

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

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turkey

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BREAKFAST PIZZA



Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8067
School:	Test High School 2		

Ingredients

Description	Measurement	DistPart #
PIZZA BKFST EGG&BCN WGRAIN 128-2.95Z	1 Each	503660

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving

Calories 2.10

Fat 0.09g

SaturatedFat 0.04g

Trans Fat 0.00g

Cholesterol 0.60mg

Sodium 3.40mg

Carbohydrates 0.22g

Fiber 0.02g

Sugar	0.05g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.60mg	Iron	0.02mg

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

variety of breakfast pastries



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16936

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each	865131
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	865101
PASTRY POP-TART BLUEB FRSTD 72-2CT	1 Piece	765562
DOUGH ROLL CINN WHLWHE 2.25Z 6-32CT	1	797322

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 948.00

Fat 20.00g

SaturatedFat 4.30g

Trans Fat 0.10g

Cholesterol 0.00mg

Sodium 885.00mg

Carbohydrates 182.00g

Fiber 11.10g

Sugar 70.50g

Protein 13.30g

Vitamin A 500.00IU **Vitamin C** 0.00mg

Calcium	300.00mg	Iron	6.30mg
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Milk Variety

NO IMAGE

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18878
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Skim - White Milk	1/3 Cup	UD White Skim
1% Milk - White	1/3 Cup	UD 1% White
Chocolate Skim Milk	1/3 Cup	UD Chocolate Skim

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 105.60

Fat 0.83g

Saturated Fat 0.50g

Trans Fat 0.00g

Cholesterol 4.95mg

Sodium 151.80mg

Carbohydrates 16.50g

Fiber 0.00g

Sugar 14.85g

Protein 8.58g

Vitamin A	9.90IU	Vitamin C	2.64mg
Calcium	26.40mg	Iron	0.00mg

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Yogurt

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18880
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.00mg

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Cereal

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18881
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL REESES PUFFS WGRAIN 96CT GENM	1 Package	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories 109.00

Fat 1.30g

SaturatedFat 0.10g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 145.00mg

Carbohydrates 23.40g

Fiber 1.90g

Sugar 7.70g

Protein 1.70g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 66.00mg **Iron** 3.62mg

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Stuffed Crust Pizza



Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18882
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each	134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each	261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each	259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 313.33

Fat 12.33g

SaturatedFat 4.17g

Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	35.67g
Fiber	3.33g
Sugar	4.00g
Protein	15.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.47mg

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1-Broccoli & Cheese



Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18883
School:	Test High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 1/3 Pound	110473
BUTTER SUB 24-4Z BTRBUDS	1 Package	209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound	100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 168.04

Fat 8.60g

SaturatedFat	5.16g		
Trans Fat	0.00g		
Cholesterol	25.81mg		
Sodium	573.56mg		
Carbohydrates	9.66g		
Fiber	3.03g		
Sugar	4.45g		
Protein	13.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Juice Variety

NO IMAGE

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18884
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
100% Apple Juice	4 Ounce	
100% Orange Juice	4 Ounce	

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 55.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.50g

Fiber 0.00g

Sugar 12.00g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 30.00mg

Calcium 5.00mg **Iron** 1.00mg

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Fruit

NO IMAGE

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18885
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup	280895
APPLE DELICIOUS RED 163CT MRKN	1 Each	540005
PEACH DCD IN JCE 6-10 GFS	1 Cup	610372
Sliced Peaches 6-10	1 Cup	100219
APPLE FRSH SLCD 100-2Z P/L	1 Package	473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup	198021
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup	117897
BANANA TURNING 40 P/L	1 Each	200999
Sliced Pears 6-10	1 Cup	100224
Wild Blueberries fzn	1 Cup	100243
Strawberries, diced, Cups, frozen	1 Cup	100256
Peaches, diced, cups, Frozen	1 Cup	100241
APPLESAUCE UNSWT 6-10 GCHC	1 Cup	271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	544426

Description	Measurement	DistPart #
Apples, Gala	1 Each	14J93
Grapes	1	14P36
Pear, fresh	1	14P12
Oranges, whole	1 Each	16W62

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 98.77

Fat 0.12g

SaturatedFat 0.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 4.50mg

Carbohydrates 24.14g

Fiber 2.31g

Sugar 18.93g

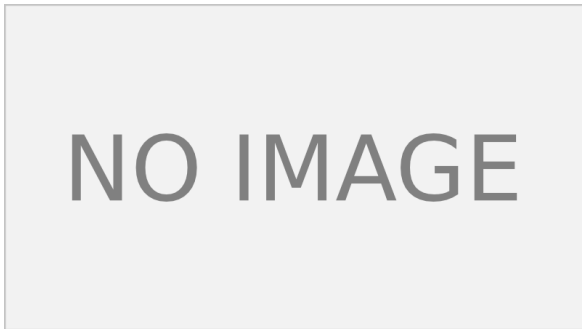
Protein 0.97g

Vitamin A 28.77IU **Vitamin C** 6.59mg

Calcium 12.87mg **Iron** 0.52mg

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Ketchup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18886
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon	603842

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Mustard

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18887
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon	302112

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Poptart Variety- 2 Count



Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18893
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	452082

