

# **Cookbook for Wakarusa Elementary School**

**Created by HPS Menu Planner**

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# Buttered Peas

<b>Servings:</b>	43.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14785
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	75.98		
<b>Fat</b>	1.53g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	401.40mg		
<b>Carbohydrates</b>	11.01g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.29mg	<b>Iron</b>	0.00mg

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

# Buttered Green Beans

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14786
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	29.51		
<b>Fat</b>	0.93g		
<b>SaturatedFat</b>	0.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	234.84mg		
<b>Carbohydrates</b>	4.23g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	1.16g		
<b>Protein</b>	1.19g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.92mg	<b>Iron</b>	0.03mg

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# Baked Beans

<b>Servings:</b>	162.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20546
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 162.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	126.71		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	283.06mg		
<b>Carbohydrates</b>	25.31g		
<b>Fiber</b>	4.43g		
<b>Sugar</b>	10.72g		
<b>Protein</b>	6.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	0.93mg	<b>Iron</b>	0.01mg
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# Variety of Cereal

<b>Servings:</b>	8.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22067
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 8.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

<b>Calories</b>	110.00
<b>Fat</b>	1.44g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	121.88mg
<b>Carbohydrates</b>	23.75g
<b>Fiber</b>	1.88g
<b>Sugar</b>	7.25g
<b>Protein</b>	2.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.50mg	<b>Iron</b>	5.74mg

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# Nacho Bean Dip

<b>Servings:</b>	360.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22068
<b>School:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	203.09
<b>Fat</b>	10.49g
<b>SaturatedFat</b>	5.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.44mg
<b>Sodium</b>	410.87mg
<b>Carbohydrates</b>	9.47g

<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.44g		
<b>Protein</b>	15.88g		
<b>Vitamin A</b>	70.87IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.96mg

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# Creamed Chicken

<b>Servings:</b>	378.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.67 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22069
<b>School:</b>	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

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 378.00  
 Serving Size: 0.67 Cup

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**Amount Per Serving**

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

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# Sloppy Joe

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	15 Pound	<b>BAKE</b> 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

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 363.00

Serving Size: 0.33 Cup

#### Amount Per Serving

<b>Calories</b>	116.92
<b>Fat</b>	5.13g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.98mg
<b>Sodium</b>	341.57mg
<b>Carbohydrates</b>	7.32g
<b>Fiber</b>	1.09g
<b>Sugar</b>	5.96g
<b>Protein</b>	10.54g

<b>Vitamin A</b>	277.25IU	<b>Vitamin C</b>	3.28mg
<b>Calcium</b>	23.87mg	<b>Iron</b>	1.57mg

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# Buttered Green Beans

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22235
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	48.22		
<b>Fat</b>	2.93g		
<b>SaturatedFat</b>	1.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.00mg		
<b>Sodium</b>	336.55mg		
<b>Carbohydrates</b>	4.31g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

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# Buttered Broccoli

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22236
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	42.96		
<b>Fat</b>	2.15g		
<b>SaturatedFat</b>	1.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.85mg		
<b>Sodium</b>	37.41mg		
<b>Carbohydrates</b>	4.51g		
<b>Fiber</b>	2.71g		
<b>Sugar</b>	0.90g		
<b>Protein</b>	2.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Buttered Carrots

<b>Servings:</b>	148.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22237
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	55.63		
<b>Fat</b>	3.64g		
<b>SaturatedFat</b>	1.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.72mg		
<b>Sodium</b>	73.62mg		
<b>Carbohydrates</b>	7.56g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	3.78g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Broccoli with Cheese

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	48.24		
<b>Fat</b>	2.76g		
<b>SaturatedFat</b>	1.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.56mg		
<b>Sodium</b>	52.96mg		
<b>Carbohydrates</b>	4.23g		
<b>Fiber</b>	2.47g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	2.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Lasagna Roll Ups

<b>Servings:</b>	340.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22869
<b>School:</b>	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

<b>Meat</b>	2.75
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	359.93		
<b>Fat</b>	13.31g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	847.81mg		
<b>Carbohydrates</b>	37.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	11.28g		
<b>Protein</b>	21.17g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	315.06mg	<b>Iron</b>	1.76mg

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



# Choice of Juice

<b>Servings:</b>	7.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22901
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	67.14		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.57mg		
<b>Carbohydrates</b>	16.29g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.14g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	285.71IU	<b>Vitamin C</b>	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

<b>Servings:</b>	4.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22902
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	177.50		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	21.25mg		
<b>Sodium</b>	106.25mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	15.25g		
<b>Protein</b>	2.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.82mg	<b>Iron</b>	0.93mg

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# Mac-N-Cheese- Reduced Fat

<b>Servings:</b>	315.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24060
<b>School:</b>	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

<b>Meat</b>	1.25
<b>Grain</b>	1.00
<b>Fruit</b>	0.00



<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 315.00  
 Serving Size: 0.50 Cup

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**Amount Per Serving**

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

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# Seasoned Black Beans

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28978
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	144.85		
<b>Fat</b>	1.03g		
<b>SaturatedFat</b>	0.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	337.97mg		
<b>Carbohydrates</b>	25.52g		
<b>Fiber</b>	8.28g		
<b>Sugar</b>	2.07g		
<b>Protein</b>	8.28g		
<b>Vitamin A</b>	5.95IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	34.78mg	<b>Iron</b>	2.01mg

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# Pop-Tart

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28979
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	185.00
<b>Fat</b>	2.75g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	195.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	2.50g

<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
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<b>Calcium</b>	115.00mg	<b>Iron</b>	1.80mg
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# Beef Chili

<b>Servings:</b>	296.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 296.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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

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

# Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28988
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	223.33		
<b>Fat</b>	6.33g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	176.67mg		
<b>Carbohydrates</b>	37.33g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	8.33g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.33mg	<b>Iron</b>	1.00mg

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