

Cookbook for Wakarusa Elementary School

Created by HPS Menu Planner

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Buttered Peas

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 43.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14785 |
| School: | Nappanee Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| PEAS FRZN 30 | 9 Pound | BAKE | 100350 |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 3 Ounce | READY_TO_EAT | 840860 |
| SALT IODIZED 25 CARG | 2 Tablespoon | | 108286 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 75.98 |
| Fat | 1.53g |
| SaturatedFat | 0.63g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 401.40mg |
| Carbohydrates | 11.01g |
| Fiber | 4.00g |
| Sugar | 4.00g |

| | | | |
|------------------|--------|------------------|--------|
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.29mg | Iron | 0.00mg |

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

Buttered Green Beans

NO IMAGE

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 48.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14786 |
| School: | Nappanee Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|----------------|-------------------|------------|
| Green Beans cnd | 2 #10 CAN | BAKE | 100307 |
| MARGARINE GLDN SWT ZTF 30-1 GLDSWT | 2 Ounce | READY_TO_EAT | 840860 |
| SALT IODIZED 25 CARG | 1 1/2 Teaspoon | | 108286 |
| ONION DEHY SUPER TOPPER 6-2 P/L | 2 Ounce | | 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 | 0.50 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 29.51 |
| Fat | 0.93g |
| SaturatedFat | 0.38g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 234.84mg |
| Carbohydrates | 4.23g |
| Fiber | 2.28g |

| | | | |
|------------------|--------|------------------|--------|
| Sugar | 1.16g | | |
| Protein | 1.19g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.92mg | Iron | 0.03mg |

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Baked Beans

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 162.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20546 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| Beans, Vegetarian, Low Sodium, Canned | 6 #10 CAN | BAKE Bake | 100364 |
| SUGAR BROWN LT 12-2 P/L | 2 Cup | | 860311 |
| KETCHUP CAN 33 FCY 6-10 CRWNCOLL | 1 #10 CAN | | 100129 |
| ONION DEHY CHPD 15 P/L | 2 Cup | | 263036 |
| MUSTARD PKT 500-.2Z HNZ | 6 Teaspoon | | 675562 |

Preparation Instructions

Place in 2 well sprayed 4B pans

Mix all together and bake @ 300* for 30 minutes.

Stir and bake another 30 minutes.

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: 162.00
 Serving Size: 0.50 Cup

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 126.71 |
| Fat | 0.88g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 283.06mg |
| Carbohydrates | 25.31g |
| Fiber | 4.43g |
| Sugar | 10.72g |
| Protein | 6.16g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.93mg | Iron | 0.01mg |

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Variety of Cereal



| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 8.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-22067 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CEREAL FRSTD MINI WHE CHOC BWL 96CT | 1 Each | | 805630 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811 |
| 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 COCOA KRISPIES CUP 96CT KELL | 1 Each | | 232904 |
| CEREAL CHEERIOS WGRAIN BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 264702 |
| CEREAL FRSTD MINI WHE BWL 96CT KELL | 1 Each | | 662186 |
| CEREAL CINN TOAST CRNCH BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 595934 |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 270401 |

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 110.00 |
| Fat | 1.44g |
| SaturatedFat | 0.06g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 121.88mg |
| Carbohydrates | 23.75g |
| Fiber | 1.88g |
| Sugar | 7.25g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 57.50mg | Iron 5.74mg |

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Nacho Bean Dip

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 360.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22068 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BEEF CRMBL CKD 6-5 SMRTPCKS | 40 Pound | | 674312 |
| Beans, Refried, Low sodium, canned | 4 #10 CAN | | 100362 |
| Salsa, Low-Sodium, Canned | 4 #10 CAN | | 100330 |
| SEASONING TACO MIX 6-9Z LAWR | 18 Ounce | | 159204 |
| Cheese, Cheddar Reduced fat, Shredded | 16 Pound | | 100012 |

Preparation Instructions

Spray 4-10B pans well.

