

Cookbook for Tippecanoe Valley Middle School

Created by HPS Menu Planner

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Whole Grain Cereal Variety

Servings:	21.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9210
School:	Akron School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL RAISIN BRAN BWL 96CT KELL	1 Each		247197
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
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
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
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 FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
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 CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	704280

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190

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: 21.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	102.38		
Fat	1.05g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.33mg		
Carbohydrates	22.67g		
Fiber	1.95g		
Sugar	6.71g		
Protein	1.90g		
Vitamin A	23.81IU	Vitamin C	0.17mg
Calcium	47.62mg	Iron	4.12mg

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

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11315
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	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.	327120
Minor's Zesty Orange Sauce RTI 4 x 0.5 gallon	15 Cup		33420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.64
Grain	0.32
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	166.69		
Fat	4.54g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	6.98mg		
Sodium	122.18mg		
Carbohydrates	25.05g		
Fiber	1.05g		
Sugar	16.67g		
Protein	4.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.52mg	Iron	0.70mg

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

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15575
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
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 Each

Amount Per Serving

Calories	344.82
Fat	10.49g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.41mg
Sodium	559.20mg
Carbohydrates	39.00g
Fiber	6.00g
Sugar	8.00g
Protein	21.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 13.08mg

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Turkey & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15576
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TURKEY BRST DCD 2-5	2 Cup	Weigh	451300
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
380 - Aunt Millie's WG Honey White Bread	2 Cup		380

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
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 Each

Amount Per Serving

Calories	335.92
Fat	8.51g
SaturatedFat	4.26g
Trans Fat	0.00g
Cholesterol	40.41mg
Sodium	621.02mg
Carbohydrates	40.53g
Fiber	6.00g
Sugar	8.00g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 12.90mg

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Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15578
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	Weigh	100117
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	2 oz. portion cup	100012
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
Salsa, Low-Sodium, Canned	1/4 Cup		100330
Corn, Whole Kernel, Frozen, No Salt added	1/4 Cup		100348

Preparation Instructions

Add additional vegetables as desired.

Serve with dressing packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.07		
Fat	17.65g		
SaturatedFat	7.07g		
Trans Fat	0.00g		
Cholesterol	96.77mg		
Sodium	859.21mg		
Carbohydrates	47.07g		
Fiber	8.00g		
Sugar	7.57g		
Protein	31.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	32.00mg	Iron	0.72mg
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Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15579
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	2.50
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	410.72
Fat	16.54g
SaturatedFat	6.46g
Trans Fat	0.00g
Cholesterol	93.43mg
Sodium	1357.45mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	30.30g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.94mg

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Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15580
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	READY_TO_EAT	100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.50
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	353.33
Fat	13.00g
SaturatedFat	5.17g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	976.67mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	2.00g
Protein	23.33g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.24mg

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Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15581
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	1 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Serve with ranch packet.

Meal Components (SLE)

Amount Per Serving

Meat	2.36
Grain	2.50
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		646.57	
Fat		30.15g	
SaturatedFat		10.57g	
Trans Fat		0.00g	
Cholesterol		161.77mg	
Sodium		2598.71mg	
Carbohydrates		38.07g	
Fiber		4.00g	
Sugar		4.07g	
Protein		50.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	2.72mg

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Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15583
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
CELERY STALK 24 SZ 6CT MRKN	3 Cup		170895
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 1/2 Cup		557609
CHEESE CHED MLD SHRD 4-5 LOL	5 Cup		150250
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	20 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce

Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

¼ c. shr. cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.25
Grain	2.50
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	456.50
Fat	18.74g
SaturatedFat	9.87g
Trans Fat	0.00g
Cholesterol	117.06mg
Sodium	2031.93mg
Carbohydrates	37.95g
Fiber	4.30g
Sugar	2.65g
Protein	34.31g

