

Cookbook for Test School

Created by HPS Menu Planner

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Meatless Monday

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-768
School:	GRAND BLANC COMMUNITY SCHOOLS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	1 Ounce		654590
Marinara Sauce	1 Serving		587882
LETTUCE BLND ROMAINE MXD 4-5 RSS	1 Cup		755826
BEAN GREEN CUT 6-4 GCHC	1 Cup		610791
Applesauce Cup	1 Serving	READY_TO_EAT	110361
DRESSING RANCH LT 4-1GAL KENS	1 Serving		834941

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	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1.91		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.03mg		
Sodium	1.32mg		
Carbohydrates	0.35g		
Fiber	0.07g		
Sugar	0.07g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.68mg	Iron	0.02mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Buffalo Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-944
School:	IRONWOOD AREA SCHOOLS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.67
Grain	0.33
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 Serving

Amount Per Serving

Calories	86.67		
Fat	5.00g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	8.33mg		
Sodium	130.00mg		
Carbohydrates	5.67g		
Fiber	1.00g		
Sugar	0.33g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	0.67mg

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walking taco

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-980
School:	GRAND BLANC COMMUNITY SCHOOLS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLN TURKEY FC 4-7#	1 Ounce	Heat n Serve	232921

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.65		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.36mg		
Sodium	2.81mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.13mg	Iron	0.65mg

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Whole grain muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1039
School:	SCHOOLCRAFT UPPER ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Walking Taco

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1115
School:	Ross Beatty High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	125 Package	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.	696871
TACO FILLING BEEF 4-5 GCHC	15 5/8 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	7 13/16 Cup		191043
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Ounce		242489
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	237.92
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	364.22mg
Carbohydrates	22.33g
Fiber	3.02g
Sugar	1.03g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.40mg	Iron 1.30mg

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Lutresa's Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE BLCKBN CHPTL 4-12CT	1 Each		189051
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.02
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 Serving

Amount Per Serving

Calories	3.50		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	6.30mg		
Carbohydrates	0.22g		
Fiber	0.10g		
Sugar	0.07g		
Protein	0.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.00mg	Iron	0.02mg

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sharon's nuggets

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
2-5 CHIX NUGGET HEART SHAPED 63356CN-WG	1 Each		368330
CAKE CARROT MINI 24CT 2.6Z BISTRO	1 Each		760540

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: 100.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	2.92		
Fat	0.14g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.44mg		
Sodium	4.02mg		
Carbohydrates	0.37g		
Fiber	0.03g		
Sugar	0.23g		
Protein	0.06g		
Vitamin A	20.24IU	Vitamin C	0.01mg
Calcium	0.27mg	Iron	0.01mg

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EveryDay Fruit Juice

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-2583
School:	Test Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE PINEAP 100 72-4FLZ SUNCUP	1 Each		118980
JUICE CUP ORANGE 100% 96-4Z	1 Each		781320
Grape Juice 100% Fresh	1 1 each		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
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 Ounce

Amount Per Serving

Calories	1.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.15mg		
Carbohydrates	0.31g		
Fiber	0.00g		
Sugar	0.34g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	1.15mg
Calcium	0.00mg	Iron	0.01mg

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Taco Walking

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2794

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT None	452841

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable
OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.19
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 each

Amount Per Serving			
Calories	148.70		
Fat	4.75g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	250.15mg		
Carbohydrates	21.49g		
Fiber	1.00g		
Sugar	0.75g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.25mg	Iron	1.05mg

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Walking Tall Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2865
School:	Test High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
TURKEY TACO MEAT FC 4- 7 JENNO	303 Ounce		768230
CHEESE CHED MLD SHRD FINE 4-5 GCHC	25 Ounce		191043

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.23		
Fat	9.78g		
SaturatedFat	2.76g		
Trans Fat	0.00g		
Cholesterol	62.87mg		
Sodium	494.63mg		
Carbohydrates	21.26g		
Fiber	1.00g		
Sugar	0.00g		
Protein	18.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.38mg	Iron	1.39mg

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

Buffalo Chicken Tenders

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2892
School:	Test Middle School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.67
Grain	0.33
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 Serving

Amount Per Serving

Calories	86.67		
Fat	5.00g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	8.33mg		
Sodium	130.00mg		
Carbohydrates	5.67g		
Fiber	1.00g		
Sugar	0.33g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	0.67mg

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

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3897

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
BEEF CRMBL CKD IQF 6- 5# JTM	12 1/2 Pound		661940