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00
Serving Size: 1.00 Package

Amount Per Serving	
Calories	365.00
Fat	5.83g
SaturatedFat	1.93g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	386.00mg
Carbohydrates	76.00g
Fiber	5.73g
Sugar	30.33g
Protein	4.67g

Vitamin A	406.67IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	3.60mg

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Poptart Variety- 1 Count



Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18894
School:	KATHY'S TEST SCHOOL		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00
Serving Size: 1.00 Package

Amount Per Serving

Calories	186.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	196.67mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.33g
Protein	2.33g

Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

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

Cereal Variety

NO IMAGE

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18895
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each	618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 110.00

Fat 1.50g

SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.50mg		
Carbohydrates	23.63g		
Fiber	2.13g		
Sugar	6.88g		
Protein	2.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.25mg	Iron	3.57mg

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

Taco Meat

NO IMAGE

Servings:	500.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18896
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound	100158
Salsa, Low-Sodium, Canned	6 #10 CAN	100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN	100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN	100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package	183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup	263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup	331473
STARCH CORN 24-1 ARGO	2/3 Cup	108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup	430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup	513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup	273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon	513725
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon	273988

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	185.80
Fat	8.90g
SaturatedFat	2.97g
Trans Fat	1.43g
Cholesterol	0.00mg
Sodium	238.35mg
Carbohydrates	13.13g
Fiber	4.01g
Sugar	3.85g
Protein	12.80g
Vitamin A 232.94IU	Vitamin C 1.69mg
Calcium 16.59mg	Iron 1.33mg

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PBJ Option- High School

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18897
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each	516761

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

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

Choice of Juice

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18898
School:	KATHY'S TEST SCHOOL		

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 63.33

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 6.67mg

Carbohydrates 15.33g

Fiber 0.00g

Sugar 14.00g

Protein 0.00g

Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	3.33mg	Iron	0.20mg

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

Fresh Fruit Variety

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18899
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each	597481
BANANA TURNING SNGL 150CT 40 P/L	1 Each	197769
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	1 Each	198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	473171

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 117.86

Fat 0.34g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.63mg

Carbohydrates 30.90g

Fiber	4.68g		
Sugar	20.27g		
Protein	0.87g		
Vitamin A	130.23IU	Vitamin C	21.07mg
Calcium	22.07mg	Iron	0.34mg

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

Oatmeal

NO IMAGE

Servings:	17.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18900
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound	240869
Tap Water for Recipes	16 Cup	000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon	110744

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 234.56

Fat 2.50g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.09mg

Carbohydrates 49.56g

Fiber 4.00g

Sugar	22.59g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Cereal Bar Variety

NO IMAGE

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18901
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	262103
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	194041
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 1.42 oz	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	265921
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each	498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each	209761

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	154.44
Fat	4.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	116.67mg
Carbohydrates	28.11g
Fiber	2.78g
Sugar	9.89g
Protein	2.11g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	141.11mg
Iron	1.39mg

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

Toast with Butter

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18902
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice	6369
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon	557482

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 200.00

Fat 12.50g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 111.40mg

Carbohydrates 19.00g

Fiber 2.00g

Sugar 2.00g

Protein 4.00g

Vitamin A 500.00IU **Vitamin C** 0.00mg

Calcium 4.00mg **Iron** 6.00mg

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

Yogurt Variety

NO IMAGE

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18903
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	551741

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 85.00

Fat 0.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 62.50mg

Carbohydrates 16.50g

Fiber 0.00g

Sugar	10.50g
Protein	3.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	Iron 0.00mg

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

Mashed Potatoes

NO IMAGE

Servings:	400.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18904
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	10 Package	613738
MARGARINE SLD 30-1 GCHC	5 Pound	733061
SALT IODIZED 25 CARG	2 1/2 Cup	108286

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 110.01

Fat 5.40g

SaturatedFat 1.80g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1089.39mg

Carbohydrates 14.00g

Fiber 1.00g

Sugar 0.00g

Protein 2.00g

Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	12.44mg	Iron	0.30mg

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

Corn-Liberty Elem

NO IMAGE

Servings:	108.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18905
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Corn fzn	54 Cup	100348
BUTTER SUB 24-4Z BTRBUDS	1 1/8 Cup	209810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 68.17

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 11.04mg

Carbohydrates 16.33g

Fiber 2.00g

Sugar 3.00g

Protein 2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium	0.00mg	Iron	0.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Gravy

NO IMAGE

Servings:	2560.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18906
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	1 Pound	733061
SEASONING LIQ 12-1QT KITCHEN BOUQUET	1/2 Cup	442704
STARCH CORN 24-1 ARGO	5 Pound	108413
BASE CHIX 12-1 KE	2 Pound	160790

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2560.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories 5.72

Fat 0.21g

SaturatedFat 0.06g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 53.84mg

Carbohydrates 0.94g

Fiber 0.00g

Sugar	0.02g		
Protein	0.00g		
Vitamin A	9.38IU	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

Famous HPS Cheeseburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22533
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	100 Each	203260
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice	189071
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	517810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 375.00

