

Cookbook for Chagrin Falls High School

Created by HPS Menu Planner

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Asian Chicken Wrap

CHICKEN TENDERS, GFS #533830

CHICKEN TENDERS, HS GFS #533830

Nashville Hot Chicken Sandwich

Chicken Patty Sandwich, 3.5" WGW Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11182
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each	1589

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
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	330.00		
Fat	24.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	540.00mg		
Carbohydrates	33.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Rockin' Redskin Potatoes

Servings:	36.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11183
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN WDG QTRD 2-10 SIMPLYPOT	10 Pound	170887
OIL OLIVE XVRGN ITAL 6-2LTR PG	1/3 Cup	432050
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Teaspoon	565164
SPICE GARLIC POWDER 21Z TRDE	1/2 Teaspoon	224839
Black Pepper	1/2 Teaspoon	24108

Preparation Instructions

Mix all ingredients together until potatoes are well coated. Divide evenly between two full-size sheet pans. Bake at 375 degrees for 40 minutes until brown and crispy or internal temperature reaches 135 degrees.

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: 36.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	286.60		
Fat	2.05g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	311.11mg		
Carbohydrates	57.89g		
Fiber	17.78g		
Sugar	0.00g		
Protein	8.89g		
Vitamin A	60.44IU	Vitamin C	14.44mg
Calcium	44.44mg	Iron	2.09mg

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

Master Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11185
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

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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Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	2.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11186
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	2 Cup	305812
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	510637
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup	418439

Preparation Instructions

Assemble salad. CCP: Hold below 40 degrees for serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	4.00
RedVeg	0.59
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.75 Cup

Amount Per Serving

Calories	112.30
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	42.50mg
Carbohydrates	23.59g
Fiber	10.41g
Sugar	12.18g
Protein	8.48g
Vitamin A 11088.50IU	Vitamin C 10.43mg
Calcium 153.26mg	Iron 3.22mg

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Loco Beef Tacos

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11187
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	722330
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	3 Each	714350

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Portion 3.17 oz (#12 scoop) of meat between 3 crispy tacos.
3. Offer with 1 oz souffle cup (.05 oz weight) cheese, lettuce, salsa, tomatoes, & 1 oz souffle cup (.05 oz weight) sour cream

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: 3.00 Each

Amount Per Serving	
Calories	261.40
Fat	11.90g
SaturatedFat	2.80g
Trans Fat	0.29g
Cholesterol	35.00mg
Sodium	291.90mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.00g
Protein	14.80g
Vitamin A 645.00IU	Vitamin C 5.00mg
Calcium 61.00mg	Iron 2.00mg

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Turkey Sandwich, Gurney

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11206
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
WG White Bread	2 Ounce	1071
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	3/4 Ounce	726524

Preparation Instructions

Assemble Sandwich: Layer 3 slices turkey, 1 slice of cheese on 1 slice of bread. Top with 2nd slice of bread. Cut in half.

Meal Components (SLE)

Amount Per Serving

Meat	1.56
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	235.00		
Fat	8.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	516.25mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	18.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	112.50mg	Iron	0.18mg

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Chipotle Lime Rice

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12796

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	9 Cup	516371
CILANTRO CLEANED 4-1 RSS	1/2 Cup	219550
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/2 Cup	567581
Tap Water for Recipes	3 Quart	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.72
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	123.05		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	26.14g		
Fiber	0.73g		
Sugar	0.20g		
Protein	2.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.28mg	Iron	0.72mg

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Seasoned Black Beans

Servings:	14.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12803
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
BEAN BLACK 6-10 GRSZ	11 Cup	557714
Tap Water for Recipes	3 Cup	000001WTR
BASE CHIPOTLE CONC 6-14.4Z MINR	1/4 Teaspoon	816957
TOMATO PASTE 26% 6-10 REDG	1/4 Cup	773549