Vitamin A	803.63IU	Vitamin C	0.58mg
Calcium	366.44mg	Iron	2.04mg

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

Ham Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15584
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
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	390.72		
Fat	16.54g		
SaturatedFat	5.96g		
Trans Fat	0.00g		
Cholesterol	93.43mg		
Sodium	1257.45mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.38mg

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

Turkey Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15585
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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	333.33		
Fat	13.00g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	876.67mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.68mg

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

Muffin Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15590
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	130.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	16.67g		
Protein	3.00g		
Vitamin A	33.33IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.04mg

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

2 ct. Poptart Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15592
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

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: 4.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	364.50		
Fat	5.75g		
SaturatedFat	1.90g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	379.50mg		
Carbohydrates	76.00g		
Fiber	5.70g		
Sugar	30.25g		
Protein	4.58g		
Vitamin A	305.00IU	Vitamin C	0.00mg
Calcium	215.00mg	Iron	3.60mg

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

BBQ Chicken on Bun

Servings:	320.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19126
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SAUCE BBQ STHRN STYL 6-.5GAL GCHC	2 Gallon		547871
BASE CHIX 12-1 KE	3 Tablespoon		160790
SUGAR BEET GRANUL 50 GCHC	1 1/2 Quart		224413
Hamburger Buns	320 Each		1632

Preparation Instructions

1. Place 1/4 cup of BBQ Chicken mixture on each 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: 320.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.47		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	480.26mg		
Carbohydrates	41.19g		
Fiber	1.00g		
Sugar	15.39g		
Protein	16.00g		
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

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19221
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20 -25 minutes. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10 -15 minutes. Microwave: cook frozen product on high power for 2 - 3 minutes. Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil and cook for 3 - 4 minutes.	100750
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	UNSPECIFIED	517810

Preparation Instructions

No Preparation Instructions available.

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	410.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	570.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.80mg

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

Baked Beans- MS

Servings:	224.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19223
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN		100364
SUGAR BROWN LT 12-2 GFS	4 Cup		314641
KETCHUP CAN NAT LO SOD 6-10 REDG	6 Cup	READY_TO_EAT None	200621
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 224.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	93.41		
Fat	0.65g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.00mg		
Carbohydrates	18.32g		
Fiber	3.25g		
Sugar	8.38g		
Protein	4.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.01mg

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

Cheeseburger on Bun- MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19227
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	READY_TO_EAT	100036
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

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	328.00		
Fat	14.00g		
SaturatedFat	5.10g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	599.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	3.00mg

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

Walking Taco-MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19233
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weigh	722330
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

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	301.40		
Fat	11.90g		
SaturatedFat	2.80g		
Trans Fat	0.29g		
Cholesterol	35.00mg		
Sodium	571.90mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	15.80g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	91.00mg	Iron	2.40mg

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

BBQ Boneless Wings- TVMS

Servings:	121.00	Category:	Condiments or Other
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21374
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Package		561301
SAUCE BBQ SWEET 4-1GAL GCHC	2 Cup		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.26
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 121.00

Serving Size: 5.00 Each

Amount Per Serving	
Calories	210.72
Fat	9.04g
SaturatedFat	2.01g
Trans Fat	0.00g
Cholesterol	25.12mg
Sodium	372.58mg
Carbohydrates	15.71g
Fiber	3.07g
Sugar	3.52g
Protein	18.11g

Vitamin A 18.85IU **Vitamin C** 0.14mg

Calcium 0.15mg **Iron** 1.02mg

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

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21375
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Package		722110

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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	184.11		
Fat	5.00g		
SaturatedFat	2.94g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	391.44mg		
Carbohydrates	22.67g		
Fiber	5.39g		
Sugar	1.08g		
Protein	11.43g		
Vitamin A	222.22IU	Vitamin C	0.00mg
Calcium	112.22mg	Iron	0.00mg