Fat 17.50g

Saturated Fat 7.25g

Trans Fat 0.00g

Cholesterol 67.50mg

Sodium 415.00mg

Carbohydrates 26.00g

Fiber 3.00g

Sugar	5.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 2.80mg

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

HPS Walking Taco



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22762

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	100 Cup	451730
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Package	696871
TURKEY TACO MEAT FC 4-7 JENNO	12 1/2 Pound	768230

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:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	193.09		
Fat	5.82g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	36.54mg		
Sodium	337.62mg		
Carbohydrates	22.33g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.97g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.29mg	Iron	1.02mg

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

Famous HPS Oatmeal



Servings:	50.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23044
School:	HPS Elementary School - test		

Ingredients

Description	Measurement	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	4 2/5 Pound	240869
Tap Water for Recipes	47 1/16 Cup	000001WTR
SUGAR BROWN MED 25 GCHC	6 Cup	108626
FLAVORING VANILLA IMIT 1-1GAL KE	4 2/5 Teaspoon	110744

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 236.19

Fat 2.50g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.09mg

Carbohydrates 50.00g

Fiber 3.99g

Sugar	23.04g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

HPS Chicken Breast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23429
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	786520
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	517810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 290.00

Fat 9.50g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol	65.00mg		
Sodium	590.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.72mg

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

HPS Taco Soup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23430
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	8 1/2 Pound	100158
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup	224707
SPICE CUMIN GRND 15Z TRDE	1 1/4 Cup	273945
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup	224839
SPICE ONION POWDER 19Z TRDE	2 2/3 Tablespoon	126993
SPICE PEPR RED CRUSHED 3.75 TRDE	1 1/3 Tablespoon	513768
SPICE PEPR BLK REST GRIND 16Z TRDE	2 2/3 Tablespoon	225061
ONION DCD 1/2 2-5 RSS	5 Pound	426059
Tap Water for Recipes	1 Gallon	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup	192716
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup	444588
Salsa, Low-Sodium, Canned	2 Quart	100330
CORN WHL KERNEL STD GRADE 6-10 KE	10 Cup	244805

Description	Measurement	DistPart #
BEAN KIDNEY 6-10 COMM	25 9/10 Cup	173860

Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight.

Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

25: Critical Control Point: Hold for hot service at 135 °F or higher.

26: OR

27: Chill for later use.

28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	196.75
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Fat	6.81g
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SaturatedFat	2.03g
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Trans Fat	1.01g
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Cholesterol	26.39mg
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Sodium	583.74mg
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Carbohydrates	23.37g
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Fiber	4.83g
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Sugar	5.69g
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Protein	11.54g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	5.60mg	Iron	1.26mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

HPS Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23431
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup	735787
CUCUMBER 1-24CT MARKON	25 Cup	238653
TOMATO 6X6 LRG 25 MRKN	25 Cup	199036

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 20.05

Fat 0.13g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	4.25g		
Fiber	1.63g		
Sugar	2.50g		
Protein	1.48g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	22.58mg	Iron	0.52mg

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

HPS Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23436

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 Gallon	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound	654541
MARGARINE SLD 30-1 GCHC	2 Cup	733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart	198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound	200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart	147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart	330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon	557862
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce	272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart	222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup	311227
BROTH CHIX 12-5 COLLEGE INN	16 Cup	264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	561.99		
Fat	4.29g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	164.49mg		
Sodium	698.83mg		
Carbohydrates	23.35g		
Fiber	1.70g		
Sugar	4.44g		
Protein	111.30g		
Vitamin A	378.26IU	Vitamin C	6.57mg
Calcium	89.54mg	Iron	1.00mg

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

HPS Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23439
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 Gallon	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound	654541
MARGARINE SLD 30-1 GCHC	2 Cup	733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart	198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound	200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart	147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart	330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon	557862
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon	225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce	272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart	222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup	311227

Description	Measurement	DistPart #
BROTH CHIX 12-5 COLLEGE INN	16 Cup	264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	561.99
Fat	4.29g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	164.49mg
Sodium	698.83mg
Carbohydrates	23.35g
Fiber	1.70g
Sugar	4.44g
Protein	111.30g
Vitamin A	378.26IU
Vitamin C	6.57mg

Calcium	89.54mg	Iron	1.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

HPS Orange Glazed Sweet Potatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23440
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup	733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup	464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart	119997
SUGAR BROWN LT 12-2 P/L	6 Cup	860311
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon	224723
SPICE NUTMEG GRND 16Z TRDE	2 2/3 Tablespoon	224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon	108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce	110736
POTATO SWT DCD 3/4 2-5 P/L	16 1/2 Pound	869351
STARCH CORN 24-1 ARGO	1/4 Cup	108413
Tap Water for Recipes	1 1/4 Quart	000001WTR
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart	350882

Preparation Instructions

Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 147.88

Fat 3.81g

SaturatedFat 1.53g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 143.02mg

Carbohydrates 28.65g

Fiber 1.71g

Sugar 19.83g

Protein 0.82g

Vitamin A 7375.23IU **Vitamin C** 10.40mg

Calcium 14.62mg **Iron** 0.31mg

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

HPS Turkey and Beef Macaroni



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23441
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Gallon	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon	748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound	229941
TURKEY GROUND RAW 4-5# PERD	10 Pound	202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound	198307
TOMATO PASTE 26% 6-10 REDG	2 3/5 Quart	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart	827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon	580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon	225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon	224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup	331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon	273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon	518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon	126993

