

Cookbook for Westview School Corporation K-4

Created by HPS Menu Planner

Table of Contents

Sausage Gravy

Fruit Juice

Sidekick Fruit Slushie

Build Your Own Cheese Pizza Kit

Strawberry, Raspberry or Strawberry Banana Yogurt Cup

Broccoli and Cheese

Side Chef Salad

Black Bean Salsa

Mini Pancakes

Fruitable, Mango Wango, or Dragon Punch Juice

Cheetos

Turkey Munchable

Buttered Corn

Garden Side Salad

Bread and Butter

Buttered Green Beans

Chicken Gravy

Baked Beans

Mashed Potatoes

Ham, Turkey, and Cheese Sub

Doritos

Chicken Slider on Hawaiian Bun

Goldfish Crackers

Bean Dip

Honey Glazed Cooked Carrots

Build Your Own Pepperoni Pizza Kit

Sausage Gravy

Servings:	400.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-9826
School:	Westview Elementary		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	8 Package	242420
PORK CRMBL CKD 120/Z W/TVP 10 PG	40 Pound	499595
Tap Water for Recipes	10 Gallon	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	133.04		
Fat	10.75g		
SaturatedFat	3.90g		
Trans Fat	0.00g		
Cholesterol	27.86mg		
Sodium	376.35mg		
Carbohydrates	3.20g		
Fiber	0.00g		
Sugar	0.48g		
Protein	6.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.23mg	Iron	6.37mg

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

Fruit Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9836
School:	Meadowview Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each	135450
JUICE BOX APPL 100 40-4.23FLZ	1 Each	698744
JUICE BOX VERY BRY 40-4.23FLZ	1 Each	698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each	698240

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.43		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.71mg		
Carbohydrates	15.14g		
Fiber	0.00g		
Sugar	13.71g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	8.57mg

Calcium	40.00mg	Iron	0.09mg
----------------	---------	-------------	--------

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

Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	Meadowview Elementary		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Build Your Own Cheese Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29224
School:	Meadowview Elementary		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	710.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	7.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.09mg	Iron 0.68mg

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

Strawberry, Raspberry or Strawberry Banana Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29316
School:	Meadowview Elementary		

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	75.00		
Fat	0.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	60.00mg		
Carbohydrates	14.50g		
Fiber	0.00g		
Sugar	9.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

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

Broccoli and Cheese

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29319
School:	Meadowview Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	285590
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package	135261

Preparation Instructions

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

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: 146.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	58.26
Fat	2.42g
SaturatedFat	1.45g
Trans Fat	0.00g
Cholesterol	7.26mg
Sodium	149.23mg
Carbohydrates	6.57g
Fiber	3.21g
Sugar	1.07g
Protein	4.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.98mg	Iron 1.07mg

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

Side Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30731
School:	Westview Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
Ham, Cubed Frozen	1/2 Ounce	100188-H
Turkey Breast Deli	1/2 Ounce	100121
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce	100012
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	712131

Preparation Instructions

Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	139.97
Fat	8.72g
SaturatedFat	5.84g
Trans Fat	0.00g
Cholesterol	39.18mg
Sodium	378.47mg
Carbohydrates	4.15g
Fiber	1.00g
Sugar	1.41g
Protein	13.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.04mg	Iron 0.36mg

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

Black Bean Salsa

Servings:	68.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30738
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	231981
CORN WHL KERNEL STD GRADE 6-10 KE	1 #10 CAN	244805
SALSA 103Z 6-10 REDG	1 #10 CAN	452841

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	0.13
OtherVeg	0.13
Legumes	0.13
Starch	0.13

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	77.43		
Fat	0.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	189.73mg		
Carbohydrates	14.18g		
Fiber	2.00g		
Sugar	3.54g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.06mg	Iron	1.64mg

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

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30739
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package	642230

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: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	213.33		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	203.33mg		
Carbohydrates	35.67g		
Fiber	2.33g		
Sugar	7.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	Iron	1.38mg

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

Fruitable, Mango Wango, or Dragon Punch Juice

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30741
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each	510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	510562
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	272122
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each	597380
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each	604802

