

Cookbook for Whaley Children's Center

Created by HPS Menu Planner

Table of Contents

Choice of Juice

Walking Taco

All American Cheese Burger

Bacon Club Wrap

Fresh Vegetable

Whole Grain French Toast Sticks & Sausage Patty

Chicken Tenders

Pasta Salad

Omelet with Toast

Sloppy Joes

Cobb Salad

Tator Tots

Fresh Fruit

Bacon Egg & Cheese Croissant

Pancake & Sausage Sandwich

Banana

Potato Wedges

Breakfast Pizza

Grilled Cheese

Breakfast Sandwich

Breakfast Burrito

Chicken Pita

Cesar Wraps

Choice of Juice

NO IMAGE

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26593
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	1.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.17mg		
Carbohydrates	0.32g		
Fiber	0.00g		
Sugar	0.30g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.17mg	Iron	0.01mg

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

Walking Taco



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26598
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	190 1/5 Ounce		722330
CHIP NACHO REDC FAT 72-1Z DORITOS	60 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
SAUCE CHS CHED POUCH 6-106Z LOL	180 Ounce		135261

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater
Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater
Hold ingredients at 135 degrees F or greater until service
Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00

GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	371.40
Fat	19.90g
SaturatedFat	8.80g
Trans Fat	0.29g
Cholesterol	65.00mg
Sodium	1041.90mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	3.00g
Protein	21.80g

Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	368.00mg	Iron	2.30mg

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

All American Cheese Burger



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26602
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	60 Each		661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	60 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	60 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	18.00g
SaturatedFat	7.30g
Trans Fat	0.80g
Cholesterol	61.50mg
Sodium	591.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g

Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	132.50mg	Iron	2.00mg

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

Bacon Club Wrap



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26604
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	60 Ounce	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	60 Ounce	Weigh	100187
BACON TKY CKD 12-50CT JENNO	120 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	60 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	60 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.31
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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	539.06
Fat	26.63g
SaturatedFat	7.81g
Trans Fat	0.00g
Cholesterol	116.44mg
Sodium	2054.09mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	4.18g
Protein	39.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.72mg

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

Fresh Vegetable

NO IMAGE

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26610
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	45 Cup	UNSPECIFIED None	
PEPPERS ASST COLORS 4-6CT P/L	45 Cup		644562
Broccoli Florets	30 Cup	READY_TO_EAT	2332

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

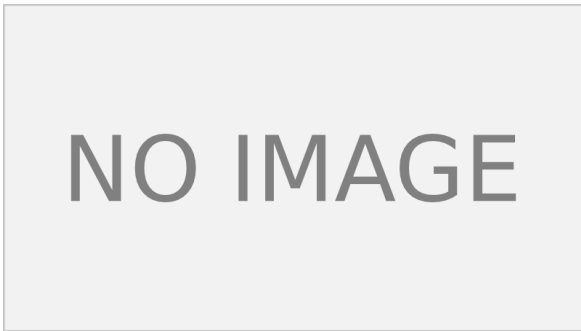
Amount Per Serving

Calories	74.40
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.15mg
Carbohydrates	14.75g
Fiber	4.95g
Sugar	3.00g

Protein	2.70g
Vitamin A 1573.80IU	Vitamin C 205.48mg
Calcium 31.91mg	Iron 36.52mg

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

Whole Grain French Toast Sticks & Sausage Patty



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26690
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	60 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
French Toast Sticks, Whole Grain	120 Piece	BAKE Convectional Oven; Frozen: in a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.	13450

Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Prepare Sausage Patty as stated on the box.

Once items are prepared, place 2 french toast sticks and 1 sausage patty into an 8 ounce paper tray.

Keep in warmer until ready to serve.

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: 60.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	301.00
Fat	15.33g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	32.67mg
Sodium	365.33mg
Carbohydrates	29.67g
Fiber	1.33g
Sugar	7.33g
Protein	10.67g

Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

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

Chicken Tenders



Servings:	60.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26698
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	180 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

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.

Serving Size: 3 each

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: 60.00
 Serving Size: 3.00 Serving

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

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

Pasta Salad

NO IMAGE

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26711
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW 4-5 GCHC	4 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 Each		592315
CARROT JUMBO 50 P/L	1 1/3 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	2 Each		418439
TOMATO 5X6 XL 5 MRKN	2 Each		438197
DRESSING ITAL 4-1GAL KE	1/2 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.07
Fruit	0.00
GreenVeg	0.00
RedVeg	0.08
OtherVeg	0.05
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	131.29
Fat	1.63g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	615.20mg
Carbohydrates	25.28g
Fiber	1.30g
Sugar	3.63g
Protein	3.85g
Vitamin A 651.81IU	Vitamin C 3.04mg
Calcium 13.11mg	Iron 1.06mg

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

Omelet with Toast

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26712
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	60 Each		462489
380 - Aunt Millie's WG Honey White Bread	60 Each		380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	260.00mg		
Sodium	720.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	143.00mg	Iron	7.00mg
----------------	----------	-------------	--------

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

Sloppy Joes

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26750
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	217 4/5 Ounce		564790
3.5 WG Hamburger Bun	60 Each	READY_TO_EAT	3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg

Calcium 36.00mg **Iron** 10.00mg

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

Cobb Salad

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26757
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	120 Cup		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	138 Ounce	UNSPECIFIED Not currently available	570533
EGG HARD CKD PLD 10 DEB EL	30 Each		557540
TOMATO CHERRY 11 MRKN	120 Each		569551
AVOCADO GRN 12CT P/L	120 Slice		592331
BACON BITS IMIT 1-10 FARBURY	60 Tablespoon		230904
Breadstick, Wheat, 8"	60 Each		34072

Preparation Instructions

Wash Hands put on gloves

Boil eggs

Combine lettuce and chicken in container

Place Tomatoes on the side in the container

Top with boiled egg, avacado and bacon bits

Offer/Serve with dressing

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.24
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	434.44
Fat	16.85g
SaturatedFat	3.15g
Trans Fat	0.00g
Cholesterol	124.67mg
Sodium	542.02mg
Carbohydrates	41.45g
Fiber	10.38g
Sugar	5.70g
Protein	25.33g
Vitamin A 593.81IU	Vitamin C 11.67mg
Calcium 134.59mg	Iron 2.98mg

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

Tator Tots

NO IMAGE

Servings:	60.00	Category:	Vegetable
Serving Size:	12.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26769
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	226 4/5 Ounce		563840

Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

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	0.75

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 12.00 Serving

Amount Per Serving

Calories	135.00
Fat	5.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	255.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	0.00g
Protein	1.50g

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

Fresh Fruit

NO IMAGE

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26776
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3 3/5 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	3 3/5 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	3 3/5 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3 3/5 Each		198021
STRAWBERRY 8 MRKN	3 3/5 Cup		212768
KIWI 33-39CT P/L	3 3/5 Each		287008
PEAR 95-110CT MRKN	3 3/5 Ounce		198056
MELON MUSK CANTALOUPE 12-15CT P/L	3 3/5 Cup		200565

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: 60.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	35.03
Fat	0.10g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.73mg
Carbohydrates	9.01g
Fiber	1.28g
Sugar	5.42g
Protein	0.46g

Vitamin A	36.72IU	Vitamin C	41.77mg
Calcium	9.91mg	Iron	0.15mg

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

Bacon Egg & Cheese Croissant

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26792
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	60 Slice		433608
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	60 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	60 Each		592625
CHEESE AMER 184CT SLCD 4- 5 GCHC	60 Slice		272744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.00		
Fat	19.50g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	745.01mg		
Carbohydrates	29.50g		
Fiber	2.00g		
Sugar	4.50g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.50mg	Iron	2.00mg

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

Pancake & Sausage Sandwich

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26971
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST PANCK SAUS CHIX 168-2.4Z	1 1		174672

Preparation Instructions

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 350 degrees F for 20-22 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	0.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.01mg		
Sodium	0.08mg		
Carbohydrates	0.01g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.06mg	Iron	0.00mg
----------------	--------	-------------	--------

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

Banana

NO IMAGE

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26980
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	60 Each		197769

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Potato Wedges

NO IMAGE

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26981
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	10 4/5 Pound		457558
No Salt	3/10 Tablespoon		NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.
Heat in 350 degree oven until potatoes are hot and dry to the touch.
Internal temperature should be 180 or higher.
Sprinkle each pan lightly with No Salt.
Keep hot in heated cabinet at 180 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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	130.45
Fat	6.02g
SaturatedFat	1.51g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.94mg
Carbohydrates	17.06g

Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.07mg	Iron	0.70mg

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

Breakfast Pizza

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26987
School:	Whaley Children's Center		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

Grilled Cheese

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26995
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 1/5 Slice	Ready to eat	710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 1/5 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	3/10 Tablespoon		733061

Preparation Instructions

Spread margarine on bottom slice of bread, add 2 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	3.00
Fat	0.17g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.25mg
Sodium	6.75mg
Carbohydrates	0.24g
Fiber	0.04g
Sugar	0.03g

Protein		0.12g	
Vitamin A	3.75IU	Vitamin C	0.00mg
Calcium	2.39mg	Iron	0.02mg

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

Breakfast Sandwich

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27008
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	3/5 Each		208640
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	3/5 Each		462519
SAUSAGE PTY CKD CN 1.5Z 10 JDF	3/5 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1//2 - 4 minutes if frozen, 3 - 3 1//2 minutes if thawed.	466891
CHEESE AMER 160CT SLCD 6-5 COMM	3/5 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
 Serving Size: 1.00 Serving

Amount Per Serving			
Calories	4.10		
Fat	0.27g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	1.18mg		
Sodium	7.85mg		
Carbohydrates	0.28g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.02mg

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

Breakfast Burrito

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27026
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 24-12CT GRSZ	60 Each		713330
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	60 Each	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.	138941
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	60 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	60 Slice		150260

Preparation Instructions

1. Cook egg & sausage according to directions. CCP: Hold hot at 135F or higher
2. Add egg, sausage & one slice off cheese to 8" tortilla.
3. Wrap in foil paper.
4. Serve hot.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 60.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	17.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	815.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	20.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.50mg	Iron	2.00mg

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

Chicken Pita

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28724
School:	Whaley Children's Center		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

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

Cesar Wraps

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29306
School:	Whaley Children's Center		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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