Description	Measurement	DistPart #
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup	748570
Beef, Fine Ground 85/15, Frozen	6 Pound	100158

Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 277.37

Fat 9.88g

SaturatedFat 2.92g

Trans Fat 0.96g

Cholesterol	60.96mg
Sodium	318.75mg
Carbohydrates	28.50g
Fiber	4.18g
Sugar	5.33g
Protein	20.13g
Vitamin A 493.42IU	Vitamin C 6.20mg
Calcium 36.62mg	Iron 2.49mg

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

HPS Brown Rice Pilaf



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23448
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/2 2-5 RSS	2 Pound	426059
PEPPERS GREEN DCD 1/4 2-3 RSS	2 Pound	198331
GARLIC MINCED IN WTR 12-32Z	2 2/3 Tablespoon	907713
SALT IODIZED 25 CARG	1 1/3 Tablespoon	108286
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon	225061
SPICE CELERY SALT 32Z TRDE	1 1/3 Tablespoon	231517
MUSHROOM SLCD 1/16 10 MRKN	1 1/4 Quart	444823
THYME FRESH 8Z MRKN	1 1/3 Tablespoon	562726
BROTH CHIX NO MSG 12-5 HRTHSTN	1 1/2 Gallon	261564
TOMATO PASTE 26 6-10 GCHC	50 Tablespoon	100196
RICE BRN PARBL WGRAIN 25 GCHC	6 1/2 Pound	516371
SPINACH 12-8Z	13 Cup	560712
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart	350882
CHEESE PARM SHVD 2-5 PG	2 1/2 Cup	140560

Description	Measurement	DistPart #
PARSLEY CALIF CLND 4-1 RSS	1/2 Cup	272396

Preparation Instructions

Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.

Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 433.14

Fat 6.32g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 428.51mg

Carbohydrates 83.42g

Fiber 3.10g

Sugar 6.22g

Protein 12.37g

Vitamin A	0.02IU	Vitamin C	0.10mg
Calcium	130.18mg	Iron	2.53mg

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

HPS Barbecue Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23450
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce	438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon	331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart	100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon	513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound	860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup	109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon	225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup	265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound	599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup	748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound	319228
ONION RED DCD 1/4 2-5 RSS	2 Pound	429201
CELERY DCD 1/2 2-5 RSS	52 Ounce	503924

Description	Measurement	DistPart #
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce	162170
TOMATO SLCD 1/4 5 RSS	60 Ounce	786535

Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 139.09

Fat 1.17g

SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	37.40mg		
Sodium	422.97mg		
Carbohydrates	13.86g		
Fiber	1.11g		
Sugar	10.02g		
Protein	18.26g		
Vitamin A	528.58IU	Vitamin C	5.98mg
Calcium	20.43mg	Iron	0.54mg

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

HPS Spaghetti and Meat Sauce (Ground Beef and Ground Pork)



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23451
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/2 2-5 RSS	6 Pound	426059
PEPPERS GREEN DCD 1/4 2-3 RSS	10 Ounce	198331
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon	513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon	225061
TOMATO PUREE 1.045 6-10 GCHC	1 1/2 Gallon	100242
SALT IODIZED 25 CARG	2 2/3 Tablespoon	108286
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	504599
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup	259195
SPICE BASIL GRND 12Z TRDE	1/4 Cup	513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup	228443
SPICE MARJORAM LEAF 3.5Z TRDE	2 Tablespoon	513709
SPICE THYME GRND 12Z TRDE	1 Tablespoon	513822

Description	Measurement	DistPart #
CARROT SHRD MED 2-5 RSS	2 1/2 Pound	313408
Tap Water for Recipes	12 Gallon	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound	221460
Beef, Fine 85/15	11 Pound	100158
PORK GRND 80/20 2-6 HALP	6 Pound	579042

Preparation Instructions

Directions:

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 324.39

Fat 14.09g

SaturatedFat 4.74g

Trans Fat 1.31g

Cholesterol	59.93mg
Sodium	329.96mg
Carbohydrates	29.46g
Fiber	3.37g
Sugar	5.53g
Protein	21.05g

Vitamin A	2624.42IU	Vitamin C	5.49mg
Calcium	23.31mg	Iron	2.65mg

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

HPS Peanut Butter and Jelly Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23452
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each	710650
JELLY APPLE-GRAPE 6-10 GCHC	100 Tablespoon	100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon	279013

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 370.00

Fat 17.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 305.00mg

Carbohydrates 43.00g

Fiber	6.00g		
Sugar	17.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.50mg

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

HPS Black Bean Hummus



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23453
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	50 Cup	518551
BEAN GARBANZO LO SOD 6-10 P/L	50 Cup	597991
LEMON JUICE 100 12-32FLZ GCHC	2 1/4 Quart	311227
GARLIC WHL FRSH 5	1 1/3 Quart	907673
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup	524948
SALT IODIZED 25 CARG	1 Tablespoon	108286
SPICE CUMIN GRND 5 TRDE	1/4 Cup	777072
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon	513776
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart	219550

Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 235.31

Fat 2.68g

SaturatedFat 0.24g

Trans Fat 0.00g

Cholesterol	0.00mg
Sodium	351.89mg
Carbohydrates	41.55g
Fiber	12.17g
Sugar	1.00g
Protein	12.51g
Vitamin A 0.72IU	Vitamin C 2.49mg
Calcium 59.75mg	Iron 1.81mg

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

HPS Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23454
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon	518551
JUICE LIME 4-1GAL REALIME	1 Cup	199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup	259195
SPICE CUMIN GRND 5 TRDE	2 Tablespoon	777072
GARLIC WHL FRSH 5	7/8 Cup	907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup	748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart	219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup	524948
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	2 Cup	217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup	430795
CORN CUT IQF 30 GCHC	3 1/4 Cup	285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound	198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart	581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	100330

Description	Measurement	DistPart #
ONION RED DCD 1/4 2-5 RSS	2 Cup	429201
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce	466240
CHEESE CHED SHRD 6-5 COMM	2 Pound	199720

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 134.05

Fat 4.02g

SaturatedFat 2.08g

Trans Fat 0.00g

Cholesterol 9.60mg

Sodium 205.66mg

Carbohydrates 18.57g

Fiber 4.93g

Sugar 6.64g

Protein 5.74g

Vitamin A 240.12IU **Vitamin C** 14.37mg

Calcium 9.50mg **Iron** 0.20mg

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

HPS Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23455
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
PICKLE DILL SLCD HAMB 2900CT 5GAL	50 Ounce	149209
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each	661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon	100129
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each	517810

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 318.33

Fat 13.50g

SaturatedFat 4.80g

Trans Fat 0.80g

Cholesterol 49.00mg

Sodium	662.67mg		
Carbohydrates	29.33g		
Fiber	4.00g		
Sugar	6.67g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	2.00mg

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

HPS Kati-Kati Baked Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23456
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup	224839
SUGAR CANISTER 24-20Z GCHC	1/2 Cup	449237
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup	224723
SPICE ALLSPICE GRND 16Z TRDE	1/4 Cup	513601
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SALT IODIZED 25 CARG	3 Tablespoon	108286
SPICE PEPR RED CRUSHED 12Z TRDE	2 Teaspoon	430196
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon	225061
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon	225088
SPICE TURMERIC GRND 15Z TRDE	2 Tablespoon	514187
SPICE CUMIN GRND 15Z TRDE	1/2 Cup	273945
OIL CANOLA 9-48FLZ P/L	3/4 Cup	330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece	786520

Description	Measurement	DistPart #
PARSLEY CALIF CLND 4-1 RSS	2 Ounce	272396

Preparation Instructions

Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.

5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	155.19		
Fat	8.05g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	622.45mg		
Carbohydrates	1.96g		
Fiber	0.14g		
Sugar	0.96g		
Protein	18.05g		
Vitamin A	158.45IU	Vitamin C	0.07mg
Calcium	2.36mg	Iron	1.15mg

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

HPS Vegetable Chili



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23457
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup	107662
ONION DCD 1/2 2-5 RSS	2 1/2 Pound	426059
PEPPERS GREEN DCD 1/2 2-3 RSS	3 3/4 Cup	283959
SPICE CHILI POWDER HOT 17Z TRDE	1 1/2 Cup	224707
SPICE CUMIN GRND 5 TRDE	1/2 Cup	777072
SPICE GARLIC GRANULATED 24Z TRDE	2 2/3 Tablespoon	513881
SPICE ONION POWDER 19Z TRDE	1 1/3 Tablespoon	126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup	264471
SUGAR BROWN MED 25 GCHC	1 Cup	108626
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup	444588
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 1/16 Quart	501031
BEAN KIDNEY RED LT 6-10 GCHC	27 1/2 Cup	118788
Tap Water for Recipes	1 Cup	000001WTR
YOGURT PLN FF NAT 6-32Z YOPL	2 Quart	705850

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart	150250
No. 3 Bulgur Wheat	12 1/4 Cup	12291968KD

Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes.

Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: *See Marketing Guide.

3: Serving Information:

4: 3/4 cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 195.05

Fat 5.50g

SaturatedFat 3.06g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 418.69mg

Carbohydrates 27.81g

Fiber 7.53g

Sugar	7.49g		
Protein	10.71g		
Vitamin A	21.11IU	Vitamin C	4.78mg
Calcium	169.02mg	Iron	2.56mg

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

HPS Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23458
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup	510637
CUCUMBER SELECT 24CT MRKN	25 Cup	418439
CELERY STIX 4-3 RSS	3 1/2 Pound	781592

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 27.09

Fat 0.03g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 104.85mg

Carbohydrates 5.86g

Fiber	2.98g		
Sugar	3.50g		
Protein	1.20g		
Vitamin A	4026.19IU	Vitamin C	1.83mg
Calcium	53.89mg	Iron	0.11mg