Preparation Instructions

Drain and rinse the beans. Mix the water, chipotle base, and tomato paste. Pour over the beans. Heat on stove. Serve warm. CCP: Heat to 135 degrees or higher. CCP: Hold for hot service at 135 degrees or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	208.84		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	570.18mg		
Carbohydrates	37.18g		
Fiber	9.71g		
Sugar	2.14g		
Protein	12.86g		
Vitamin A	57.14IU	Vitamin C	0.69mg
Calcium	100.29mg	Iron	4.82mg

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Lo Mein Noodles

Servings:	70.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12807
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	10 Pound	573201
SAUCE ORNG GINGR 4-.5GAL ASIAN	7 1/2 Cup	802860

Preparation Instructions

- Cook pasta per package directions.
- Divide cooked pasta evenly into 2 full pans.
- Add 3.25 cups orange-ginger sauce to each pan.
- Toss sauce well with pasta.
- Cook in steamer until internal temperature is 135°.

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: 70.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	75.02		
Fat	2.86g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	22.45mg		
Sodium	133.22mg		
Carbohydrates	5.50g		
Fiber	0.82g		
Sugar	4.46g		
Protein	6.12g		
Vitamin A	264.08IU	Vitamin C	7.76mg
Calcium	17.96mg	Iron	0.82mg

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Buttered Noodles

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12821
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
PASTA NOODLE EGG WGRAIN 1/2 2-5#	5 Pound	402763
MARGARINE &BTR BLND CUP 304-10GM	1 Cup	820302

Preparation Instructions

N/A

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	1.00g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	8.00mg		
Carbohydrates	15.60g		
Fiber	1.60g		
Sugar	0.40g		
Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.76mg

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

All-Beef Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12823
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
Hot Dog Bun, Whole Grain White Cluster	1 bun	1794
FRANKS BEEF 8/ 2-5 GFS	1 Each	417350

Preparation Instructions

N/A

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	270.00		
Fat	17.50g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	700.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.89mg	Iron	0.77mg

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

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12824
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	327162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
4" Whole Grain Hamburger Bun	1	3159

Preparation Instructions

Cook fish per package directions.

Serve on bun with 2 tartar sauce packets.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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	395.00
Fat	13.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	700.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	4.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 11.08mg

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

CA Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12825
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.05Z 6-5 GLDKST	1 Each	802220
CHEESE PEPR JK SLCD 6-1.5	1 Slice	777587
4" Whole Grain Hamburger Buns	1 Each	
GUACAMOLE MILD 6-12Z CALA	2 Tablespoon	217255

Preparation Instructions

Cook chicken per package directions.

Top chicken patty with 1 slice cheese and 2 tbsp guac.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	477.00
Fat	22.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	835.00mg
Carbohydrates	45.00g
Fiber	6.00g
Sugar	5.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 165.00mg	Iron 1.80mg

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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12827
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
4" Whole Grain Hamburger Buns	1 Each	
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	525490

Preparation Instructions

Cook per package directions.

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	360.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	520.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Hummus Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12828
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	1/2 Cup	108171
Baby Carrots	1 Cup	
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	1 Each	690151
LETTUCE ROMAINE - MIDWEST 1-24CT	1/2 Cup	339430
TOMATO DCD MW RECIPE 6-10 GCHC	2 Slice	316571

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	1.33
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	715.00		
Fat	26.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1835.00mg		
Carbohydrates	96.00g		
Fiber	15.00g		
Sugar	23.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	338.00mg	Iron	8.14mg

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

Ham & Swiss on Pretzel Bun k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12829
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	3 Slice	680656
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	500162

Preparation Instructions

ALLERGENS: WHEAT, MILK

Meal Components (SLE)

Amount Per Serving

Meat	1.88
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	297.50
Fat	10.13g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	370.00mg
Carbohydrates	33.75g
Fiber	3.00g
Sugar	4.75g
Protein	17.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 2.67mg

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

Turkey/Cheese Sandwich All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12831
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	2 Slice	231053
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409

Preparation Instructions

ALLERGENS: MILK, SOY WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.75
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	410.00		
Fat	13.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	755.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	348.00mg	Iron	2.36mg

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

Roast Beef/Cheese Sand

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12832
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
BREAD, 100% WW SLICED, AM	2 Slice	0336
BEEF RST CKD DELI SLCD 6-2 GCHC	1 Ounce	680605

