

Cookbook for Culver Middle/High School

Created by HPS Menu Planner

Table of Contents

Chicken Bacon Ranch Wrap

Chicken & Noodles

Grab -n- Go Breakfast Kit

Hamburger on Bun

Egg Sausage and Cheese on English Muffin

Spaghetti

Taste Like Home Meatloaf

Black Bean Salad

Grilled Cheese Sandwich

Chicken Pot Pie

Chef Salad

Taco Salad

Yogurt Parfait

Cold Meat Combo

Refried Beans

Sidekick Fruit Slushie

Caesar Side Salad

Chicken Caesar Salad

Broccoli Salad

Grilled Chicken Salad

Rice

Pulled Pork Taco with Slaw

Biscuit & Gravy

Chicken Bacon Ranch Salad

Baked Potato Bar

Burrito Bar

Spanish Rice

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10625

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 1/2 Ounce	100101
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.75
Grain	2.00
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	666.00		
Fat	37.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	153.50mg		
Sodium	1738.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	46.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.67mg	Iron	2.58mg

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

Chicken & Noodles

Servings:	191.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10627

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	20 Pound	100101
PASTA NOODL KLUSKI 1/8 2-5 GCHC	25 Pound	270385
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	6 Pound	110601

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.68
Grain	2.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 191.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	291.15		
Fat	4.31g		
SaturatedFat	0.52g		
Trans Fat	0.00g		
Cholesterol	82.30mg		
Sodium	79.06mg		
Carbohydrates	41.95g		
Fiber	2.09g		
Sugar	2.13g		
Protein	18.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.94mg	Iron	1.99mg

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

Grab -n- Go Breakfast Kit

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18867
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	150471
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package	872040
CEREAL APPL JK R/S BKFST KIT 36CT	1 Package	676160
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	533130
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	525290
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package	282491
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package	676222
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package	676242
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package	585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each	525340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.03
Fruit	0.45
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	229.00
Fat	4.15g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	203.00mg
Carbohydrates	46.60g

Fiber	3.30g		
Sugar	18.90g		
Protein	3.00g		
Vitamin A	465.00IU	Vitamin C	39.90mg
Calcium	124.10mg	Iron	3.88mg

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18875
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun	3159
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	360.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	320.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	11.80mg

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

Egg Sausage and Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18876
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	663091
SAUSAGE PTY CKD IQF 2Z 12 GFS	1 Each	112630
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	687131

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	425.00		
Fat	28.00g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	147.50mg		
Sodium	930.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	209.50mg	Iron	1.96mg

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

Spaghetti

Servings:	320.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18879
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	12 Package	573201
PASTA SPAGHETTI 10 2-10 KE	20 Pound	654560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 320.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	189.46
Fat	4.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	29.46mg
Sodium	155.36mg
Carbohydrates	25.82g
Fiber	2.07g
Sugar	4.75g
Protein	11.54g
Vitamin A 346.61IU	Vitamin C 10.18mg
Calcium 28.57mg	Iron 2.07mg

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

Taste Like Home Meatloaf

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20907

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	100158
CRUMB CRACKER SALTINE CRUSHED 10 NAB	1 1/4 Quart	314347
EGG SHL LRG A GRD 6-30CT GCHC	5 Each	206539
KETCHUP CAN NAT LO SOD 6-10 REDG	4 Cup	200621
SPICE ONION MINCED 12Z TRDE	1/8 Cup	513997
SALT IODIZED 25 CARG	1 Teaspoon	108286
Black Pepper	1 Tablespoon	24108

Preparation Instructions

Thaw raw ground meat under refrigeration. It should be on its own shelf at the bottom of cooler.

Mix ground beef, onions, ketchup, raw eggs, cracker crumbs, pepper, & salt on low speed or by hand until blended.

Place baking rack on sheet pan and coat with cooking spray.

Use a 5 oz. scoop to portion out meatloaf balls onto the rack.

