

Cookbook for Meadowview Elementary

Created by HPS Menu Planner

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Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9836
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

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	61.43
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.71mg
Carbohydrates	15.14g
Fiber	0.00g
Sugar	13.71g
Protein	0.00g
Vitamin A	0.00IU
Vitamin C	8.57mg

Calcium	40.00mg	Iron	0.09mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Rodeo Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12793
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937
ONION RING BRD WGRAIN 6-5#TASTY BRAND	2 Each		234061
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

Preparation Instructions

Bake beef patty and onion rings on trays. Place 1 slice of cheese on bottom bun. Assemble sandwich placing beef patty on cheesed bottom. Put BBQ Sauce and onion rings on top. Hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
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 Sandwich

Amount Per Serving

Calories	435.00		
Fat	20.70g		
SaturatedFat	7.90g		
Trans Fat	0.80g		
Cholesterol	61.50mg		
Sodium	771.00mg		
Carbohydrates	41.20g		
Fiber	5.20g		
Sugar	14.00g		
Protein	20.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.50mg	Iron	2.43mg

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Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.33mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.67g		
Protein	0.00g		
Vitamin A	1250.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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Build Your Own Cheese Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29224
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	14.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	710.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.09mg	Iron	0.68mg

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