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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	215.00		
Fat	3.50g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	460.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	11.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.54mg

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

Hummus/Pretz/Veg

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12834
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	1/2 Cup	108171
Baby Carrots	1 Cup	
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	2 Package	893711

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	1.33
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	475.00		
Fat	20.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	995.00mg		
Carbohydrates	59.00g		
Fiber	10.00g		
Sugar	10.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	108.00mg	Iron	5.60mg

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

Tuna Sandwich

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12836
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TUNA CHNK LT IN WTR 48-5Z STARKIST	1 #2 CAN	268383
MAYONNAISE FAT FREE PC 200-12GM HNZ	1 1/2 Cup	717141
CELERY 24CT MI LOCAL	1 Cup	601553
SPICE ONION POWDER 14Z BADIA	1/8 Teaspoon	430888
BREAD, 100% WW SLICED, AM	26 Slice	0336

Preparation Instructions

Drain tuna. Add mayonnaise, celery and onion powder. Keep refrigerated per HAACP guidelines.

Meal Components (SLE)

Amount Per Serving

Meat	3.75
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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	181.73		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.58mg		
Sodium	312.12mg		
Carbohydrates	32.35g		
Fiber	4.00g		
Sugar	4.12g		
Protein	6.00g		
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

Buffalo Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12837
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/4 Cup	704229
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	150160

Preparation Instructions

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

Serve with 2 packets mayo.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	502.58
Fat	23.53g
SaturatedFat	10.87g
Trans Fat	0.00g
Cholesterol	104.67mg
Sodium	3312.95mg
Carbohydrates	47.03g
Fiber	0.17g
Sugar	0.08g
Protein	31.02g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 281.73mg **Iron** 0.08mg

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

Chicken Pesto Wrap

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12839
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	13 Each	690151
SAUCE PESTO BASIL 2-30Z PG	1 Cup	844761
CHIX BRST CHNK GRLLD PRTND .4Z 4-7.6	2 1/2 Pound	576282
TOMATO PLUM I/JCE 6-10 ACUCINA	1/2 Cup	358914

Preparation Instructions

Cook chicken per package instructions.

Toss chicken with pesto and wrap.

Include one bag heartzel pretzels and one cup grape tomatoes with sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	398.57		
Fat	17.68g		
SaturatedFat	4.87g		
Trans Fat	0.00g		
Cholesterol	2.91mg		
Sodium	490.77mg		
Carbohydrates	50.49g		
Fiber	5.08g		
Sugar	3.31g		
Protein	9.93g		
Vitamin A	76.92IU	Vitamin C	1.62mg
Calcium	247.23mg	Iron	3.08mg

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

Chicken Ranch Wrap k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12840
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Each	533830
LETTUCE LEAF DELI 2-5 RSS	1 Piece	416593
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce	537705
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910

Preparation Instructions

ALLERGENS: EGGS, MILK, SOY, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	4.00
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	641.25		
Fat	34.00g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1159.58mg		
Carbohydrates	57.17g		
Fiber	1.67g		
Sugar	3.08g		
Protein	28.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	74.33mg	Iron	1.58mg

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

BLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12842
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
BACON CKD MED SLCD 3-100CT GFS	4 Slice	314196
TOMATO PLUM I/JCE 6-10 ACUCINA	1/2 Cup	522312
LETTUCE ICEBERG 24CT P/L	2 Slice	840401
MAYONNAISE LT PKT 200-12GM GCHC	2 Package	188741
BREAD, 100% WW SLICED, AM	2 Slice	0336
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	786801
Baby Carrots	1/2 Cup	

Preparation Instructions

Assemble sandwich with all ingredients.