Bake at 350 degrees in a convection oven for approximately 1 hour until internal temperature reaches 165 degrees or higher.

Top with 1 oz. of low sodium ketchup before serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	272.42
Fat	15.83g
SaturatedFat	5.13g
Trans Fat	2.53g
Cholesterol	18.50mg
Sodium	269.72mg
Carbohydrates	13.52g
Fiber	0.40g

Sugar	5.12g		
Protein	18.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.16mg	Iron	0.67mg

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

Black Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20915
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	15 Cup	231981
CORN WHL KERNEL FCY GRADE 6-10 GCHC	3 Cup	118966
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup	432000
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce	499943
ONION RED JUMBO 10 MRKN	1/2 Cup	596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup	206059
PEPPERS RED 5 P/L	1 1/4 Cup	597082
SALT IODIZED 25 CARG	1 Teaspoon	108286
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon	224839
Black Pepper	1/2 Teaspoon	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup	108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup	430795

Preparation Instructions

1. Drain and rinse beans. Drain corn. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
 2. Mince garlic. Add to vegetables.
 3. Combine sugar, vinegar, oil, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate. This salad should marinate for several hours or overnight to allow the flavors to develop.
- Serving size 2/3 cup or #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
-------------	------

Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.13
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 28.00
Serving Size: 0.66 Cup

Amount Per Serving

Calories	200.81
Fat	4.24g
SaturatedFat	0.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.07mg
Carbohydrates	33.15g
Fiber	6.08g
Sugar	9.59g
Protein	8.08g

Vitamin A	203.29IU	Vitamin C	16.06mg
Calcium	88.47mg	Iron	1.89mg

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

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21029
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 1/2 Cup	191205
380 - Aunt Millie's WG Honey White Bread	200 Slice	380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice	722360

Preparation Instructions

Directions:

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 4 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.00
Fat	12.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	37.20mg
Sodium	1181.60mg
Carbohydrates	38.00g
Fiber	4.00g

Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 388.00mg	Iron 12.00mg

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

Chicken Pot Pie

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23137
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	300 Each	120851
FILLING POT PIE CHIX 4-5 JTM	125 Pound	513242

Preparation Instructions

weigh out the 6.7 oz weight to figure out what size scoop it fits in.
add another meat, (string cheese, peanut butter or cottage cheese)

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 300.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	329.87
Fat	11.94g
SaturatedFat	6.31g
Trans Fat	0.00g
Cholesterol	39.63mg
Sodium	872.02mg
Carbohydrates	40.59g
Fiber	2.57g
Sugar	6.94g
Protein	16.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 293.20mg	Iron 2.59mg

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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26872
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Turkey,Deli,Breast,Sliced	1 1/2 Ounce	110554
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Each	229431
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
TOMATO CHERRY 11 MRKN	1/8 Cup	569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CROUTON HMSTYL SEAS 10-2 GCHC	1 3/5 Ounce	748500

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
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	348.50		
Fat	14.68g		
SaturatedFat	3.88g		
Trans Fat	0.00g		
Cholesterol	126.98mg		
Sodium	930.40mg		
Carbohydrates	36.98g		
Fiber	1.29g		
Sugar	2.15g		
Protein	22.64g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	153.52mg	Iron	0.92mg

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

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26875
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250
TOMATO CHERRY 11 MRKN	1/8 Cup	569551
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Package	818222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.50
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	366.84		
Fat	16.37g		
SaturatedFat	5.84g		
Trans Fat	0.27g		
Cholesterol	48.72mg		
Sodium	536.22mg		
Carbohydrates	36.16g		
Fiber	6.18g		
Sugar	3.54g		
Protein	19.96g		
Vitamin A	805.33IU	Vitamin C	7.94mg
Calcium	200.62mg	Iron	2.92mg

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

Yogurt Parfait

Servings:	7.00	Category:	Entree
Serving Size:	12.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28526
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Package	811500
Variety of Fruit	3 1/2 Cup	
GRANOLA BAG IW 144-1Z FLDSTN	7 Package	649742
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	7 Package	282422

