

Cookbook for Prairie Heights Elementary/Middle School

Created by HPS Menu Planner

Table of Contents

Fruit Juice

Refried Beans

Baked Beans

Hot Dog on Bun

Green Beans

BBQ Rib on Bun

Golden Corn

Chicken Patty on Bun

Poptarts

Cheesy Macaroni

Cheesy Broccoli

Taco Meat

Sidekick Slushie

Flavored Applesauce

Yogurt, Cheese Stick, and Strawberry Chex

Pizza Munchable

Cheeseburger on Bun*

Turkey & Cheese Sandwich

Cinco de Mayo

Grilled Cheese Sandwich

Unrustable & String Cheese

Turkey Ham and Cheese on Hawaiian Bun with String Cheese

Mexican Dip

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 P/L | 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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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-9556 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| FRANK TKY/BEEF R/SOD 8/ 4-5 KE | 1 Each | | 570662 |
| BUN HOT DOG WHEAT WHL 12-12CT GCHC | 1 Each | | 517830 |

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| 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 | 250.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 455.00mg | | |
| Carbohydrates | 25.00g | | |
| Fiber | 3.00g | | |
| Sugar | 6.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 90.67mg | Iron | 1.88mg |

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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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BBQ Rib on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10287 |
| School: | Prairie Heights Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER | 1 Each | B | 451410 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before 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 | 340.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 850.00mg | | |
| Carbohydrates | 38.00g | | |
| Fiber | 5.00g | | |
| Sugar | 14.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 2.80mg |

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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 | 1.07 |
| Grain | 1.07 |
| 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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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 | 0.01 |
| 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 |

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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

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

Flavored Applesauce

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 5.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-27287 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| APPLESAUCE CINN 96-4.5Z | 1 Each | | 358572 |
| APPLESAUCE STRWB BAN CUP 96-4.5Z | 1 Each | | 250012 |
| APPLESAUCE WTRMLN CUP 96-4.5Z | 1 Each | | 276161 |
| APPLESAUCE BLUE RASPB 96-4.5Z | 1 Each | | 358553 |
| APPLESAUCE CHERRY CUP 96-4.5Z COMM | 1 Each | | 726570 |

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 68.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 6.00mg | | |
| Carbohydrates | 17.60g | | |
| Fiber | 1.00g | | |
| Sugar | 15.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.20mg | 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 |

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

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

Cinco de Mayo

| | | | |
|----------------------|--|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-28797 |
| School: | Prairie Heights Elementary/Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

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 |

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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 |

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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 |

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Mexican Dip

| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 300.00 | Category: | Entree |
| Serving Size: | 0.75 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Breakfast | Recipe ID: | R-29348 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| Beef, Fine Ground 85/15, Frozen | 40 Pound | Brown and drained | 100158 |
| SEASONING TACO MIX 6-9Z LAWR | 18 Ounce | 2 packages | 159204 |
| Beans, Refried, Low sodium, canned | 4 #10 CAN | | 100362 |
| SOUP CRM OF MUSHRM 12-5 CAMP | 2 #5 CAN | | 101346 |
| SOUP CRM OF CHIX 12-5 HLTHYREQ | 2 #5 CAN | | 695513 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 3 Package | | 135261 |
| Salsa, Low-Sodium, Canned | 3 #10 CAN | | 100330 |
| CHEESE CHED MLD SHRD 4-5 LOL | 10 Pound | | 150250 |

Preparation Instructions

1. Thaw ground beef
2. Brown and drain ground beef
3. Mix beef, taco seasoning, refried beans, cream of mushroom soup, cream of chicken soup, cheese sauce, and salsa together.
4. Place mixture in well sprayed steamtable pans and bake at 350 degrees for 45 minutes or until reaches 165 degrees.
4. Portion 3/4 cup into serving dish
5. Top each portion with 2 Tablespoons of cheese and place in warmer until service

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.75 |
| 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: 300.00

Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|---------------------------|----------|------------------|--------|
| Calories | | 320.73 | |
| Fat | | 18.37g | |
| SaturatedFat | | 7.83g | |
| Trans Fat | | 2.13g | |
| Cholesterol | | 73.89mg | |
| Sodium | | 714.45mg | |
| Carbohydrates | | 14.11g | |
| Fiber | | 2.85g | |
| Sugar | | 1.52g | |
| Protein | | 21.62g | |
| Vitamin A | 363.90IU | Vitamin C | 0.00mg |
| Calcium | 119.49mg | Iron | 0.00mg |

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