Serve with two cheese sticks, .5 cup baby carrots and 2 packets mayo.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.67
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	713.50
Fat	28.60g
SaturatedFat	8.40g
Trans Fat	0.04g
Cholesterol	56.00mg
Sodium	1709.10mg
Carbohydrates	81.50g
Fiber	20.00g
Sugar	36.00g
Protein	38.60g

Vitamin A	5411.56IU	Vitamin C	30.18mg
Calcium	605.04mg	Iron	4.78mg

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

Asian (Tangerine) Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12843
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	791710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	5.00
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	190.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	380.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12845
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
STRAWBERRY IQF 30 COMM	1/2 Cup	150450
YOGURT VAN L/F 6-32Z DANN	1 Cup	541966
GRANOLA BAG IW 144-1.25Z FLDSTN	2 Each	853541

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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	239.00		
Fat	3.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	142.00mg		
Carbohydrates	44.00g		
Fiber	2.00g		
Sugar	38.00g		
Protein	10.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	350.00mg	Iron	0.00mg

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

Turkey Sandwich, MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12992
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	244190
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	3/4 Ounce	311405
BREAD, 100% WW SLICED, AM	2 Slice	0336
MAYONNAISE LT PKT 200-12GM GCHC	2 Package	188741
LETTUCE ROMAINE 12CT MRKN	1 Slice	200344
Baby Carrots	1/2 Cup	

Preparation Instructions

Assemble sandwich.

Include 1 cup baby carrots and 2 mayo packets in container.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.67
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	415.00
Fat	18.75g
SaturatedFat	4.13g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	832.50mg
Carbohydrates	42.25g
Fiber	6.00g
Sugar	7.75g
Protein	17.75g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	104.00mg	Iron	0.54mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Quesadilla

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12996
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	144 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	4 1/2 Pound	150250
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 Pound	570533

Preparation Instructions

Cut tortillas in half.

Sprinkle .5 oz cheese on one tortilla half. Sprinkle 2 oz chicken on top.

Top with remaining half of tortilla.

Cook until cheese is melted and top is browned.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	252.58		
Fat	10.91g		
SaturatedFat	5.55g		
Trans Fat	0.00g		
Cholesterol	51.92mg		
Sodium	274.92mg		
Carbohydrates	20.18g		
Fiber	2.00g		
Sugar	1.00g		
Protein	18.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	125.83mg	Iron	1.48mg

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

Cheese Quesadilla

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12997
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	144 Each	882700
CHEESE CHED MLD SHRD 4-5 LOL	9 Pound	150250

Preparation Instructions

Cut tortillas in half.

Place 1 oz cheese on one tortilla half.

Top with remaining half of tortilla.

Cook until cheese is melted and top is browned.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 144.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	12.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	285.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	219.00mg	Iron	1.08mg

*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-13001
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	558110

Preparation Instructions

Heat hamburger per package directions.

Serve on WG bun.

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	390.00
Fat	16.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	470.00mg
Carbohydrates	38.00g
Fiber	1.00g
Sugar	6.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	Iron 3.80mg

*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-13002
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1 Each	254262
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

Preparation Instructions

Cook hamburger per package directions. Add cheese to hamburger.

Serve on WG Bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	235.00		
Fat	16.00g		
SaturatedFat	7.25g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	340.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	1.80mg

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

Veggie Burger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13003
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
BURGER VEGGIE 3.5Z 4-16CT MSTARFM	1 Each	815690
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1 Each	254262

Preparation Instructions

Heat veggie burger per package directions.

Serve on WG 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	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Garden Salad, MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13006
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
LETTUCE CHL ROMAINE SHRD 6/2 LB	1 Cup	15D11
Baby Spinach	1 Cup	15R76
CAKE CARROT 4-46Z ORIGC	1/4 Cup	424492
CUCUMBER 1-24CT MARKON	1/4 Cup	238653

Preparation Instructions

Assemble all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving

Calories	16.95		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.25mg		
Carbohydrates	2.50g		
Fiber	0.08g		
Sugar	0.25g		
Protein	0.08g		
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	2.08mg	Iron	0.04mg

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

Roasted Cauliflower

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13014
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER 10 MI LOCAL	48 Cup	601400
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup	502146
SEASONING, HOME FRY NO MSG SALT FREE SHELF STABLE SPICE	4 Teaspoon	1353457
Black Pepper	4 Teaspoon	24108

Preparation Instructions

In a large bowl, combine cauliflower, oil, salt and pepper. Toss to combine.