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

Chili

Servings:	384.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22334
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	50 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE TOMATO MW 6-10 GCHC	1 #10 CAN		306347
TOMATO DCD PETITE 6-10 GCHC	6 #10 CAN		498871
BEAN CHILI MEX STYLE 6-10 GCHC	12 #10 CAN		192015
SOUP TOMATO 12- 5 CAMP	8 #5 CAN		101427

Preparation Instructions

1. Combine all ingredients to large kettle and cooked until 165 degrees.
2. Use a 8 oz scoop to portion for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.38

Starch

0.00

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	242.93
Fat	7.29g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	26.04mg
Sodium	797.83mg
Carbohydrates	24.64g
Fiber	4.88g
Sugar	5.84g
Protein	17.21g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.68mg	Iron 3.15mg

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

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26637
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BTRMLK RND FLT 192-1Z KRUST	2 Each		645318
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece	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.	283951

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
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	343.33		
Fat	17.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	650.00mg		
Carbohydrates	32.67g		
Fiber	3.00g		
Sugar	2.67g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	2.77mg

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

Backyard BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26654
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	1 Ounce		801860
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122
SAUCE BBQ SWEET 6-.5GAL GCHC	1 Tablespoon		786690

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	400.60		
Fat	16.70g		
SaturatedFat	8.30g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	1169.00mg		
Carbohydrates	41.00g		
Fiber	2.20g		
Sugar	15.50g		
Protein	22.80g		
Vitamin A	81.96IU	Vitamin C	0.63mg
Calcium	421.65mg	Iron	1.37mg

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

Beef Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26736
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	1 Each		269816
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	1 Slice		230952

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	450.00		
Fat	24.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	690.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	15.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	132.00mg	Iron	3.80mg

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

Chili Cheese Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29166
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chili for Hot Do (TVHS)	1 Serving		R-19058
SAUCE CHS CHED POUCH 6-106Z LOL	1 Tablespoon		135261
FRANKS BEEF & PORK RLLR 8/ 2-5 GFS	1 Each		154792
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	403.04		
Fat	25.71g		
SaturatedFat	9.34g		
Trans Fat	0.00g		
Cholesterol	62.41mg		
Sodium	917.94mg		
Carbohydrates	25.98g		
Fiber	3.17g		
Sugar	7.73g		
Protein	17.81g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.06mg	Iron	2.30mg

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

Turkey Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29266
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
Turkey Breast Deli	3 Ounce		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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 Sandwich

Amount Per Serving

Calories	295.66		
Fat	7.77g		
SaturatedFat	3.39g		
Trans Fat	0.00g		
Cholesterol	60.33mg		
Sodium	927.55mg		
Carbohydrates	29.89g		
Fiber	1.00g		
Sugar	2.00g		
Protein	24.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	Iron	2.00mg

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

Soft Pretzel with Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29267
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce	weight	135261

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	0.00
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	200.00		
Fat	10.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	650.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	287.00mg	Iron	0.72mg

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

Egg and Bacon Breakfast Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29278
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each		462489
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each		172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	432.86		
Fat	24.86g		
SaturatedFat	9.71g		
Trans Fat	0.00g		
Cholesterol	277.50mg		
Sodium	1031.46mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	20.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	161.00mg	Iron	2.63mg

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

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29279
School:	Tippecanoe Valley Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	1 Each		745370
CHIX TNR WGRAIN FC 4-8 TYS	2 Piece		283951
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012

Preparation Instructions

Chicken Tenders: BAKE Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION: 6-8 minutes at 375°F from frozen. Coarsely chop chicken tenders.

Put 2 chopped tenders, 1/4 cup romaine, and 1/4 cup shredded cheese into tortilla. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	3.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	455.83		
Fat	21.00g		
SaturatedFat	7.17g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	890.00mg		
Carbohydrates	46.17g		
Fiber	6.25g		
Sugar	0.92g		
Protein	23.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	188.00mg	Iron	3.33mg

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