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	52.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	12.80g
Fiber	0.00g
Sugar	11.20g
Protein	0.00g
Vitamin A 1300.00IU	Vitamin C 42.00mg
Calcium 0.00mg	Iron 0.00mg

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

Cheetos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30742
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	537871

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	4.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.50g		
Fiber	0.50g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30743
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 Ounce	100121
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	680130
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package	282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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 Each

Amount Per Serving

Calories	225.22
Fat	11.76g
SaturatedFat	5.63g
Trans Fat	0.00g
Cholesterol	37.61mg
Sodium	499.18mg
Carbohydrates	15.63g
Fiber	1.00g
Sugar	0.00g
Protein	14.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 0.72mg

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

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30747
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
Corn fzn	30 Pound	100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	86.39		
Fat	3.13g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.58mg	Iron	0.00mg

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

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30750
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	735787
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	100012
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.40
Fat	10.92g
SaturatedFat	7.28g
Trans Fat	0.00g
Cholesterol	33.80mg
Sodium	306.80mg
Carbohydrates	3.56g
Fiber	1.00g
Sugar	1.00g
Protein	11.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.04mg	Iron 0.36mg

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

Bread and Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30751
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice	204822
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Tablespoon	299405

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	200.00		
Fat	12.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	115.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	1.00mg

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

Buttered Green Beans

Servings:	136.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30754
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	6 #10 CAN	100307
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	41.79		
Fat	2.59g		
SaturatedFat	1.65g		
Trans Fat	0.00g		
Cholesterol	7.06mg		
Sodium	159.76mg		
Carbohydrates	3.42g		
Fiber	2.28g		
Sugar	1.14g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.71mg	Iron	0.00mg

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

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30783
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	242390
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.

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: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	11.72		
Fat	0.47g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	1.88g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

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

Baked Beans

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30784
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN	822477
SAUCE BBQ 6-80FLZ SWTBRAY	2 Cup	212071

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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	147.47		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	377.58mg		
Carbohydrates	30.13g		
Fiber	5.11g		
Sugar	9.49g		
Protein	7.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.09mg	Iron	2.12mg

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

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30786
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	613738
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

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.

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	73.68		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	357.89mg		
Carbohydrates	14.74g		
Fiber	1.05g		
Sugar	0.00g		
Protein	2.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.53mg	Iron	0.32mg

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

Ham, Turkey, and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30788
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
Turkey Breast Deli	1 3/5 Ounce	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice	861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	338.68
Fat	12.63g
SaturatedFat	5.74g
Trans Fat	0.00g
Cholesterol	67.61mg
Sodium	1095.86mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	4.00g
Protein	26.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.50mg	Iron 2.24mg

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

Doritos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30789
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package	456090

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	5.00g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.50g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	0.30mg

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

Chicken Slider on Hawaiian Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30792
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
ROLL DNNR HI SLC 1.25Z 10-12CT	1 Each	516081
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	645080

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	95.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	215.00mg		
Carbohydrates	6.00g		
Fiber	1.50g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	1.00mg

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

Goldfish Crackers

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30793
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.71mg

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

Bean Dip

Servings:	57.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30796
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	100362
SALSA 103Z 6-10 REDG	2 Cup	452841
SOUR CREAM 4-5 GCHC	1 Cup	285218

Preparation Instructions

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: 57.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	111.06		
Fat	0.70g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	2.81mg		
Sodium	153.54mg		
Carbohydrates	18.99g		
Fiber	4.54g		
Sugar	1.38g		
Protein	6.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.02mg	Iron	0.19mg

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

Honey Glazed Cooked Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30801
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
Carrots fzn	30 Pound	100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.99		
Fat	3.39g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	30.81mg		
Sodium	43.58mg		
Carbohydrates	6.08g		
Fiber	2.03g		
Sugar	3.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.65mg	Iron	0.00mg

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

Build Your Own Pepperoni Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30802
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	6 Each	729981

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	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	352.50		
Fat	18.88g		
SaturatedFat	8.88g		
Trans Fat	0.00g		
Cholesterol	41.25mg		
Sodium	912.88mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	7.00g		
Protein	21.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.09mg	Iron	0.82mg

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