Transfer cauliflower to a large baking sheet and spread into a single layer. Roast until cauliflower is golden brown, tossing occasionally. Remove from oven and sprinkle with cheese.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	15.00		
Fat	1.67g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

BBQ Pork Sandwich

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13015
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	498702
BUN HAMB WHLWHT 4.5" 6-12CT ANTMILL	1 Each	536041

Preparation Instructions

Cook pork per package directions.

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	449.00		
Fat	19.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	373.00mg		
Carbohydrates	45.00g		
Fiber	5.00g		
Sugar	20.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.44mg

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

Reg Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13041
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	525480
BUN HAMB SLCD WHLWHE R/SOD 3.5 12-12	1	254262

Preparation Instructions

Cook per package directions.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
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	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	290.00mg		
Carbohydrates	9.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Chicken Parmesan

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13057
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	150 Each	525480
CHEESE PROV SLCD .6Z 6-1.5# GRANDE	150 Slice	244103

Preparation Instructions

Bake chicken patties according to package directions.

Top each chicken patty with marinara sauce, then provolone cheese.

Bake until cheese is melted and brown.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.41
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	224.57		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	514.44mg		
Carbohydrates	12.28g		
Fiber	4.64g		
Sugar	3.28g		
Protein	20.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.11mg	Iron	1.00mg

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

Broccoli, Rice Casserole

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13061
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
Black Pepper	1 Teaspoon	24108
SPICE GARLIC GRANULATED 20 TRDE	1 1/2 Teaspoon	228435
ONION DEHY CHPD 14Z BADIA	1 1/2 Ounce	430962
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 5/8 Ounce	100036
MILK PWD FF INST 6-5 P/L	3 Cup	311065
SOUP CRM OF MUSHRM 12-18Z PROGR	3 1/4 Cup	267843
BROCCOLI CUTS 12-2.5 GFS	5 Pound	119245
RICE WHITE 12-14Z MINUTE RICE	2 3/16 Pound	366723

Preparation Instructions

1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, and pepper.
2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Bake:
Conventional oven: 350° F for 30 minutes
Convection oven: 300° F for 20 minutes
DO NOT OVERBAKE.
CCP: Heat to 140° F or higher.
OR
If using previously cooked and chilled rice:
CCP: Heat to 165° F or higher for at least 15 seconds.
4. CCP: Hold for hot service at 135°F or higher.
Portion with No. 12 scoop (1/3 cup).
Food as Purchased

50 Servings 100 Servings

Enrich white rice long grain, reg 15 oz 1 lb 14 oz

Mature onions 10 oz 1 lb 4 oz

Serving

cup (No. 12 scoop) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	0.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	23.02
Fat	0.18g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	1.40mg
Sodium	32.86mg
Carbohydrates	3.69g
Fiber	0.16g
Sugar	2.85g
Protein	1.81g
Vitamin A 0.30IU	Vitamin C 1.26mg
Calcium 57.04mg	Iron 0.04mg

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

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13074
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
BREAD, 100% WW SLICED, AM	2 Slice	0336
MARGARINE CUP CHURN 432-10GM CNTRYCR	1 Tablespoon	767867
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	2 Each	164216

Preparation Instructions

Brush both sides of bread with liquid margarine.

Assemble sandwich. Bake until cheese is melted and bread is browned.

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	365.00		
Fat	18.00g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	920.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	224.00mg	Iron	0.00mg

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

Roasted Carrots

Servings:	57.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13075
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
Baby Carrots	10 Pound	
OIL OLIVE POMACE 6-1GAL KE	1 Cup	502146
SEASONING, HOME FRY NO MSG SALT FREE SHELF STABLE SPICE	4 Teaspoon	1353457
Black Pepper	3 Teaspoon	24108

Preparation Instructions

Combine carrots, oil, salt and pepper in large bowl. Spread on baking sheet and bake until sprouts are beginning to brown.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.23
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.04		
Fat	4.21g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.65mg		
Carbohydrates	1.33g		
Fiber	0.35g		
Sugar	0.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Glazed Carrots

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13173
School:	Chagrin Falls Middle School		

Ingredients

Description	Measurement	DistPart #
Baby Carrots	8 Pound	
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup	184622
SUGAR BROWN LT 12-2 GFS	1 Cup	314641
Tap Water for Recipes	8 Cup	000001WTR

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	0.22
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.80		
Fat	4.67g		
SaturatedFat	0.93g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	9.17mg		
Carbohydrates	5.17g		
Fiber	0.33g		
Sugar	4.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.01mg	Iron	0.00mg

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

Beef Gyro

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13473
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
GYRO BEEF RAW SLCD 1.25Z 10 OLYMP	4 Slice	575851
BREAD PITA 7 WGRAIN 12-10CT OLYMP	1 Each	320853

Preparation Instructions

Cook meet per package directions

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: 0.00 Each

Amount Per Serving

Calories	400.00		
Fat	30.00g		
SaturatedFat	12.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1060.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.16mg

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

Grilled, Cheese, Cheddar, GS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20201
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
WG White Bread	2 Slice	1071
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	2 Slice	726524
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon	614640

Preparation Instructions

Assemble sandwiches. Brush both sides of bread with butter. Bake in oven until cheese melts.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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	400.00		
Fat	29.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	580.00mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	301.00mg	Iron	0.00mg

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

HUMMUS & PRETZELS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25992
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
HUMMUS ORIG 4-5GAL GREC	200 Ounce	209902
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	893711

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	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	8.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	6.00g		
Sugar	3.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.80mg

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

Choice of Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25993
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

Ham & Cheddar on Croissant k-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26839
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	1 Slice	726524
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce	680656

Preparation Instructions

ALLERGENS: MILK, SOY, EGG, WHEAT

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	330.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	785.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.86mg

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

Ham & American Sliders k-6

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26840
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Slice	680656
BUN SLIDER SLCD WGRAIN 2.5 288-1.2Z	2 Each	303071
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

ALLERGENS: WHEAT, MILK, SOY

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	240.00
Fat	7.25g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	725.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	3.00g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.50mg	Iron 1.98mg

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

Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26924
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2 1/8 Quart	516371
SALT IODIZED 25 CARG	1/2 Teaspoon	108286

Preparation Instructions

Bring 3 quarts of water to a boil.

Place 1 quart 1/2 cup of brown rice (1lb 13oz) in each steam table pan (12"x20"x2 1/2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Or use 1 - 4" steam table pan.

Add butter and salt to rice.

Pour boiling water over brown rice. Stir. Cover pan tightly.

Bake:

Convectional oven: 350 degrees F for 40 minutes.

Convection oven: 325 degrees F for 40 minutes.

Steamer: 5 lb pressure for 25 minutes.

Remove cooked rice from oven and let stand covered for 5 minutes. Stir Rice.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 140 degrees F or higher.

Portion with #8 scoop (1/2 cup)

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	115.87
Fat	1.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.51mg
Carbohydrates	24.54g

Fiber	0.68g		
Sugar	0.00g		
Protein	2.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.49mg	Iron	0.68mg

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

Italian Combo Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27078
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice	199721
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each	406343
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice	726532

Preparation Instructions

ALLERGENS: MILK, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.75
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	417.95
Fat	16.00g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	947.88mg
Carbohydrates	42.17g
Fiber	3.17g
Sugar	6.08g
Protein	26.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 286.00mg	Iron 3.74mg

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

Goldfish, Cheese Cubes & Grapes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27081
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	680130
GRAPES FRSH SEEDLESS 64-2.25Z P/L	4 Ounce	158901

Preparation Instructions

ALLERGENS: WHEAT, MILK

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.50
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	356.31		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	531.02mg		
Carbohydrates	46.78g		
Fiber	0.71g		
Sugar	14.22g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	248.72mg	Iron	1.40mg

