

Cookbook for Alpine

Created by HPS Menu Planner

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Mini Corndogs

Servings:	1000.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13549
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	6000 Each	BAKE CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	497360

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: 1000.00

Serving Size: 6.00

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	1.50g		
Sugar	7.50g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	2.25mg

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

Pretzel Nuggets

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13550
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	3000 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Spaghetti Sauce

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13552
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 GCHC	2000 Fluid Ounce		144207

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	7.00g		
Fiber	1.50g		
Sugar	3.50g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.54mg

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

Apple Cinnamon Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13553
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1000 Slice		152504

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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	2600.00
Fat	60.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2900.00mg
Carbohydrates	450.00g
Fiber	20.00g
Sugar	170.00g
Protein	80.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 530.00mg	Iron 30.00mg

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Sausage Links

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13554
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK PORK 1.2Z 250CT COMM	2000 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

Preparation Instructions

No Preparation Instructions available.

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: 1000.00

Serving Size: 2.00

Amount Per Serving

Calories	140.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	520.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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Tangerine Chicken

Servings:	1000.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13556
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4000 Ounce		791710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	0.51
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 4.00

Amount Per Serving

Calories	194.87		
Fat	4.10g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	46.15mg		
Sodium	389.74mg		
Carbohydrates	25.64g		
Fiber	2.05g		
Sugar	13.33g		
Protein	14.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.48mg

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Fortune Cookie

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13559
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1000 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.17
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Mini Waffle

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13561
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1000 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	200.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.10mg

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Sausage Patty

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13562
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	2000 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

Preparation Instructions

No Preparation Instructions available.

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: 1000.00

Serving Size: 2.00

Amount Per Serving

Calories	140.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	520.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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Tortilla Chips

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13638
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	1000 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	1.00mg

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Dinner Roll

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13639
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1000 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	130.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.04mg	Iron	1.00mg

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

Dutch Waffle

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13640
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1000 Each		607351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	300.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	43.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Yogurt

Servings:	1000.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13680
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1000 Each	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

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

String Cheese

Servings:	1000.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13682
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1000 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	60.00		
Fat	3.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

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

Goldfish Crackers

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13685
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1000 Package		194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.00mg

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

Turkey Roll

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13687
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1000 Each	READY_TO_EAT	713340
CHEESE CHED MLD SHRD 4-5 LOL	250 Cup		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving	
Calories	300.00
Fat	14.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	550.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.00mg	Iron 2.00mg

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

Baby Carrots

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13695
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SNACK CLEANED 200-1Z RSS	1000 Package		613967

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	90.00mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	4000.00IU	Vitamin C	1.20mg
Calcium	42.00mg	Iron	0.00mg

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

Apple Slices

Servings:	1000.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13696
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1000 Package	READY_TO_EAT	473171

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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

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

Rice Krispie Mini

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13697
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI 600-.39Z KELL	1000 Each		859570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	45.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

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

Fritos

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13698
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN FUN SZ 120-.75Z FRITOS	1000 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763

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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	120.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Pretzels

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13699
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL TWIST TINY 120-.5Z ROLD GOLD	1000 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158771

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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	60.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Tater Tots

Servings:	1000.00	Category:	Grain
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13852
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS 6-5 GFS	1500 Ounce		324167

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	0.25

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 2.00

Amount Per Serving

Calories	80.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.50mg	Iron	0.36mg

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

Potato Smiles

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13855
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	2400 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

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	0.50

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	129.46		
Fat	4.48g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.25mg		
Carbohydrates	19.92g		
Fiber	1.99g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	0.00IU	Vitamin C	2.39mg
Calcium	0.00mg	Iron	0.36mg

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

Hot Dog

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13856
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	1000 Each		140572

Preparation Instructions

No Preparation Instructions available.

