

Cookbook for Meadowview Elementary

Created by HPS Menu Planner

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Warm Cinnamon Apples

Servings:	142.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9832
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	6 #10 CAN		117773
SUGAR BEET GRANUL 25 GCHC	6 Cup		108588
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 15Z TRDE	6 Tablespoon		224723
FLOUR ULTRAGRAIN 50 HLCHC	1 1/8 Cup		515002

Preparation Instructions

Put one 10# can of sliced apples into 2in pan.

Combine all dry

ingredients and divide into pans. Carefully mix into apples.

Foil pans and bake at 250 for 1 hr.

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: 142.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	103.62		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.95mg		
Carbohydrates	25.99g		
Fiber	2.25g		
Sugar	22.01g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.27mg	Iron	0.04mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

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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Sausage, Egg, & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12830
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each		785880
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Commodity/Brown Box	100036
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

Preparation Instructions

Place Sausage Patty on pan with Egg Patty on top. Bake at 350 for 8 - 10 min. or until temp is at 160.

Place bottom half of bun on pans and top with cheese slice.

Assemble sandwich and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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 Each

Amount Per Serving			
Calories	306.00		
Fat	17.00g		
SaturatedFat	6.20g		
Trans Fat	0.00g		
Cholesterol	108.50mg		
Sodium	547.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	16.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	1.00mg

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Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12930
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO ROMA 2 1-25 MRKN	1 Tablespoon		588381
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
Turkey Breast Deli	1/2 Ounce	Weigh	100121

Preparation Instructions

Put one cup of lettuce into bowl.

Top with cheese, deli turkey, tomato. Serve with a ranch cup.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	109.64		
Fat	6.65g		
SaturatedFat	4.32g		
Trans Fat	0.00g		
Cholesterol	28.81mg		
Sodium	285.15mg		
Carbohydrates	3.75g		
Fiber	1.14g		
Sugar	1.31g		
Protein	10.93g		
Vitamin A	93.71IU	Vitamin C	1.54mg
Calcium	17.13mg	Iron	0.03mg

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Loaded Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29242
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	weight	722330
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	warm	528690
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751
SALSA CUP 84-3Z REDG	1 Each		677802
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

Preparation Instructions

Cook meat according to case instructions. Weigh out portion of meat.

Serve meat, chips, cheese cup, salsa cup, and lettuce together.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	415.28
Fat	17.59g
SaturatedFat	7.64g
Trans Fat	0.18g
Cholesterol	52.08mg
Sodium	1054.16mg
Carbohydrates	42.15g
Fiber	3.76g
Sugar	13.76g
Protein	20.58g
Vitamin A 406.94IU	Vitamin C 3.15mg
Calcium 389.87mg	Iron 1.44mg

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Taco In A Bag

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29262
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN 104-1Z SSV FRITOS	1 Package		105040
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	weight	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO ROMA 2 1-25 MRKN	1/8 Cup		588381
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
SALSA CUP 84-3Z REDG	1 Each		677802

Preparation Instructions

Cook meat according to case instructions. Weigh out portion of meat.

Serve meat, chips, cheese , salsa cup, tomato, and lettuce together.

Meal Components (SLE)

Amount Per Serving

Meat	1.75
Grain	1.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	324.20
Fat	17.82g
SaturatedFat	5.77g
Trans Fat	0.18g
Cholesterol	37.68mg
Sodium	654.13mg
Carbohydrates	27.08g
Fiber	2.80g
Sugar	4.16g
Protein	14.17g
Vitamin A 601.86IU	Vitamin C 6.36mg

Calcium	165.69mg	Iron	1.42mg
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