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable
OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.64
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: 100.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	241.15
Fat	12.34g
SaturatedFat	3.69g
Trans Fat	0.57g
Cholesterol	34.43mg
Sodium	268.44mg
Carbohydrates	19.82g
Fiber	1.82g
Sugar	0.00g
Protein	12.66g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.03mg	Iron	1.94mg

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

Sriracha Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4195
School:	BROWN COUNTY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	3 Each		750892
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Convection Oven

From Frozen:

1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

Meal Components (SLE)

Amount Per Serving

Meat	0.94
Grain	2.38
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	482.50
Fat	9.75g
SaturatedFat	1.13g
Trans Fat	0.00g
Cholesterol	26.25mg
Sodium	187.50mg
Carbohydrates	82.50g
Fiber	2.75g
Sugar	1.50g
Protein	19.25g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	17.50mg	Iron	2.75mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4196
School:	BROWN COUNTY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing Bosco Sticks may be thawed in packaging. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. **CAUTION: FILLING MAY BE HOT!**

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN NUTRITION'S)

MARINARA SAUCE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	2.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.00mg

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Biscuit & Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4197
School:	BROWN COUNTY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
GRAVY MIX CNTRY 6-1.5 PION	4 Ounce	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	455555

Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.34
Fat	13.51g
SaturatedFat	10.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1101.73mg
Carbohydrates	48.05g

Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.03mg	Iron	1.08mg

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

Turkey Manhattan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4198
School:	BROWN COUNTY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Light Whole Grain Bread	2 Slice	BAKE	1357
TURKEY & GRAVY CKD 4-7 JENNO	5 Ounce	COOK ACCORDING TO DIRECTIONS	653171
POTATO PRLS EXCEL 12-28Z BAMER	3 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

ASSEMBLE: 2 bread down, place potatoes on bread, ladle turkey over all.

DISCLAIMER:

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Meal Components (SLE)

Amount Per Serving

Meat	2.40
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.14

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	514.23		
Fat	10.30g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	54.09mg		
Sodium	2082.14mg		
Carbohydrates	62.40g		
Fiber	4.29g		
Sugar	0.00g		
Protein	30.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	42.86mg	Iron	1.72mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4199
School:	BROWN COUNTY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	1 Ounce	BAKE	527582
Dinner roll whole grain	1		

Preparation Instructions

6 ounce serving.

White dipper - or - 1/2 cup dipper heaping

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	196.67		
Fat	4.33g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	9.17mg		
Sodium	246.67mg		
Carbohydrates	32.83g		
Fiber	0.33g		
Sugar	1.00g		
Protein	2.83g		
Vitamin A	125.00IU	Vitamin C	0.00mg
Calcium	66.67mg	Iron	0.18mg

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

chicken sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4243

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
4" Whole Grain Hamburger Bun	100	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	0.50
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 Serving

Amount Per Serving

Calories	270.00		
Fat	8.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	410.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	42.00mg
Calcium	0.00mg	Iron	11.08mg

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

Apple Bosco Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4248

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<p>BAKE Conventional Oven</p> <ol style="list-style-type: none">1. Preheat oven to 350° F.2. Place Apple Sticks on a baking sheet.3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.5. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>MICROWAVE Microwave</p> <ol style="list-style-type: none">1. Open one end of wrapper.2. Microwave high.3. THAWED: 35-40 seconds. FROZEN: 55-60 seconds.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Apple Sticks covered while thawing.3. Apple Sticks may be thawed in packaging.4. Apple Sticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>UNSPECIFIED Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	518721

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: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	200.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	9.00g
Protein	5.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	2.00mg

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

Walking Tall Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 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.	696871
BEEF CRMBL CKD IQF 6- 5# JTM	12 1/2 Pound		661940
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	1.64
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	268.65		
Fat	14.59g		
SaturatedFat	4.94g		
Trans Fat	0.57g		
Cholesterol	41.93mg		
Sodium	315.94mg		
Carbohydrates	20.07g		
Fiber	1.82g		
Sugar	0.00g		
Protein	14.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.28mg	Iron	1.94mg

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

Apple Bosco Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<p>BAKE Conventional Oven</p> <ol style="list-style-type: none">1. Preheat oven to 350° F.2. Place Apple Sticks on a baking sheet.3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.5. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>MICROWAVE Microwave</p> <ol style="list-style-type: none">1. Open one end of wrapper.2. Microwave high.3. THAWED: 35-40 seconds. FROZEN: 55-60 seconds.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Apple Sticks covered while thawing.3. Apple Sticks may be thawed in packaging.4. Apple Sticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>UNSPECIFIED Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	518721