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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	220.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.35mg	Iron	0.79mg

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

Hot Dog Bun

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13857
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1000 Each		517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	135.00mg		
Carbohydrates	19.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.00mg

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

Fiesta Beans

Servings:	1000.00	Category:	Grain
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13862
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO 6-10 BUSH	500 Cup		581180

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 0.50

Amount Per Serving

Calories	120.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	460.00mg		
Carbohydrates	22.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	2.00mg

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

Mashed Potatoes

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13863
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED PREM FRSH 4-5 GCHC	500 Cup		770752

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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	130.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
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

Tomato Soup

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13890
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 CAMP	500 Cup		101427

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	0.75
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 0.50

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	480.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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

Jessica's Chef Salad

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13891
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1000 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	250 Serving		150250
TOMATO CHERRY 11 MRKN	2000 Each		569551
CUCUMBER SELECT 24CT MRKN	2000 Each		418439
CRACKER SALTINE 300-4CT ZESTA	1000 Package		270644

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	107.60		
Fat	3.50g		
SaturatedFat	1.55g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	232.50mg		
Carbohydrates	15.75g		
Fiber	2.25g		
Sugar	4.00g		
Protein	4.70g		
Vitamin A	777.00IU	Vitamin C	13.06mg
Calcium	78.91mg	Iron	0.82mg

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

Mandarin Oranges

Servings:	1000.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13908
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	500 Cup		152811

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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Broccoli

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13909
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1000 Cup		732451

Preparation Instructions

No Preparation Instructions available.

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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	30.00		
Fat	0.40g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.00mg		
Carbohydrates	6.00g		
Fiber	2.20g		
Sugar	2.00g		
Protein	2.40g		
Vitamin A	548.24IU	Vitamin C	78.50mg
Calcium	41.36mg	Iron	0.64mg

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

Mini Pancakes

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13910
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1000 Package		395303

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	36.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.00g		
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

Chicken Gravy

Servings:	1500.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13919
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	1500 Tablespoon	BAKE	290025

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	0.70

Nutrition Facts

Servings Per Recipe: 1500.00

Serving Size: 1.00

Amount Per Serving

Calories	35.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	7.00g		
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

Hot Ham & Cheese on a Bun

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13920
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM 2-7AVG JENNO	3580 Ounce		434663
CHEESE SLCD YEL 6-5 COMM	1000 Slice		334450
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1000 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.08
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: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	305.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	1165.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	5.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.72mg

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

Fish Shapes

Servings:	1000.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13921
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4000 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 4.00

Amount Per Serving

Calories	220.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.80mg

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

Rotini with Meat Sauce

Servings:	1000.00	Category:	Entree
Serving Size:	7.44	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13924
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1000 Serving		728590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 7.44

Amount Per Serving

Calories	210.90
Fat	16.00g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	605.99mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 23.00mg
Calcium 55.00mg	Iron 3.00mg

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

Pepperoni Pizza Square

Servings:	1000.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13925
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD PEPP 105-4Z	1000 Each	CONVECTION Cook for 9-12 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook before eating to an internal temperature of 165°F as measured by a food thermometer.	736652

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	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	280.00		
Fat	12.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	550.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	231.00mg	Iron	2.00mg

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

Blueberry Muffin

Servings:	1000.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13926
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1000 Each		262370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Hash Brown Triangles

Servings:	1000.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13928
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 120-2.25Z OREI	2000 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

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	0.50

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
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

Servings:	1000.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15001
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1000 Cup		451730

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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.00mg

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Milk

Servings:	1000.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15002
School:	Alpine		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% LF WHITE MILK	1000 Cup	READY_TO_DRINK	4752

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: 1000.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	120.00mg		
Carbohydrates	11.00g		
Fiber	0.00g		
Sugar	11.00g		
Protein	8.00g		
Vitamin A	10.00IU	Vitamin C	2.00mg
Calcium	30.00mg	Iron	0.00mg

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Peanut Butter & Jelly Sandwich

Servings:	10.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29298
School:	Central		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	20 Slice		204822
PEANUT BUTTER SMOOTH 6-5 GFS	10 Ounce		183245
JELLY APPLE-GRAPE 6-10 GCHC	10 Ounce		100927
CHEESE STRING MOZZ IW 168-1Z LOL	10 Each		786580

Preparation Instructions

Spread 1.00 ounce jelly and 1 oz. peanut butter onto 1 slice of bread. Top with other slice of bread. Wrap in plastic wrap or place in sandwich bag.

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: 10.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	520.00		
Fat	23.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	570.00mg		
Carbohydrates	58.00g		
Fiber	6.00g		
Sugar	21.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	258.00mg	Iron	2.70mg

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