Preparation Instructions

Package 1 cup of yogurt, 1/2 cup of fruit, 1 package of granola and 1 package of crackers together.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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: 12.00 Fluid Ounce

Amount Per Serving

Calories	607.07		
Fat	8.51g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	366.10mg		
Carbohydrates	120.93g		
Fiber	11.00g		
Sugar	69.30g		
Protein	12.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	372.49mg	Iron	1.44mg

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

Cold Meat Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28529

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	6 Slice	236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
ROLL CLUB SLCD 6 12-6CT GCHC	1 Each	230863

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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	391.80		
Fat	13.34g		
SaturatedFat	4.09g		
Trans Fat	0.00g		
Cholesterol	71.81mg		
Sodium	1224.61mg		
Carbohydrates	43.04g		
Fiber	1.50g		
Sugar	2.00g		
Protein	22.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.32mg	Iron	3.12mg

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

Refried Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28947
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1 Package	668341
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1gallon (1.9L) 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 25 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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.12		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.12mg		
Carbohydrates	21.02g		
Fiber	7.51g		
Sugar	0.00g		
Protein	7.51g		
Vitamin A	0.00IU	Vitamin C	0.66mg
Calcium	37.94mg	Iron	1.73mg

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

Sidekick Fruit Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28949
School:	Culver Elementary		

Ingredients

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

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating. Counts as 1/2 cup fruit juice

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: 2.00

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	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.50g
Protein	0.00g
Vitamin A 1375.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Caesar Side Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29173
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730
CROUTON PLAIN CUBE NT 10 FRSHGOURM	1/8 Cup	773590
DRESSING CAESAR 4-1 GAL GFS	1 Tablespoon	818201
CHEESE PARM SHRD FCY 10-2 PG	1/2 Tablespoon	460095

Preparation Instructions

Layer items as listed in container.

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: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	107.20		
Fat	7.84g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	215.20mg		
Carbohydrates	8.30g		
Fiber	1.10g		
Sugar	1.50g		
Protein	2.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.60mg	Iron	0.00mg

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

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29174
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
Chicken, diced, cooked, frozen	3/4 Cup	100101
CROUTON PLAIN CUBE NT 10 FRSHGOURM	1/4 Cup	773590
DRESSING CAESAR 4-1 GAL GFS	2 Tablespoon	818201
CHEESE PARM SHRD FCY 10-2 PG	1 Tablespoon	460095

Preparation Instructions

Layer items as listed in container.

Meal Components (SLE)

Amount Per Serving

Meat	3.75
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	347.00		
Fat	19.35g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	93.75mg		
Sodium	531.00mg		
Carbohydrates	16.20g		
Fiber	2.20g		
Sugar	3.00g		
Protein	28.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.20mg	Iron	0.00mg

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

Broccoli Salad

Servings:	180.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29175
School:	Culver Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	10 Pound	732478
SEED SUNFLWR RSTD SLTD 4-4 GFS	2 Pound	337910
RAISIN SELECT 30 P/L	2 Pound	105686
BACON TOPPING 3/8 DCD 2-5 HRML	2 Pound	104396
ONION RED JUMBO 25 MRKN	1 Each	198722
MAYONNAISE 4-1GAL HELM	4 Cup	106933
DRESSING POPPYSEED 4-1GAL PMLL	3 Cup	850942
SALT IODIZED 18-2.25 GCHC	1 Teaspoon	350732
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon	225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.38
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	129.21
Fat	9.22g
SaturatedFat	1.80g
Trans Fat	0.00g
Cholesterol	10.67mg
Sodium	225.03mg
Carbohydrates	9.04g
Fiber	1.69g
Sugar	5.97g

