

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

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Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.83mg
Carbohydrates	16.00g
Fiber	0.00g

Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	10.20mg
Calcium	8.95mg	Iron	0.21mg

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

Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	9 #10 CAN		293962
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	2 quart per pan	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon		224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon		126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
OtherVeg	0.00
Legumes	0.44
Starch	0.00

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	184.63
Fat	6.13g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.55mg
Sodium	589.30mg
Carbohydrates	22.37g

Fiber	6.07g		
Sugar	1.67g		
Protein	10.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.17mg	Iron	1.81mg

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Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN		298913
ONION DEHY CHPD 15 P/L	2 Cup		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup		860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart		846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

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: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.58
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	532.19mg
Carbohydrates	34.86g
Fiber	4.87g
Sugar	15.01g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.69mg	Iron 1.94mg

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Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN	BAKE	100307
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

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: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	1.22mg	Iron	0.00mg
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Golden Corn

Servings:	548.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	120 Pound	BAKE	285620
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	1/3 cup per pan	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	1 Tbsp. per pan	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

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: 548.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.58		
Fat	0.88g		
SaturatedFat	0.14g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	4.29g		
Fiber	0.20g		
Sugar	1.00g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.00mg
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Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	380.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	640.00mg
Carbohydrates	40.00g
Fiber	6.00g
Sugar	5.00g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	3.00mg

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Poptarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10317
School:	Prairie Heights High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.25
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	368.00		
Fat	5.83g		
SaturatedFat	1.93g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	382.33mg		
Carbohydrates	76.00g		
Fiber	5.73g		
Sugar	30.33g		
Protein	4.70g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

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Cheesy Macaroni

Servings:	597.00	Category:	Grain
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12937
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	18 Package	3 cases	135261
1 % White Milk	8 Gallon		1% White
MARGARINE SLD 30-1 GCHC	2 Pound		733061
SALT IODIZED 25 CARG	2 Cup		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

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: 597.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	272.55
Fat	12.91g
SaturatedFat	6.88g
Trans Fat	0.00g
Cholesterol	34.12mg
Sodium	1001.78mg
Carbohydrates	29.99g
Fiber	2.14g
Sugar	3.75g
Protein	12.93g

Vitamin A	80.40IU	Vitamin C	0.00mg
Calcium	312.54mg	Iron	1.02mg

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Peas & Carrots

Servings:	262.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14766
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	30 Pound		285660
CARROT DCD 6-10 GCHC	6 #10 CAN		118907

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 262.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.75		
Fat	0.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	10.81mg		
Sodium	0.00mg		
Carbohydrates	7.60g		
Fiber	2.53g		
Sugar	1.63g		
Protein	2.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

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Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19587
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.13
Grain	0.00
Fruit	0.00
GreenVeg	0.53
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	29.70		
Fat	0.15g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	31.65mg		
Carbohydrates	5.42g		
Fiber	3.20g		
Sugar	1.07g		
Protein	3.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.25mg	Iron	0.00mg

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Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.40
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	72.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	17.60g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	950.00IU	Vitamin C	48.00mg

Calcium 64.00mg **Iron** 0.00mg

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Yogurt, Cheese Stick, and Strawberry Chex

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27337

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package		266020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
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	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	320.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.00mg	Iron	0.70mg

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Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181

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	0.25
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	395.00
Fat	17.75g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	757.50mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 442.00mg	Iron 1.94mg

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

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

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	392.50		
Fat	20.00g		
SaturatedFat	8.00g		
Trans Fat	1.13g		
Cholesterol	63.75mg		
Sodium	438.75mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	25.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	126.00mg	Iron	2.35mg

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Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28285
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190

Preparation Instructions

1. Add the turkey slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

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	266.67
Fat	7.25g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	698.33mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 1.30mg

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

BBQ Pulled Pork Sandwich

Servings:	150.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	40 Pound		110730*
SAUCE BBQ 4-1GAL SWTBRAY	3 1/2 Gallon		655937
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	150 Each	READY_TO_EAT	276142

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Then add 14 cups of Sweet Baby Rays BBQ Sauce to each pan. Put back in oven for 20 to 25 minutes or until temperature reaches 160 degrees. Use a #6 Scoop to serve on sub bun.

