		
Carbohydrates	23.76g		
Fiber	0.00g		
Sugar	18.53g		
Protein	5.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.59mg	Iron	0.00mg

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

Sausage, Egg, & Cheese Croissant

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10031
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00
Fat	21.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	815.00mg
Carbohydrates	29.50g
Fiber	2.00g
Sugar	4.50g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.50mg	Iron 1.86mg

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

Green Beans



Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10264
School:	Wawasee Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	6 Ounce		209810
SPICE ONION POWDER 19Z TRDE	3 Teaspoon		126993

Preparation Instructions

- Spray 2 medium pans with lids.
- Drain green beans in sink with medium slotted pan.
- Put three cans of green beans in each pan.
- Steam with lid ajar approximately 10-12 minutes.
- Temp.
- Season with 3 oz butterbuds and 1.5 tsp. onion powder per pan.
- Gently stir well.
- Put in heated pass-thru. Cover with lid.

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		17.83	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		155.89mg	
Carbohydrates		3.48g	
Fiber		2.16g	
Sugar		1.08g	
Protein		1.08g	
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

Chicken Salad Croissant



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11389
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Quart	Should weigh 1.25 lbs. (20 oz.)	100101
DRESSING SALAD 4-1GAL MIR WHIP	3/4 Cup	Add more if needed. Gets watery the longer it sets.	251066
SALT IODIZED 24-26Z GFS	1 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
CELERY STIX 4-3 RSS	1/4 Cup		781592
SUGAR BEET GRANUL 25 GCHC	5 1/2 Teaspoon		108588
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 1/4 Cup	Diced. Approximately 5 eggs.	229431
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	10 Cup	BAKE dish into 4 oz. portion cups	

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	1.00
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 Each

Amount Per Serving

Calories	519.72		
Fat	16.46g		
SaturatedFat	4.35g		
Trans Fat	0.00g		
Cholesterol	140.46mg		
Sodium	698.29mg		
Carbohydrates	73.12g		
Fiber	10.01g		
Sugar	37.91g		
Protein	18.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.97mg	Iron	2.00mg

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

Lasagna Roll-Ups

NO IMAGE

Servings:	470.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11519
School:	Wawasee Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	470 Each		234041
100158 - Beef, Find Ground, 85/15, Frozen	40 Pound	UNPREPARED	100158
SAUCE SPAGHETTI 6-10 P/L	7 #10 CAN	READY_TO_EAT None	744520
CHEESE MOZZ SHRD 4-5 LOL	30 Cup		645170

Preparation Instructions

If using raw hamburger meat, use 40 lbs. Fry in tilt skillet until done. Drain well. Place in sprayed deep pans with lid. Store in walk in cooler.

If using Beef crumbles, use 35 lbs.

Directions:

Mix spaghetti sauce and meat in large mixing bowl on wheels. Spray roll pan and cover bottom with meat sauce mixture. Place 35 lasagna roll ups in pan. 5x7 (=35) Lay lasagna with open ends horizontally.

Place approximately 1/4 cup meat sauce mixture on each roll up.

Spray a large piece of foil and cover pan. Bake at 300 degrees for approximately 18-22 minutes or until reaches temp.

Remove foil and place approximately 1/4 cup shredded mozzarella cheese per roll up. Trying to keep meat on each one for easier serving.

Spray foil again, cover, and put in heated pass through.

Self serve with a medium spatula.

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 470.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		369.42	
Fat		14.01g	
SaturatedFat		6.43g	
Trans Fat		1.02g	
Cholesterol		23.83mg	
Sodium		515.30mg	
Carbohydrates		33.88g	
Fiber		2.77g	
Sugar		8.34g	
Protein		24.67g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	362.36mg	Iron	1.47mg

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

Tomato Soup

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11553
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	11 #5 CAN		101427
MILK WHT 2 4-1GAL RGNLBRND	2 Gallon		504602

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	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	120.40		
Fat	1.00g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	527.11mg		
Carbohydrates	23.39g		
Fiber	1.04g		
Sugar	12.50g		
Protein	3.90g		
Vitamin A	106.62IU	Vitamin C	0.52mg

Calcium 87.73mg **Iron** 0.78mg

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Grilled Cheese Sandwich

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11554
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GFS	1 1/2 Cup		191205
380 - Aunt Millie's WG Honey White Bread	200 Slice		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice		722360

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
 3. Top each slice of bread with 4 slices (2 oz) of cheese.
 4. Cover with remaining bread slices.
 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- CCP: Heat to 140° F or higher.
- CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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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: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	344.00
Fat	12.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	1181.60mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	388.00mg	Iron	12.00mg

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

Turkey, Bacon & Cheese on Pretzel Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11559
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 Ounce	Weigh	100121
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

Layer meat and cheese on bread.

