

Cookbook for Meadowview Elementary

Created by HPS Menu Planner

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

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12938
School:	Meadowview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
SAUCE SPAGHETTI FCY 6-10 REDPK	8 Cup		852759
Cheese, Mozzarella light, Shred FRZ	1 Cup		100034

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	298.50		
Fat	6.67g		
SaturatedFat	3.94g		
Trans Fat	0.00g		
Cholesterol	22.22mg		
Sodium	840.70mg		
Carbohydrates	38.90g		
Fiber	5.23g		
Sugar	11.45g		
Protein	18.23g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	322.58mg	Iron	1.08mg

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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	Prep Instructions	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	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

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	0.50
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	210.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	530.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	236.09mg	Iron	0.68mg

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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	Prep Instructions	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
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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	Prep Instructions	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
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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	Prep Instructions	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package	1.25 Grain Equivalents	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	1.00 Grain Equivalents	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
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Calcium	15.00mg	Iron	0.50mg
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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	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	5 slices = 1 ounce Use USDA Turkey cubed as well.	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

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 Each

Amount Per Serving	
Calories	220.30
Fat	11.11g
SaturatedFat	5.30g
Trans Fat	0.00g
Cholesterol	35.15mg
Sodium	475.45mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	0.00g
Protein	15.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 0.94mg

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Buttered Corn

Servings:	82.00	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	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	82.04		
Fat	2.62g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	4.39mg		
Sodium	1.01mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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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	Prep Instructions	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

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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	Prep Instructions	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

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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	Prep Instructions	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	1/4 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	1.00
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	262.50		
Fat	12.88g		
SaturatedFat	5.38g		
Trans Fat	0.00g		
Cholesterol	26.25mg		
Sodium	732.88mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	14.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	236.09mg	Iron	0.82mg

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

Graham Snack

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30805
School:	Westview School Corporation K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	126.67
Fat	4.17g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.67mg
Carbohydrates	21.17g
Fiber	1.50g
Sugar	7.50g
Protein	2.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	50.00mg	Iron	0.96mg
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