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: 150.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	565.13		
Fat	13.17g		
SaturatedFat	4.77g		
Trans Fat	0.00g		
Cholesterol	76.80mg		
Sodium	1105.30mg		
Carbohydrates	81.71g		
Fiber	2.00g		
Sugar	53.72g		
Protein	30.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

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

Grilled Chicken w/ Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28794
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

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	275.00
Fat	6.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	505.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	5.00g
Protein	29.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 1.00mg

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

Grilled Cheese Sandwich

Servings:	650.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	2600 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	1300 Slice		204822
BUTTER PRINT SLTD GRD AA 36-1 GCHC	30 Pound	Melted	191205

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 4 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

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: 650.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	567.69
Fat	36.25g
SaturatedFat	20.34g
Trans Fat	0.00g
Cholesterol	94.31mg
Sodium	1262.92mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 386.00mg	Iron 2.00mg

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

Uncrustable & String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29168
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

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	0.00
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	380.00		
Fat	22.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	480.00mg		
Carbohydrates	34.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.50mg	Iron	1.00mg

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

Turkey Ham and Cheese on Hawaiian Bun with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29206
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	1 Each		672642
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Ham Slider: Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Pair slider with string cheese for service.

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	266.20		
Fat	10.20g		
SaturatedFat	5.40g		
Trans Fat	0.00g		
Cholesterol	37.00mg		
Sodium	592.20mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	16.60g		
Vitamin A	121.85IU	Vitamin C	0.00mg
Calcium	303.20mg	Iron	1.85mg

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

Dirt and Worm Pudding

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29215
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC 6-10 GCHC	1 #10 CAN		163554
CANDY GUMMY WORM SOUR 12-5Z TROLLI	1 Piece		153480
TOPPING OREO PCS MED 4-2.5 NAB	48 Tablespoon		709970

Preparation Instructions

1. Put 1/2 cup of pudding into 5 ounce container.
2. Place 1 gummy worms on top of pudding.
3. Top gummy worm with 2 Tablespoon of chocolate cookie crumbs
4. Place lid on container and hold for cold service.

Note: Gummy worm 5 oz package should have approximately 36 gummy worms in the package. Approximately 432 gummy worms per case.

Note: One package of cookie crumbs should have approximately 160 Tablespoons (or make 80 pudding cups). One case has approximately 640 Tablespoons (or make 320 pudding cups).

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	194.85
Fat	5.73g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	249.93mg
Carbohydrates	36.00g
Fiber	1.08g
Sugar	22.82g

Protein	1.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.24mg	Iron	1.63mg

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

Happy Earth Day!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29217
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
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 Trees

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29218
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
CHEESE PARM GRTD 12-1 PG	4 Cup		164259
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2 Cup		184622

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the butter evenly to the pans.
5. Toss to coat.
6. Add cheese evenly to the top of each pan.
7. Cover and store in hot boxes until service.

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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.81
Fat	1.81g
SaturatedFat	0.44g
Trans Fat	0.02g
Cholesterol	0.00mg
Sodium	34.59mg
Carbohydrates	5.34g
Fiber	3.20g
Sugar	1.07g
Protein	3.44g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.43mg	Iron	0.00mg

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

Grass Clippings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29219
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489

Preparation Instructions

Note: Use either a romaine ribbon cut lettuce or a shredded taco lettuce cut for this.

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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

Global Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29220
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN IW 72-4.46Z TONY	1 Each		605862

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	0.13
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	280.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	410.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 60.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 1.80mg

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

Orange Grove Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29221
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	36.65		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	9.00g		
Fiber	1.85g		
Sugar	7.50g		
Protein	0.75g		
Vitamin A	175.42IU	Vitamin C	41.48mg
Calcium	31.19mg	Iron	0.08mg

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