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

HPS Sauteed Spinach and Tomatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23459
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup	733061
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart	581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup	907713
GINGER FRSH 5 P/L	1/2 Cup	552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon	430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	6 1/2 Quart	329401
TOMATO PASTE 26 6-10 GCHC	3 1/2 Cup	100196
SALT IODIZED 25 CARG	2 Tablespoon	108286
ONION DCD IQF 6-4 GCHC	12 Cup	261521

Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 28.56

Fat 1.34g

SaturatedFat 0.54g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 167.60mg

Carbohydrates 3.93g

Fiber 0.84g

Sugar 2.02g

Protein 0.67g

Vitamin A 330.05IU **Vitamin C** 14.21mg

Calcium 13.82mg **Iron** 0.59mg

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

HPS Jollof Rice



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23460
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
OIL CANOLA 9-48FLZ P/L	1 Cup	330252
ONION DCD 1/2 2-5 RSS	2 1/4 Pound	426059
SPICE GINGER GRND 16Z TRDE	1 1/3 Tablespoon	513695
GARLIC MINCED IN WTR 12-32Z	1/4 Cup	907713
PEPPERS RED DCD 3/8 2-3 RSS	1 1/4 Quart	581992
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	3 7/8 Cup	501031
SAUCE TOMATO MW 6-10 GCHC	3 5/8 Cup	306347
SALT IODIZED 25 CARG	1 1/3 Tablespoon	108286
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon	225088
SPICE PAPRIKA 16Z TRDE	1/2 Teaspoon	518331
SPICE CURRY POWDER 17Z TRDE	1/4 Cup	224804
BASE VEG LO SOD 12-1 KNOR	1 Gallon	157686
RICE BRN PARBL WGRAIN 25 GCHC	7 1/2 Pound	516371
PEAS & CARROT 12-2.5 GCHC	2 2/5 Quart	119458

Description	Measurement	DistPart #
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart	219550

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 359.71

Fat 3.01g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 183.37mg

Carbohydrates 76.58g

Fiber 2.75g

Sugar 1.91g

Protein	8.59g
Vitamin A 206.62IU	Vitamin C 11.75mg
Calcium 17.53mg	Iron 2.20mg

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

HPS Cornbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23461
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Quart	330094
CORNMEAL WHT SELF RISING 25 GENM	1 2/3 Quart	198060
SUGAR CANE GRANUL 25 GCHC	2 Cup	108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce	683700
SALT IODIZED 25 CARG	1 Tablespoon	108286
EGG WHL LIQ 6-5 GCHC	1 1/3 Cup	284122
MILK PWD INST FF 50 MMPA	1 3/4 Quart	113336
OIL CANOLA 9-48FLZ P/L	1 Cup	330252
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup	581992
CORN WHL KERNEL R/SOD 6-10 P/L	2 1/2 Cup	222011

Preparation Instructions

Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. **DO NOT OVERMIX.**

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

Remove from oven. Cool for 10 minutes.

Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

Notes:

1: *See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 118.39

Fat 0.98g

SaturatedFat 0.16g

Trans Fat 0.00g

Cholesterol 13.74mg

Sodium 315.48mg

Carbohydrates 22.21g

Fiber 1.57g

Sugar 8.85g

Protein 5.35g

Vitamin A 121.84IU **Vitamin C** 7.55mg

Calcium 142.16mg **Iron** 0.81mg

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

HPS Gingerbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23462
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 7/8 Quart	330094
FLOUR WHEAT HI-GLUTEN UNBLCHD 50	1 13/16 Pound	683491
BAKING SODA 36Z GCHC	2 2/3 Tablespoon	513849
SPICE GINGER GRND 16Z TRDE	3/8 Cup	513695
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon	224723
SPICE CLOVES GRND 16Z TRDE	2 Teaspoon	224774
MARGARINE SLD 30-1 GCHC	1 1/3 Cup	733061
SUGAR BROWN MED 25 GCHC	3 Cup	108626
MOLASSES 4-1GAL P/L	1 1/3 Quart	234303
Tap Water for Recipes	1 1/3 Quart	000001WTR
EGG WHL LIQ 6-5 GCHC	2 2/3 Cup	284122

Preparation Instructions

Directions:

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	163.06		
Fat	3.31g		
SaturatedFat	1.22g		
Trans Fat	0.00g		
Cholesterol	24.21mg		
Sodium	205.47mg		
Carbohydrates	30.58g		
Fiber	1.16g		
Sugar	18.61g		
Protein	3.33g		
Vitamin A	159.60IU	Vitamin C	0.00mg
Calcium	42.78mg	Iron	1.75mg

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

Taco Walking MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24703

Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Each	696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound	776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound	191043
SALSA 103Z 6-10 REDG	7 Pound	452841
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 5/9 Gallon	242489

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 June 2019

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	278.70
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	488.90mg
Carbohydrates	25.24g
Fiber	3.25g
Sugar	2.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.00mg	Iron 2.05mg

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

Choice of Juice

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25285
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

Deluxe Cheeseburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25286
School:	Test High School 2		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	1 Each	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071

Preparation Instructions

Directions:

WASH HANDS.

