

Cookbook for Wakarusa Elementary School

Created by HPS Menu Planner

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Buttered Peas

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

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

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

Baked Beans

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:	Entree
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

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

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

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	250.80IU	Vitamin C	3.28mg
Calcium	23.87mg	Iron	1.57mg

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Buttered Green Beans

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

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

Buttered Broccoli

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

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

Buttered Carrots

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

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

Broccoli with Cheese

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

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

Lasagna Roll Ups

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

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

Choice of Juice

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

Servings:	4.00	Category:	Entree
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

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

Taco Salad (4th & 5th)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22928
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 Pound	6 lbs cooked beef weight	100158
SEASONING TACO MIX 6-9Z LAWR	7 Ounce		159204
CHIP NACHO CHS 64-1.75Z DORITOS	19 1/2 Ounce	Crushed. Bought from Martins	712660
LETTUCE ROMAINE CHOP 6-2 RSS	6 Pound		735787
Cheese, Cheddar Reduced fat, Shredded	2 Pound		100012
TOMATO ROMA LRG 25 MRKN	2 Pound		462551
BEAN RED 6-10 GCHC	6 Cup		190209

Preparation Instructions

1. Heat taco meat (see Commodity Taco Meat Recipe) and put into batch containers and keep in pass threw to keep warm.

2. Mix everything in large mixing pan and dump into a 10B serving pan.

Note: This amount above makes 1-10B pan batch. Will need 4 batches to serve all. Kindergarten to 3rd grade serve #6 disher (2/3 cup) and 4th and 5th grade serve 8 spoodle (1 cup).

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	291.14
Fat	17.13g
SaturatedFat	6.61g
Trans Fat	1.91g
Cholesterol	62.47mg
Sodium	485.33mg
Carbohydrates	13.20g

Fiber	2.39g		
Sugar	1.51g		
Protein	20.88g		
Vitamin A	380.26IU	Vitamin C	2.62mg
Calcium	21.11mg	Iron	0.80mg

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

Chicken Fried Rice

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	12 Package		676463
Chicken, Diced, Cooked, Frozen	21 Pound		100101
SALT IODIZED 18-2.25 GCHC	12 Tablespoon		350732

Preparation Instructions

Spray 6-4B pans well. DO NOT ADD ANY LIQUID. In each 6-4B pan put 2 packages of fried rice, 3.5 pounds of diced chicken, and 2 Tablespoons of salt. Bake at 325 degrees for 1 hour and 20 minutes covered till temp reaches 170 degrees. Put in pass through warmer until serving time.

Note: Serve 3/4 cup per serving (6oz spoodle or heaping #6 disher) . Approx. 50 servings per pan.

Box instructions say to steam but rice gets sticky. So we baked it and it turned out nice.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	191.48		
Fat	2.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	23.52mg		
Sodium	546.27mg		
Carbohydrates	30.23g		
Fiber	2.24g		
Sugar	1.68g		
Protein	10.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.60mg	Iron	0.39mg

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

Seasoned Black Beans

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:	Entree
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
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Calcium	115.00mg	Iron	1.80mg
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Mini Pancakes

Servings:	3.00	Category:	Entree
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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Taco Salad (K-3)

Servings:	96.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29120
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 Pound	6 lbs cooked beef weight	100158
SEASONING TACO MIX 6-9Z LAWR	7 Ounce		159204
CHIP NACHO CHS 64-1.75Z DORITOS	19 1/2 Ounce	Crushed. Bought from Martins	712660
LETTUCE ROMAINE CHOP 6-2 RSS	6 Pound		735787
Cheese, Cheddar Reduced fat, Shredded	2 Pound		100012
TOMATO ROMA LRG 25 MRKN	2 Pound		462551
BEAN RED 6-10 GCHC	6 Cup		190209

Preparation Instructions

1. Heat taco meat (see Commodity Taco Meat Recipe) and put into batch containers and keep in pass threw to keep warm.

2. Mix everything in large mixing pan and dump into a 10B serving pan.

Note: This amount above makes 1-10B pan batch. Will need 4 batches to serve all. Kindergarten to 3rd grade serve #6 disher (2/3 cup) and 4th and 5th grade serve 8 spoodle (1 cup).

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 96.00

Serving Size: 0.67 Cup

Amount Per Serving	
Calories	151.63
Fat	8.92g
SaturatedFat	3.44g
Trans Fat	1.00g
Cholesterol	32.54mg
Sodium	252.77mg
Carbohydrates	6.88g

Fiber	1.25g		
Sugar	0.78g		
Protein	10.88g		
Vitamin A	198.05IU	Vitamin C	1.37mg
Calcium	11.00mg	Iron	0.41mg

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