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	530.44
Fat	24.02g
SaturatedFat	7.76g
Trans Fat	0.00g
Cholesterol	112.72mg
Sodium	1753.36mg
Carbohydrates	35.26g

Fiber		3.00g	
Sugar		5.00g	
Protein		39.32g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.12mg

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Meatball Sub

NO IMAGE

Servings:	28.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11609
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	2 Package		135071
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN		744520
CHEESE MOZZ SHRD 4-5 LOL	3 1/2 Cup	2 Tbsp. per sandwich	645170
Aunt Millie's Whole Grain Mini Sub 2oz	28 bun		5113

Preparation Instructions

1. Cook 2 bags of meatballs in 2 cans of sauce.
2. Assemble sandwiches with 5 meatballs and 2 Tbsp. shredded cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.54
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	2.31
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 each

Amount Per Serving	
Calories	480.69
Fat	17.52g
SaturatedFat	5.62g
Trans Fat	0.61g
Cholesterol	46.17mg
Sodium	776.76mg
Carbohydrates	57.76g

Fiber	6.71g		
Sugar	20.30g		
Protein	26.42g		
Vitamin A	7.12IU	Vitamin C	1.02mg
Calcium	189.20mg	Iron	3.88mg

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

Chili

NO IMAGE

Servings:	464.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11623
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	100 Pound	UNPREPARED	100158
Tomato Sauce cnd	8 #10 CAN	BAKE	100334
GELATO CHOC CLASSICO 146FLZ GSG	10 #10 CAN		100370
TOMATO PASTE CALIF 26 6-10 GCHC	4 #10 CAN		100196
JUICE TOMATO 100 12-46FLZ SACRM	4 #5 CAN	READY_TO_EAT None	302414
SAUCE WORCESTERSHIRE 4-1GAL HNZ	1 1/2 Cup		578241
ONION DEHY SUPER TOPPER 6-2 P/L	2 Pound		223255
SPICE CHILI POWDER MILD 16Z TRDE	4 Cup		331473
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SPICE BASIL GRND 12Z TRDE	2 Cup		513636
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	1 1/2 Cup		231517
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup		108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.
2. Add remaining ingredients and cook to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 464.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	315.55		
Fat	15.45g		
SaturatedFat	5.15g		
Trans Fat	2.57g		
Cholesterol	0.00mg		
Sodium	1062.59mg		
Carbohydrates	21.84g		
Fiber	5.99g		
Sugar	7.57g		
Protein	23.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.30mg	Iron	0.95mg

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

Meatballs with Sauce

NO IMAGE

Servings:	533.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11773
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	120 Pound		135071
Tomato Sauce cnd	6 #10 CAN	BAKE	100334
SAUCE SPAGHETTI 6-10 P/L	9 #10 CAN	READY_TO_EAT None	744520
TOMATO PASTE CALIF 26 6-10 GCHC	3 #10 CAN		100196
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	READY_TO_EAT None	302414
ONION DEHY SUPER TOPPER 6-2 P/L	3 Pound		223255
SPICE BASIL GRND 12Z TRDE	2 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	2 1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SUGAR BEET GRANUL 25 GCHC	1 1/2 Cup		108588

Preparation Instructions

1. Cook beef to 165 degrees and drain fat.

2. Add remaining ingredients and cook to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.52
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.04
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 533.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	266.71		
Fat	13.06g		
SaturatedFat	4.79g		
Trans Fat	0.76g		
Cholesterol	47.92mg		
Sodium	1019.22mg		
Carbohydrates	20.32g		
Fiber	3.68g		
Sugar	9.35g		
Protein	18.48g		
Vitamin A	8.83IU	Vitamin C	1.26mg
Calcium	70.74mg	Iron	3.61mg