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

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 345.00

Fat 16.50g

SaturatedFat	6.25g
Trans Fat	1.00g
Cholesterol	42.50mg
Sodium	505.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	5.00g
Protein	21.50g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 168.50mg	Iron 2.80mg

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

Bowl Asian Mashed Potato MTG

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25851
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	400 7/10 Ounce	770817
PEPPERS RED DCD 3/8 2-3 RSS	1 5/9 Gallon	581992
BROCCOLI 16-1# MKTDAY	3 1/4 Gallon	613180
Mashed poataoes	200 1/2 Cup	066159

Preparation Instructions

Directions:

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

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

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

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

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange vegetable, and 1/2 c. dark green vegetable

Source: Basic American Foods, www.baf.com

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	159.75
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Fat	8.06g
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SaturatedFat	3.51g
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Trans Fat	0.00g
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Cholesterol	35.06mg
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Sodium	421.43mg
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Carbohydrates	8.51g
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Fiber	1.40g
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Sugar	5.50g
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Protein	12.32g
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Vitamin A	998.34IU	Vitamin C	58.05mg
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Calcium	23.09mg	Iron	1.96mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25857
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE 24CT MRKN	100 Cup	305812
TOMATO 6X6 LRG 10 MRKN	25 Cup	199001
CUCUMBER SELECT SUPER 45 MRKN	25 Cup	198587

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 20.05

Fat 0.13g

SaturatedFat 0.03g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 2.50mg

Carbohydrates 4.25g

Fiber 1.63g

Sugar 2.50g

Protein 1.48g

Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	22.58mg	Iron	0.52mg

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

Chicken Alfredo

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26189
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	100 Each	152121
SAUCE ALFREDO FZ 6-5 JTM	183 Ounce	155661
PASTA PENNE RIGATE 100 WHLWHE 2-5	50 Cup	654571

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 8.25g

Saturated Fat 3.50g

Trans Fat 0.00g

Cholesterol 79.00mg

Sodium 694.00mg

Carbohydrates 26.00g

Fiber 3.00g

Sugar 4.00g

Protein 31.50g

Vitamin A	221.00IU	Vitamin C	0.00mg
Calcium	213.00mg	Iron	2.00mg

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

Eggs Scrambled USDA

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26954
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	100 Each	206539
MILK PWD FF INST 6-5 P/L	6 1/2 Ounce	311065
Cold Water	2 Quart	0000

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	85.76		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	185.98mg		
Sodium	94.62mg		
Carbohydrates	2.36g		
Fiber	0.00g		
Sugar	2.36g		
Protein	7.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.12mg	Iron	0.92mg

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

Choice of Juice

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27011
School:	Bellaire Elementary School		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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

zeeland yp



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27414
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3/4 Cup	711664
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1 Cup	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup	119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/2 Cup	621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top
label and keep in the cooler at 41 or below until ready to serve.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 872.76

Fat 16.49g

SaturatedFat 2.99g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 526.81mg

Carbohydrates 166.04g

Fiber 6.00g

Sugar 96.67g

Protein 21.93g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 537.31mg **Iron** 2.70mg

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

Pizza Sauce - copy plymouth

NO IMAGE

Servings:	40.00	Category:	Condiments or Other
Serving Size:	8.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27539
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
TOMATO PASTE 6-10 COMM	3 Cup	150580
TOMATO DCD I/JCE CALIF 6-10 GCHC	3 #10 CAN	100366
SPICE OREGANO WHL 24Z TRDE	2 Tablespoon	518351
SPICE BASIL LEAF 5.5Z TRDE	1/4 Cup	513628
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993
SPICE PARSLEY FLAKES 11Z TRDE	3 Tablespoon	513989
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857

Preparation Instructions

Combine all ingredients and use immersion blender to puree until smooth.

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories 17.78

Fat 0.00g

SaturatedFat 0.00g

Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	39.96mg		
Carbohydrates	4.10g		
Fiber	0.74g		
Sugar	2.63g		
Protein	0.68g		
Vitamin A	39.54IU	Vitamin C	0.90mg
Calcium	3.41mg	Iron	0.10mg

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

WalkingTaco

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27664
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Each	696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound	776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound	191043
SALSA 103Z 6-10 REDG	7 Pound	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:

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	276.20
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	487.65mg
Carbohydrates	24.74g
Fiber	3.00g
Sugar	1.75g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.50mg	Iron 2.05mg

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

TEST ZEELAND Breakfast Sandwich: Sausage Egg and Cheese on Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27668
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	109000
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each	592625
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264

Preparation Instructions

- Cook Sausage as directed until internal temperature reaches 168 degrees
- Open bagel up and place on the work surface
- Place one Egg patty on the bottom part of the bagel
- Take one slice of American Cheese and put on top of the Egg patty
- Add one Sausage patty to the slice of cheese

Place the top of bagel on the sandwich

Wrap in a paper wrapper and keep in warmer at 140 degrees or higher until ready to serve

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	305.00
Fat	12.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	760.00mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	5.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.00mg	Iron 2.16mg

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

Graves Tasty Tidbits

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27706
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
APPLESAUCE BLUE RASPB CUP 96-4.5Z	1 Each	753881
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	662512