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: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	200.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	9.00g
Protein	5.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	Iron	2.00mg

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taco recipe

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4744

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5# JTM	2 Ounce	heat to 165	210780
6 inch Ultra Grain soft tortilla shell	1 Each	BAKE	
CHEESE AMER 50/50 SHRD 4-5 KE	1 Ounce		494372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.05
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	4.31		
Fat	0.28g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	14.78mg		
Carbohydrates	0.27g		
Fiber	0.01g		
Sugar	0.05g		
Protein	0.12g		
Vitamin A	3.84IU	Vitamin C	0.03mg
Calcium	0.25mg	Iron	0.01mg

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

Tangerine stir fry

Servings:	100.00	Category:	Entree
Serving Size:	0.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4815
School:	Test Elementary School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	1 Ounce		791710
6-25.6Z RICE BROWN ASIAN LO SOD 45533	1		238491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 4 ounces

Amount Per Serving

Calories	0.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.12mg		
Sodium	0.97mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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799 SNACK KIDS MIX WG LUNCH

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-4926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	12 Each		786801
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce		811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package		251670

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: 12.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	1065.52
Fat	12.47g
SaturatedFat	4.99g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	857.61mg
Carbohydrates	203.07g
Fiber	2.00g
Sugar	134.34g
Protein	38.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1302.63mg	Iron 2.80mg

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

Taco Tuesday

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5439
School:	Test Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5 GCHC	2 1/2 Ounce		776548
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	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.	696871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.03
Grain	0.03
Fruit	0.01
GreenVeg	0.04
RedVeg	0.05
OtherVeg	0.00
Legumes	0.08
Starch	0.01

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.88		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	2.90mg		
Carbohydrates	0.18g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.55mg	Iron	0.01mg

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

walking taco

Servings:	100.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Taco Meat	2 1/4 Ounce		682160
CHIP TORTL NACH TACO I/BG 72-1.5Z	1 Each		459832
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.01
Grain	0.02
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	3.10		
Fat	0.18g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.30mg		
Sodium	4.90mg		
Carbohydrates	0.29g		
Fiber	0.03g		
Sugar	0.01g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.15mg	Iron	0.01mg

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

Beans Green Sesame

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6307
School:	Test High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL 26 P/L	10 Pound	asdfs	857424
OIL SESAME PURE 10-3.5PT ROLN	1 1/6 Tablespoon	asdfsdf	614173
OIL OLIVE PURE 4-3LTR GCHC	1 1/6 Tablespoon	asdf	432061
SALT SEA 36Z TRDE	2 Teaspoon	asdf	748590
SPICE SESAME SEED HULLED 19Z TRDE	1 1/6 Tablespoon	s	513806

Preparation Instructions

Directions:

WASH HANDS.

1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

Source: Washington State Schools Scratch Cooking Recipe Book

Notes:

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.99		
Fat	0.20g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.66mg		
Carbohydrates	0.80g		
Fiber	0.30g		
Sugar	0.40g		
Protein	0.20g		
Vitamin A	75.90IU	Vitamin C	1.34mg
Calcium	4.07mg	Iron	0.11mg

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

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN FUN SZ 120-.75Z FRITOS	100 Each	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
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	1.00
GreenVeg	4.00

RedVeg	5.00
OtherVeg	0.00
Legumes	8.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00
Fat	15.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	310.00mg
Carbohydrates	15.00g
Fiber	3.00g
Sugar	1.00g
Protein	8.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	1.00mg

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

Tigers Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN 8-1 FRITOS	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh UNSPECIFIED	210170
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	1.00

GreenVeg	4.00
RedVeg	5.00
OtherVeg	0.00
Legumes	8.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00
Fat	17.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	350.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	1.00g
Protein	9.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	1.00mg

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

Reny's chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 serv	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Patty Breakfast Brd WG	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	528820
3 1/2" whole grain hamburger bun	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.01
Grain	0.02
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 serv

Amount Per Serving

Calories	2.20		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.20mg		
Sodium	4.00mg		
Carbohydrates	0.28g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.42mg
Calcium	0.00mg	Iron	0.01mg

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

everyday milk

Servings:	50.00	Category:	Milk
Serving Size:	8.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10275
School:	This is a test school for Hobart		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
.5 pint 1% chocolate milk	1 Cup		
.5 pint FF White milk	1 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.06
Grain	0.04
Fruit	0.02
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Each