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

Breakfast Burrito

NO IMAGE

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12321
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	75 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
EGG SCRMBD CKD FZ 4-5 GCHC	10 Pound		584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	2 1/2 Pound		499595
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		295.59	
Fat		12.74g	
SaturatedFat		4.30g	
Trans Fat		0.00g	
Cholesterol		144.94mg	
Sodium		534.65mg	
Carbohydrates		30.37g	
Fiber		3.00g	
Sugar		3.08g	
Protein		13.52g	
Vitamin A	8.00IU	Vitamin C	0.00mg
Calcium	169.75mg	Iron	4.82mg

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

Scrambled Eggs with Sausage

NO IMAGE

Servings:	75.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12336
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	20 Pound		584584
PORK CRMBL CKD 120/Z W/TVP 10 PG	5 Pound		499595
CHEESE CHED MLD SHRD 4-5 LOL	4 Cup		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.64
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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	248.79
Fat	16.92g
SaturatedFat	5.56g
Trans Fat	0.00g
Cholesterol	294.67mg
Sodium	679.71mg
Carbohydrates	2.90g
Fiber	0.00g
Sugar	2.16g
Protein	18.15g

Vitamin A	64.00IU	Vitamin C	0.00mg
Calcium	131.34mg	Iron	6.40mg

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

Salisbury Steak

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12524
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each		451400
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce		242450

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon of gravy over each pan of 30 Salisbury Steaks.

Heat.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.33
Fat	17.13g
SaturatedFat	7.00g
Trans Fat	1.00g
Cholesterol	70.00mg
Sodium	458.61mg
Carbohydrates	1.01g
Fiber	0.00g
Sugar	0.25g

Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.70mg	Iron	1.60mg

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

Ham Salad on Croissant with Cheese Stick

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	0.38 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20342
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	10 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
Ham, Cubed Frozen	2 Cup		100188-H
CELERY STALK CLEANED 10 RSS	1/2 Cup		478318
SUGAR BEET GRANUL 25 GCHC	1 Teaspoon		108588
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup		251066
RELISH SWT PICKLE 4-1GAL GCHC	1/4 Cup		517186
EGG HARD CKD PLD 10 DEB EL	2 Each		557540

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY SUPER TOPPER 6-2 P/L	1/4 Cup		223255
CHEESE STIX COLBY JK R/F IW 168-1Z	10 Each		786510

Preparation Instructions

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

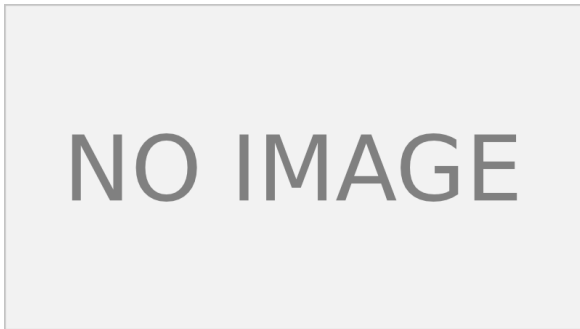
Servings Per Recipe: 10.00

Serving Size: 0.38 Cup

Amount Per Serving	
Calories	377.54
Fat	18.44g
SaturatedFat	8.52g
Trans Fat	0.00g
Cholesterol	76.75mg
Sodium	788.71mg
Carbohydrates	35.04g
Fiber	2.25g
Sugar	7.02g
Protein	16.27g
Vitamin A 87.84IU	Vitamin C 0.19mg
Calcium 223.37mg	Iron 1.69mg

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

Baked Chips



Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20350
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712560
CHIP POT BBQ BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712550
CHIP POT SR CRM ONIO BKD 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712540

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: 3.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	133.33
Fat	3.67g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	56.67mg
Sodium	176.67mg
Carbohydrates	23.00g
Fiber	1.67g
Sugar	3.00g
Protein	2.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.30mg

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

Winter Blend w/ Cheese Sauce



Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20351
School:	Wawasee High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND WINTER 30 GCHC	30 Pound		285770
SAUCE CHS CHED POUCH 6-106Z LOL	2 Package		135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.43
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.92
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	29.45		
Fat	0.49g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	1.48mg		
Sodium	45.53mg		
Carbohydrates	4.86g		
Fiber	1.84g		
Sugar	1.84g		
Protein	2.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	41.79mg	Iron	0.92mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes