

# **Cookbook for Prairie Heights Elementary/Middle School**

**Created by HPS Menu Planner**

# Table of Contents

**Fruit Juice**

**Refried Beans**

**Baked Beans**

**Green Beans**

**BBQ Rib on Bun**

**Golden Corn**

**Turkey Deli Sub**

**Spaghetti with Meat Sauce**

**Chicken Patty on Bun**

**Cheesy Macaroni**

**Cheesy Broccoli**

**Turkey & Cheese Lunch Kit**

**Candied Carrots**

**Taco Meat**

**Sidekick Slushie**

**Flavored Applesauce**

**Yogurt, Cheese Stick, and Strawberry Chex**

**Pizza Munchable**

**Cheeseburger on Bun\***

**Ice Cream Cup**

**Ham & Cheese Sandwich**

**Uncrustable, String Cheese, & Goldfish**

**Chicken Gravy**

**Uncrustable & String Cheese**

**Cinnamon Roll w/ Icing**

**Poptart**

# Fruit Juice

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9541
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each	118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	66.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.83mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	10.20mg
<b>Calcium</b>	8.95mg	<b>Iron</b>	0.21mg

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

# Refried Beans

<b>Servings:</b>	264.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9546
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 P/L	9 #10 CAN	293962
Salsa, Low-Sodium, Canned	2 #10 CAN	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon	224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon	273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon	225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon	126993

## Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.10
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.44
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	184.63
<b>Fat</b>	6.13g
<b>SaturatedFat</b>	3.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.55mg
<b>Sodium</b>	589.30mg
<b>Carbohydrates</b>	22.37g

<b>Fiber</b>		6.07g	
<b>Sugar</b>		1.67g	
<b>Protein</b>		10.45g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	136.17mg	<b>Iron</b>	1.81mg

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# Baked Beans

<b>Servings:</b>	480.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9547
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN	298913
ONION DEHY CHPD 15 P/L	2 Cup	263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup	860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart	846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup	109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon	655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	200621

## Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	173.58
<b>Fat</b>	0.49g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	532.19mg
<b>Carbohydrates</b>	34.86g

<b>Fiber</b>	4.87g		
<b>Sugar</b>	15.01g		
<b>Protein</b>	7.78g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	52.69mg	<b>Iron</b>	1.94mg

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# Green Beans

<b>Servings:</b>	432.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
Green Beans cnd	18 #10 CAN	100307
Tap Water for Recipes	1 Quart	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound	110611

## Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	19.86		
<b>Fat</b>	0.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	288.90mg		
<b>Carbohydrates</b>	3.41g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.22mg	<b>Iron</b>	0.00mg

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# BBQ Rib on Bun

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

## Ingredients

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

## Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 2.80mg

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# Golden Corn

<b>Servings:</b>	660.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10292
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound	100348
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	647230

## Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	72.52		
<b>Fat</b>	1.56g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	16.09g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Turkey Deli Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10293
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	2 1/2 Ounce	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

## Preparation Instructions

1. Place 2-1/2 ounces of turkey on each bun.
2. Place the cheese on top.
3. Hold in pans in the walk-in cooler until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	283.05		
<b>Fat</b>	7.64g		
<b>SaturatedFat</b>	2.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.53mg		
<b>Sodium</b>	822.96mg		
<b>Carbohydrates</b>	32.57g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	23.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	0.00mg

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# Spaghetti with Meat Sauce

<b>Servings:</b>	600.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10307
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound	221460
CHEESE PARM GRTD 12-1 PG	2 Pound	164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN	852759
SEASONING ITAL HRB 6Z TRDE	1 Cup	428574
SPICE OREGANO GRND 12Z TRDE	1 Cup	513725
SALT IODIZED 25 CARG	2 Cup	108286
BEEF CRMBL CKD 6-5 COMM	40 Pound	785840

## Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	193.66
<b>Fat</b>	2.05g
<b>SaturatedFat</b>	0.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.40mg
<b>Sodium</b>	926.66mg
<b>Carbohydrates</b>	33.54g

<b>Fiber</b>	6.20g		
<b>Sugar</b>	8.14g		
<b>Protein</b>	14.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	64.52mg	<b>Iron</b>	2.08mg

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# Chicken Patty on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10314
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	640.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	3.00mg

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# Cheesy Macaroni

<b>Servings:</b>	597.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12937
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	40 Pound	229941
SAUCE CHS CHED POUCH 6-106Z LOL	18 Package	135261
1 % White Milk	8 Gallon	1% White
MARGARINE SLD 30-1 GCHC	2 Pound	733061
SALT IODIZED 25 CARG	2 Cup	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup	225061

## Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.07
<b>Grain</b>	1.07
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 597.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	272.55
<b>Fat</b>	12.91g
<b>SaturatedFat</b>	6.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.12mg
<b>Sodium</b>	1001.78mg
<b>Carbohydrates</b>	29.99g
<b>Fiber</b>	2.14g
<b>Sugar</b>	3.75g
<b>Protein</b>	12.93g

<b>Vitamin A</b>	80.40IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	312.54mg	<b>Iron</b>	1.02mg

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# Cheesy Broccoli

<b>Servings:</b>	274.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19587
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	60 Pound	110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	135261

## Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.01
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.53
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	29.70		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.44mg		
<b>Sodium</b>	31.65mg		
<b>Carbohydrates</b>	5.42g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	3.31g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.25mg	<b>Iron</b>	0.00mg

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# Turkey & Cheese Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21449

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	394123
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	722360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	315.40		
<b>Fat</b>	11.46g		
<b>SaturatedFat</b>	4.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.70mg		
<b>Sodium</b>	1108.94mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	22.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	308.00mg	<b>Iron</b>	1.55mg

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

# Candied Carrots

<b>Servings:</b>	384.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23929
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
HONEY CLOVER 4-6 GCHC	6 Cup	225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup	224723
CARROT FZ 30 COMM	30 Pound	150390
MARGARINE SLD 30-1 GCHC	1 1/2 Cup	733061

## Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

\*\*Allergens: Milk

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	36.02
<b>Fat</b>	1.23g
<b>SaturatedFat</b>	0.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.13mg
<b>Sodium</b>	30.39mg
<b>Carbohydrates</b>	7.53g
<b>Fiber</b>	1.09g
<b>Sugar</b>	5.89g
<b>Protein</b>	0.00g

<b>Vitamin A</b>	46.88IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Taco Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27064
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound	427446
Cold Water	2 1/2 Gallon	0000

## Preparation Instructions

1. Cook meat and drain excess fat. 2. Add taco seasoning mix and water. 3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally. 4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	197.34		
<b>Fat</b>	14.02g		
<b>SaturatedFat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.32mg		
<b>Carbohydrates</b>	1.16g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.16mg	<b>Iron</b>	0.00mg

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# Sidekick Slushie

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27277
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each	863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	794181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.40
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	72.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	950.00IU	<b>Vitamin C</b>	48.00mg
<b>Calcium</b>	64.00mg	<b>Iron</b>	0.00mg

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# Flavored Applesauce

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	68.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.00mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.20mg	<b>Iron</b>	0.00mg

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# Yogurt, Cheese Stick, and Strawberry Chex

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27337

## Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	1 Package	266020

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	338.00mg	<b>Iron</b>	0.70mg

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

# Pizza Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27342

## Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup	502181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	375.00		
<b>Fat</b>	16.75g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	727.50mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	444.18mg	<b>Iron</b>	1.86mg

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

# Cheeseburger on Bun\*

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27343
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce	158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

## Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	385.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	7.25g		
<b>Trans Fat</b>	1.13g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	446.25mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	23.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	126.00mg	<b>Iron</b>	1.00mg

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

# Ice Cream Cup

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27960
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each	359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each	359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each	359730

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	43.33mg		
<b>Carbohydrates</b>	16.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.33g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	266.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	0.24mg

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

# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28898
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121

## Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	275.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	870.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	23.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 1.72mg

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

# Uncrustable, String Cheese, & Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29688
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package	745481

## Preparation Instructions

Package all items together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	470.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 1.70mg

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



# Chicken Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29691
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 8-1 LEGO	1/2 Tablespoon	762067

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	12.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	160.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Uncrustable & String Cheese

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29692
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580

## Preparation Instructions

Package all items together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.00mg

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

# Cinnamon Roll w/ Icing

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29707

## Ingredients

Description	Measurement	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each	230312
Powdered Sugar Icing	1 Serving	R-29706

## Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS.  
PANNING CHART

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SIZE INDIVIDUAL CLUSTERED CLUSTERED  
FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10"X 2")  
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2.5 OZ. 3 X 5 5 X 6 3 X 3

3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER.
4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE.
5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED.
6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM.  
BAKING TIMES WILL VARY ACCORDING TO  
SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).  
APPROXIMATE BAKING TIMES:

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SIZE BAKING TIME (MINUTES) -----  
2.5 OUNCE ROLLS CLUSTERED 14 TO 20

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

7. REMOVE FROM OVEN AND BRUSH WITH RICHS GLAZE N SHINE (RICHS® #21784).

8. COOL AND ICE WITH APPROPRIATE ICINGS (RICHS CRÈME CHEESE ICING (RICHS® #20036) OR WARM HEAT N ICE (RICHS® #21952)).

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	119.55		
<b>Fat</b>	1.31g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.07mg		
<b>Sodium</b>	78.56mg		
<b>Carbohydrates</b>	24.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.32g		
<b>Protein</b>	2.04g		
<b>Vitamin A</b>	189.47IU	<b>Vitamin C</b>	0.23mg
<b>Calcium</b>	12.53mg	<b>Iron</b>	0.87mg

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

# Poptart

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30008
<b>School:</b>	Prairie Heights Elementary/Middle School		

## Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	695880

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	186.67
<b>Fat</b>	2.83g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	196.67mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.33g
<b>Protein</b>	2.33g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 1.80mg

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