Put 10# of beef crumbles, 1 can of refried beans, 1 can of salsa, 4 lbs of shredded cheese, and 4.5 ounce (1/2 bag) of taco seasoning in each pan.

Mix each pan of all ingredients together well.

Bake covered in 325 degree oven for 30 minutes or Steam 20 to 25 minutes uncovered top shelf. Stir and steam another 10-15 min.

Temp at 165 degrees and place in hot hold for service.

Use #8 Disher (1/2 cup) for service.

Note: 90 servings per pan

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 3.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.13 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 203.09 | | |
| Fat | 10.49g | | |
| SaturatedFat | 5.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.44mg | | |
| Sodium | 410.87mg | | |
| Carbohydrates | 9.47g | | |
| Fiber | 2.59g | | |
| Sugar | 1.44g | | |
| Protein | 15.88g | | |
| Vitamin A | 70.87IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.96mg |

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Creamed Chicken

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 378.00 | Category: | Entree |
| Serving Size: | 0.67 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22069 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Chicken, diced, cooked, frozen | 40 Pound | | 100101 |
| ONION DEHY CHPD 15 P/L | 1/2 Cup | | 263036 |
| Tap Water for Recipes | 10 Gallon | UNPREPARED | 000001WTR |
| BASE CHIX LO SOD NO MSG 6-1 MINR | 2 Pound | | 580589 |
| FLOUR H&R A/P 2-25 GCHC | 8 Pound | | 227528 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 7 Pound | | 191205 |
| SALT IODIZED 18-2.25 GCHC | 1/2 Cup | | 350732 |
| SPICE PEPR BLK REST GRIND 5 TRDE | 1/2 Cup | | 242179 |

Preparation Instructions

Put first 4 ingredients (diced chicken, onion, water, and chicken base) in kettle to cook-(boiling)

Meanwhile make roux from flower and butter.

Melt Butter on stove in a large soup kettle.

Combine flour, salt, and pepper then add to the melted butter.

Combine and mix well.

Add butter/flour mixture to large kettle of chicken.

Stir well and whisk till smooth.

Makes about 4 ½-10 Bs with 84 servings per pan.

Use #6 disher

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: 378.00

Serving Size: 0.67 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 153.70 |
| Fat | 8.28g |
| SaturatedFat | 4.15g |
| Trans Fat | 0.00g |
| Cholesterol | 53.33mg |
| Sodium | 249.71mg |
| Carbohydrates | 7.12g |
| Fiber | 0.26g |
| Sugar | 0.01g |
| Protein | 11.29g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 1.54mg | Iron 0.42mg |

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Sloppy Joe

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 363.00 | Category: | Entree |
| Serving Size: | 0.33 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22071 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| BEEF CRUMBLES 8-5 COMM | 15 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 |
| SLOPPY JOE REDUCED FAT 6-5 COMM | 45 Pound | | 564790 |
| SUGAR BROWN LT 12-2 P/L | 3 Cup | | 860311 |

Preparation Instructions

Use 3-4B pans

Spray pans well.

Put 3 bags of Sloppy Joe Mix and 1 Beef Crumbles in each pan.

Mix in 1 cup of brown sugar into each pan. Mix well.

Cover to bake. Bake at 350 degrees for 1 hour.

Serve using #12 disher and serve with hamburger bun.

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: 363.00
Serving Size: 0.33 Cup

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 116.92 |
| Fat | 5.13g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 31.98mg |
| Sodium | 341.57mg |
| Carbohydrates | 7.32g |
| Fiber | 1.09g |
| Sugar | 5.96g |
| Protein | 10.54g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 277.25IU | Vitamin C | 3.28mg |
| Calcium | 23.87mg | Iron | 1.57mg |

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Buttered Green Beans

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22235 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BEAN GREEN CUT XTRA GRN 6-10 GCHC | 5 #10 CAN | | 328251 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1 Pound | | 191205 |

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: 120.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 48.22 | | |
| Fat | 2.93g | | |
| SaturatedFat | 1.87g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 8.00mg | | |
| Sodium | 336.55mg | | |
| 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 |
|----------------|---------|-------------|--------|

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Buttered Broccoli

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 164.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22236 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Broccoli, No salt added, Frozen | 30 Pound | | 110473 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1 Pound | | 191205 |

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: 164.00

Serving Size: 0.50 Cup

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 42.96 | | |
| Fat | 2.15g | | |
| SaturatedFat | 1.37g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.85mg | | |
| Sodium | 37.41mg | | |
| Carbohydrates | 4.51g | | |
| Fiber | 2.71g | | |
| Sugar | 0.90g | | |
| Protein | 2.71g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| | | | |
|----------------|--------|-------------|--------|
| Calcium | 0.00mg | Iron | 0.00mg |
|----------------|--------|-------------|--------|

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Buttered Carrots

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 148.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22237 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Carrots fzn | 30 Pound | | 100352 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1 Pound | | 191205 |

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: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 55.63 | | |
| Fat | 3.64g | | |
| SaturatedFat | 1.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 36.72mg | | |
| Sodium | 73.62mg | | |
| Carbohydrates | 7.56g | | |
| Fiber | 2.52g | | |
| Sugar | 3.78g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

| | | | |
|----------------|--------|-------------|--------|
| Calcium | 0.00mg | Iron | 0.00mg |
|----------------|--------|-------------|--------|

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Broccoli with Cheese

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22269 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Broccoli, No salt added, Frozen | 20 Pound | | 110473 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 3/4 Pound | | 191205 |
| Cheese, Processed, Sliced Yellow | 15 Slice | | 100018 |

Preparation Instructions

1. Steam broccoli for 15 minutes
2. Drain steam broccoli
3. Add butter and top with cheese slices.

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: 120.00

Serving Size: 0.50 Cup

| | |
|---------------------------|---------|
| Amount Per Serving | |
| Calories | 48.24 |
| Fat | 2.76g |
| SaturatedFat | 1.71g |
| Trans Fat | 0.00g |
| Cholesterol | 7.56mg |
| Sodium | 52.96mg |
| Carbohydrates | 4.23g |
| Fiber | 2.47g |
| Sugar | 0.88g |
| Protein | 2.78g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Lasagna Roll Ups

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 340.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22869 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 340 Each | | 234041 |
| SAUCE SPAGHETTI TRAD 6-10 RAGU | 9 #10 CAN | | 437972 |
| Cheese, Mozzarella, Part Skim, Shredded | 17 Pound | | 100021 |

Preparation Instructions

1. Spray 17 4B pans well
2. Pour 2 Cups of sauce in bottom of pan
3. Lay 20 roll ups on top of sauce
4. Pour 4 Cups of sauce on top of roll ups
5. Sprinkle with 2 1/2 Cups of cheese
5. Cover with lid and bake 350 degrees for 45 minutes. or steam uncovered 2 pans 20-25 min.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.75 |
| 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: 340.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---------------------------|----------|------------------|--------|
| Calories | | 359.93 | |
| Fat | | 13.31g | |
| SaturatedFat | | 7.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 40.00mg | |
| Sodium | | 847.81mg | |
| Carbohydrates | | 37.33g | |
| Fiber | | 2.00g | |
| Sugar | | 11.28g | |
| Protein | | 21.17g | |
| Vitamin A | 400.00IU | Vitamin C | 6.00mg |
| Calcium | 315.06mg | Iron | 1.76mg |

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Choice of Juice

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 7.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-22901 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| JUICE BOX ORNG TANGR 100 40-4.23FLZ | 1 Each | | 698251 |
| JUICE BOX APPLE 100 40CT 125ML | 1 Each | | 733220 |
| JUICE BX WHT GRP 100 40CT 125ML | 1 Each | | 733260 |
| JUICE BOX PNCH 100 125ML 40CT | 1 Each | | 733230 |
| JUICE BOX GRP 100 40-4.23FLZ | 1 Each | | 698211 |
| JUICE BOX MXD BRY 100 40-4.23FLZ A&E | 1 Each | | 659712 |
| JUICE BOX STRAWB KIWI 100 40-4.23FLZ | 1 Each | | 659731 |

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: 7.00
 Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---------------------------|----------|------------------|---------|
| Calories | 67.14 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 8.57mg | | |
| Carbohydrates | 16.29g | | |
| Fiber | 0.00g | | |
| Sugar | 14.14g | | |
| Protein | 0.00g | | |
| Vitamin A | 285.71IU | Vitamin C | 34.29mg |
| Calcium | 15.71mg | Iron | 0.00mg |

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

Muffin Choice

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-22902 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN | 1 Each | | 273442 |
| MUFFIN CHOCOLATE CHIP IW 96-2Z | 1 Each | | 273681 |
| MUFFIN BANANA WGRAIN IW 48-2Z CP | 1 Each | | 262362 |
| MUFFIN APPL CINN WGRAIN IW 72-2Z | 1 Each | | 558011 |

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 | 177.50 |
| Fat | 6.00g |
| SaturatedFat | 1.25g |
| Trans Fat | 0.03g |
| Cholesterol | 21.25mg |
| Sodium | 106.25mg |
| Carbohydrates | 29.50g |
| Fiber | 1.25g |

| | |
|-------------------------|-------------------------|
| Sugar | 15.25g |
| Protein | 2.75g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 16.82mg | Iron 0.93mg |

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Mac-N-Cheese- Reduced Fat

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 315.00 | Category: | Entree |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-24060 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|--|------------|
| Cheese, Cheddar Reduced fat, Shredded | 10 Pound | | 100012 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1 3/4 Pound | | 191205 |
| SOUR CREAM L/F 4-5 RGNLBRND | 20 Pound | GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly | 534331 |
| SALT IODIZED 18-2.25 GCHC | 7 Tablespoon | | 350732 |
| PASTA ELBOW MACAR 2-10 KE | 22 Pound | | 654550 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 15 Pound | READY_TO_EAT | 100036 |
| Tap Water for Recipes | 21 Quart | UNPREPARED | 000001WTR |

Preparation Instructions

1. Spray 7 pans well with Vegalene
2. In each 4-B pan put 1 sticks of melted butter, 40 oz or ½ container Sour Cream, 1 TBSP. Salt, 8 cups dry macaroni, pour 3 Quarts hot water over this and stir well.
3. Add 4 cups of shredded cheese and 40 Slices of American Cheese.
4. Put in Steamer. Steam for 20 minutes.

5. Remove and stir and steam another 20 minutes.

6. Temp and serve.

Note: You could bake it at 325 degrees for 1 hour. Makes 7 pans and each pan makes 35 servings.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.25 |
| 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: 315.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 232.22 | | |
| Fat | 9.45g | | |
| SaturatedFat | 5.61g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 27.24mg | | |
| Sodium | 372.38mg | | |
| Carbohydrates | 25.56g | | |
| Fiber | 1.12g | | |
| Sugar | 2.67g | | |
| Protein | 12.10g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.27mg | Iron | 1.12mg |

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Seasoned Black Beans

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 20.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28978 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------|-------------------|------------|
| BEAN SEAS BLK DEHY 6-26.9Z | 26 9/10 Ounce | 1 Package | 183900 |
| Tap Water for Recipes | 1 Gallon | | 000001WTR |

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 gallon boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 40 minutes on steamtable.
- 4: Season if desired, stir, serve.

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: 20.00

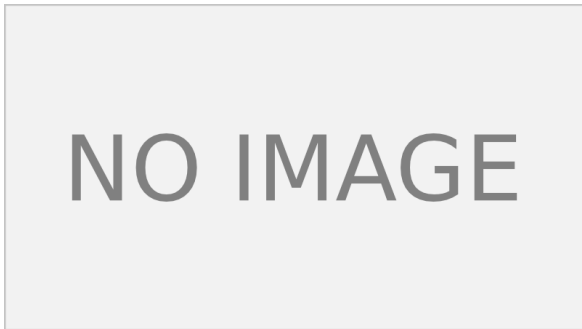
Serving Size: 0.50 Cup

| Amount Per Serving | |
|----------------------|----------|
| Calories | 144.85 |
| Fat | 1.03g |
| SaturatedFat | 0.34g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 337.97mg |
| Carbohydrates | 25.52g |

| | | | |
|------------------|---------|------------------|--------|
| Fiber | 8.28g | | |
| Sugar | 2.07g | | |
| Protein | 8.28g | | |
| Vitamin A | 5.95IU | Vitamin C | 0.08mg |
| Calcium | 34.78mg | Iron | 2.01mg |

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Pop-Tart



| | | | |
|----------------------|----------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28979 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|------------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | 1.25 Grain Equivalents | 452062 |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | 1.00 Grain Equivalents | 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: 2.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 185.00 |
| Fat | 2.75g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 195.00mg |
| Carbohydrates | 38.00g |
| Fiber | 3.00g |
| Sugar | 15.00g |
| Protein | 2.50g |
| Vitamin A | 500.00IU |
| Vitamin C | 0.00mg |

| | | | |
|----------------|----------|-------------|--------|
| Calcium | 115.00mg | Iron | 1.80mg |
|----------------|----------|-------------|--------|

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Beef Chili

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 296.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28987 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|---|------------|
| BEEF CRUMBLES 8-5 COMM | 40 Pound | Or Use Govt. | 581950 |
| Diced Tomatoes cnd | 2 #10 CAN | | 100329 |
| TOMATO PASTE FCY 6-10 REDPK | 3 #10 CAN | | 221851 |
| Tap Water for Recipes | 77 1/2 Cup | 4 gallons plus 13 1/2 cups or 6 cans of water | 000001WTR |
| ONION DEHY CHPD 15 P/L | 2 Cup | | 263036 |
| BEAN RED 6-10 GCHC | 5 #10 CAN | | 190209 |
| SUGAR BROWN LT 12-2 P/L | 4 Cup | | 860311 |
| SPICE CHILI POWDER MILD 16Z TRDE | 2 Cup | | 331473 |
| SALT IODIZED 25 CARG | 1/2 Cup | | 108286 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 1/4 Teaspoon | | 225061 |

Preparation Instructions

Brown Hamburger in large kettle, drain or put beef crumbles in large kettle.

Add Tomatoes products and water.

Add onion, beans, chili powder, salt, pepper, and brown sugar.

Simmer

Put in 10-B pans and hold for hot service.

Note: Yields 74 quarts.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.25 |
| 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: 296.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 196.47 | | |
| Fat | 6.06g | | |
| SaturatedFat | 2.59g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.95mg | | |
| Sodium | 683.67mg | | |
| Carbohydrates | 20.15g | | |
| Fiber | 4.65g | | |
| Sugar | 8.08g | | |
| Protein | 14.51g | | |
| Vitamin A | 86.49IU | Vitamin C | 0.00mg |
| Calcium | 32.01mg | Iron | 2.44mg |

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Mini Pancakes

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 3.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28988 |
| School: | Wakarusa Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| PANCAKE STRAWB WGRAIN IW 72-3.17Z | 1 Package | | 269230 |
| PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS | 1 Package | | 269220 |
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package | | 395303 |

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: 3.00

Serving Size: 1.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 223.33 |
| Fat | 6.33g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 176.67mg |
| Carbohydrates | 37.33g |
| Fiber | 1.33g |
| Sugar | 8.33g |

| | | | |
|------------------|---------|------------------|--------|
| Protein | | 4.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 43.33mg | Iron | 1.00mg |

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