Protein			3.94g
Vitamin A	213.68IU	Vitamin C	30.60mg
Calcium	23.84mg	Iron	0.63mg

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

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29288
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	110921
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	177.20
Fat	7.18g
SaturatedFat	3.12g
Trans Fat	0.00g
Cholesterol	80.60mg
Sodium	318.80mg
Carbohydrates	4.52g
Fiber	2.00g
Sugar	2.00g
Protein	25.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.48mg	Iron 0.72mg

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

Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29289
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1/4 Cup	722987

Preparation Instructions

BOIL: Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.50g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Pulled Pork Taco with Slaw

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29290
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce	675222
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/4 Cup	198226
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each	882690

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	0.00
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	370.17		
Fat	17.00g		
SaturatedFat	7.20g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	427.33mg		
Carbohydrates	31.83g		
Fiber	4.33g		
Sugar	5.50g		
Protein	20.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.83mg	Iron	2.00mg

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

Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29291
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	120851
GRAVY SAUS CNTRY STYLE 6-10 HRTHSTN	1/2 Cup	125350

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	15.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	910.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	3.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 1.80mg

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

Chicken Bacon Ranch Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29292
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 1/2 Ounce	100101
BACON TKY CKD 12-50CT JENNO	2 Slice	834770
DRESSING RNCH 4-1GAL HVALL	2 Tablespoon	759082
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	735787

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.75
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	506.00		
Fat	32.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	153.50mg		
Sodium	1588.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	43.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.67mg	Iron	1.50mg

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

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29293
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
POTATO BAKER IDAHO 80CT MRKN	3 Ounce	322385
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup	135261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	263.57
Fat	11.67g
SaturatedFat	5.80g
Trans Fat	0.29g
Cholesterol	55.00mg
Sodium	663.67mg
Carbohydrates	23.33g
Fiber	3.90g
Sugar	3.00g
Protein	19.17g
Vitamin A 646.70IU	Vitamin C 21.75mg
Calcium 242.53mg	Iron 2.66mg

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

Burrito Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29294
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
Refried Beans	1/4 Serving	R-28947
Chicken, Diced, Cooked, Frozen	2 Ounce	100101
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
BEAN BLACK FIESTA TACO 6-10 BUSH	1/4 Cup	581180
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
Spanish Rice	1 Serving	R-29295

Preparation Instructions

Choice of: (chicken or beef), (refried beans or black beans) Spanish rice bowl or taco shell

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	0.38
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	481.18		
Fat	11.21g		
SaturatedFat	4.15g		
Trans Fat	0.15g		
Cholesterol	38.50mg		
Sodium	1001.47mg		
Carbohydrates	71.76g		
Fiber	5.63g		
Sugar	6.25g		
Protein	22.63g		
Vitamin A	655.83IU	Vitamin C	2.67mg
Calcium	113.63mg	Iron	3.96mg

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

Spanish Rice

Servings:	18.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29295
School:	Culver Middle/High School		

Ingredients

Description	Measurement	DistPart #
RICE SPANISH 6-36Z UBEN	36 Ounce	555169
Tap Water for Recipes	2 3/4 Quart	000001WTR
MARGARINE SLD 30-1 GCHC	4 Ounce	733061

Preparation Instructions

Top of Stove

Combine 2 ¾ quarts water and 4 ounces butter (optional) in a stock pot. Bring to a boil.

Stir in rice and contents of seasoning packet. Cover, REDUCE HEAT and simmer 20 minutes or until MOST of the water is absorbed. Stir occasionally.

Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

Oven Method

Combine 2 ¾ quarts BOILING water, rice, contents of seasoning packet and 4 ounces butter (optional) in a full-size steam table pan. Stir well.

Cover and bake in a 350 °F conventional oven 35 minutes or until MOST of the water is absorbed.

Keep warm (160 °F) and fluff with fork before serving.

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: 18.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	244.44
Fat	5.39g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	607.49mg
Carbohydrates	44.00g
Fiber	0.00g
Sugar	4.00g

Protein	4.60g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	51.64mg	Iron	1.31mg

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