Amount Per Serving

Calories	4.20		
Fat	0.05g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	6.00mg		
Carbohydrates	0.62g		
Fiber	0.00g		
Sugar	0.36g		
Protein	0.32g		
Vitamin A	0.40IU	Vitamin C	0.08mg
Calcium	1.20mg	Iron	0.00mg

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everyday fruit and veggie bar

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10276
School:	This is a test school for Hobart		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD 4-5 RSS	1 Cup		451720
BROCCOLI CUTS 6-4 GCHC	1 Ounce		610871
Baby Carrots	1	UNSPECIFIED None	
CUCUMBER 6CT P/L	1 Gram		100435
Watermelon	1 Ounce		748980

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	0.03
OtherVeg	0.01
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1.96		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.44mg		
Carbohydrates	0.43g		
Fiber	0.09g		
Sugar	0.30g		
Protein	0.05g		
Vitamin A	6.11IU	Vitamin C	0.33mg
Calcium	0.64mg	Iron	0.01mg

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

Grilled Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	100 Tablespoon		299405
CHEESE AMER 160CT SLCD 6-5 COMM	400 Slice		150260
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650

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: 100.00

Serving Size: 1.00 set

Amount Per Serving	
Calories	460.00
Fat	31.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1070.00mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 405.00mg	Iron 2.00mg

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

Everyday Cereal

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13186
School:	Test High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265803
1 % White Milk	1 1 carton		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.03
Fruit	0.01
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	2.20		
Fat	0.04g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	2.60mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.20g		
Protein	0.11g		
Vitamin A	0.10IU	Vitamin C	0.02mg
Calcium	1.80mg	Iron	0.01mg

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

Grapes- Toddler

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15296
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLS US#1 1/18 LB CS	1/4 Cup	BAKE	14P36

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	15.00		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.38mg		
Carbohydrates	3.84g		
Fiber	0.18g		
Sugar	2.88g		
Protein	0.14g		
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

Blazer Bundle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing. THAW Best if thawed in refrigerator overnight.	
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	360.00		
Fat	19.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	500.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	206.00mg	Iron	8.00mg

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

Parfait Yogurt Purple People Eater MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-17657

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GCHC	3 1/8 Gallon		166720
STRAWBERRY WHL IQF 4-5 GCHC	3 1/8 Gallon		244630
YOGURT VAN L/F PARFPR 6-4 YOPL	100 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
GRAPES BLK SDLSS 19	3 Pound		554570
4-50Z-GRANOLA W/O RAISINS - 380025435	12 1/2 Pound		976193

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Place the strawberries, blueberries and yogurt in a food processor and blend until smooth.
2. Place 1/4 cup grapes in small cups and spoon about 1 cup of the blended mixture over the grapes.
3. Sprinkle 1 oz portions of granola over the top of each parfait.
4. Serve cold.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F.

Child Nutrition: 1 serving provides= 1 oz eq grain, 3/4 cup fruit, and 2 oz meat alternate

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.99
Grain	0.00
Fruit	1.00
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 Serving

Amount Per Serving

Calories	299.73
Fat	1.53g
SaturatedFat	0.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.79mg
Carbohydrates	65.27g
Fiber	3.17g
Sugar	46.35g
Protein	8.61g

Vitamin A	12.67IU	Vitamin C	2.07mg
Calcium	281.59mg	Iron	0.57mg

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

Kalkaska SNACK KIDS MIX WG LUNCH

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	12 Each		786801
YOGURT VAN L/F PARFPR 6-4 YOPL	48 Ounce		811500
SNACK MUNCHIE MIX 104-SSV QUAK	12 Package	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.	251670

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: 12.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	1065.52
Fat	12.47g
SaturatedFat	4.99g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	857.61mg
Carbohydrates	203.07g
Fiber	2.00g
Sugar	134.34g
Protein	38.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1302.63mg	Iron 2.80mg

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

Mini Strawberry

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21041

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	101 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.	269230

Preparation Instructions

Directions:

WASH HANDS.

1. Preheat oven to 350°F.
2. Place pouches on single layer on baking sheet.
3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Serving: 1 pouch provides 2 oz eq grains

Updated: 12/15/2014

Notes:

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		232.30	
Fat		6.06g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		262.60mg	
Carbohydrates		39.39g	
Fiber		2.02g	
Sugar		14.14g	
Protein		4.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.60mg	Iron	1.52mg

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