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

Nachos w/Cheese Boxed Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27082
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL CRN YEL RND REST 48-2Z	1 Bag	136462
SAUCE CHS CHED DIP CUP 140-3Z LOL	2 Each	528690
SALSA CUP 84-3Z REDG	1 Each	677802
BEAN BLACK 6-10 GRSZ	1/2 Cup	557714

Preparation Instructions

ALLERGENS: MILK

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	810.00		
Fat	31.00g		
SaturatedFat	13.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1920.00mg		
Carbohydrates	97.00g		
Fiber	10.00g		
Sugar	23.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	728.00mg	Iron	3.00mg

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

Turkey Coin Lunchable Boxed Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27083
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	5 Piece	394123
CRACKER RITZ 300-2CT NAB	4 Package	426962
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

ALLERGENS: WHEAT, SOY, DAIRY

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	295.00
Fat	13.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	885.00mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	2.50g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.94mg	Iron 2.00mg

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

Turkey/Cheese Sub All

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27084
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
BUN SUB SLCD WGRAIN 8 10-6CT	1 Each	406343
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
CHEESE SWS SLCD .75Z 6-1.5 GCHC	1 Slice	327409

Preparation Instructions

ALLERGENS: MILK, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.75
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	411.25
Fat	13.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	639.58mg
Carbohydrates	40.17g
Fiber	3.17g
Sugar	6.08g
Protein	31.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 304.33mg	Iron 3.14mg

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

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27085
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	2 Tablespoon	704229
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

Preparation Instructions

ALLERGENS: WHEAT, SOY, MILK

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
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	467.92
Fat	20.33g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	66.67mg
Sodium	1947.93mg
Carbohydrates	45.83g
Fiber	0.17g
Sugar	0.08g
Protein	28.08g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	278.00mg	Iron	0.48mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

BBQ Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27086
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE LEAF DELI 2-5 RSS	1 Slice	416593
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
SAUCE BBQ 4-1GAL GCHC	2 Tablespoon	734136
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	570533

Preparation Instructions

ALLERGENS: WHEAT, SOY

Cook chicken per package directions. In large bowl, toss chicken in wing sauce.

Place chicken, cheese and lettuce on wrap.

Wrap sandwich.

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	416.02		
Fat	11.43g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	1062.62mg		
Carbohydrates	58.83g		
Fiber	0.47g		
Sugar	8.08g		
Protein	21.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.00mg	Iron	0.48mg

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

Asian Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27217
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

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

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

Asian Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27218
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	3 9/10 Ounce	791710
TORTILLA WHLWHE 12 6-12CT GRZ	1 Each	118910
LETTUCE LEAF DELI 2-5 RSS	1 Piece	416593
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

Preparation Instructions

ALLERGENS: EGGS, SOY, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	4.50
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	801.25		
Fat	15.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	914.58mg		
Carbohydrates	141.17g		
Fiber	4.17g		
Sugar	13.08g		
Protein	31.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.33mg	Iron	3.52mg

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

CHICKEN TENDERS, GFS #533830

Servings:	1.00	Category:	Entree
Serving Size:	1.00 3 EA	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27219
School:	Gurney Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX TNDR BRD WGRAIN 1.41Z 4-7.7	3 Piece	533830

Preparation Instructions

ALLERGENS: SOY, WHEAT

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: 1.00

Serving Size: 1.00 3 EA

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

CHICKEN TENDERS, HS GFS #533830

Servings:	1.00	Category:	Entree
Serving Size:	1.00 6 EA	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27220
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	6 Piece	533830

Preparation Instructions

ALLERGENS: SOY, WHEAT

Meal Components (SLE)

Amount Per Serving

Meat	4.00
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 6 EA

Amount Per Serving

Calories	480.00		
Fat	24.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	810.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	39.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.00mg

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

Nashville Hot Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29530
School:	Chagrin Falls High School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST FLLT BRD HOT NSHVLL 2-5.75	1 Each	174495
3.5" Whole Grain White Hamburger Bun Small Barb	1 Each	1589
Pickle Slices	2 Each	02544

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: 0.00 Each

Amount Per Serving

Calories	132.50		
Fat	15.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	415.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	5.00g		
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