Preparation Instructions

LunchBox- 344612

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 431.00

Fat 19.00g

SaturatedFat 9.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 572.00mg

Carbohydrates 50.00g

Fiber 5.00g

Sugar 17.00g

Protein 15.00g

Vitamin A	0.00IU	Vitamin C	1.00mg
Calcium	436.00mg	Iron	0.60mg

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

Graves Salsa

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27707
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
SALSA 103Z 6-10 REDG	4 Ounce	452841

Preparation Instructions

Ready to eat.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	277.33mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	2.67g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.67mg

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

Plymouth Beef Taco Meat

NO IMAGE

Servings:	120.00	Category:	Entree
Serving Size:	2.85 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27730
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BEEF GRND 40 COMM	20 Pound	110520
ONION YELLOW WHL PLD 30 RSS	6 Pound	438261
SALT IODIZED 25 CARG	1 Tablespoon	108286
SPICE GARLIC POWDER 6 TRDE	2 Tablespoon	513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/2 Tablespoon	225061
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup	331473
SPICE CUMIN GRND 5 TRDE	1/2 Cup	777072
SPICE PAPRIKA 16Z TRDE	1/4 Cup	518331
SPICE PEPR RED CRUSHED 12Z TRDE	2 1/4 Teaspoon	430196
SPICE OREGANO WHL 24Z TRDE	1 Teaspoon	518351
Cold Water	3 Quart	0000
TOMATO PASTE 6-10 COMM	1 #10 CAN	150580

Preparation Instructions

1. Brown raw ground beef in tilt skillet until evenly browned and temperature is at least 155 degrees. CCP
 2. Drain excess fat
 3. Add all remaining ingredients and stir well to combine. Heat mixture to 165 degrees for 15 seconds CCP, and then turn down to simmer.
 4. Simmer 25-30 minutes before service.
 5. CCP Hold hot for service at 135 Degrees or higher.
- Serve taco meat with at blue disher providing 2.85 ounces weight of meat. 2.85 ounces = 1.75 meat / meat alternate

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 2.85 Ounce

Amount Per Serving

Calories	195.83		
Fat	11.98g		
SaturatedFat	3.98g		
Trans Fat	1.99g		
Cholesterol	51.74mg		
Sodium	138.20mg		
Carbohydrates	7.58g		
Fiber	1.39g		
Sugar	4.25g		
Protein	15.07g		
Vitamin A	132.61IU	Vitamin C	1.74mg
Calcium	6.19mg	Iron	0.38mg

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

Grilled Chicken Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27790
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
CHIX BRST PTY FC 40-4Z TYS	100 Each	147780
4" Wg Rich Hamburger Bun	100 bun	3474
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice	189071

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 315.00

Fat 10.00g

SaturatedFat 3.25g

Trans Fat 0.00g

Cholesterol 67.50mg

Sodium 1015.00mg

Carbohydrates 30.00g

Fiber 2.00g

Sugar 6.00g

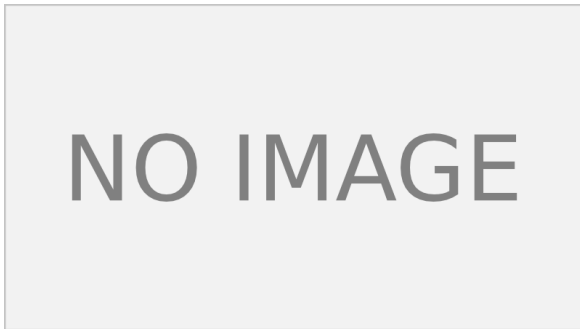
Protein 26.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 104.50mg **Iron** 8.00mg

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

Breakfast Tornado



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27865
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each	740072

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place Tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Bake in the Convection Oven @ 325 degrees F for 12 minutes.

Bag Tornados after baking for service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 180.00

Fat 7.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 280.00mg

Carbohydrates 22.00g

Fiber 2.00g

Sugar 1.00g

Protein 7.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

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

Popcorn Chicken Smackers

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27866
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	536620

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

BAKE

FROM FROZEN STATE IN CONVECTION OVEN FOR 6-8 MINUTES AT 350F. PLACE IN DESIGNATED SERVING CONTAINER, OR PLACE IN WARMING OVEN UNTIL SERVICE.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

Amount Per Serving

Calories 260.00

Fat 13.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 550.00mg

Carbohydrates 17.00g

Fiber 3.00g

Sugar 0.00g

Protein 19.00g

Vitamin A 200.00IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 1.44mg

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

Grilled Cheese Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27867
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Each	722360
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Each	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon	651171

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Butter Spray the sheet pan before laying the first piece of bread on it.

Place 1 slice bread on pan, place 4 slices of cheese on bread, then cover with another slice of bread and spray generously with buttermist. Bake for 5-8 minutes until golden brown. Serve from the tray.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 340.00

Fat 10.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 1070.00mg

Carbohydrates 40.00g

Fiber 4.00g

Sugar 8.00g

Protein 20.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 444.00mg **Iron** 2.00mg

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

Seasoned Green Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27868
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	0/1 #10 CAN	118737
BACON CRUMBLES CKD 12-1 GCHC	0/1 Tablespoon	357220
SEASONING GARDEN NO SALT 19Z TRDE	0/1 Tablespoon	565148
SEASONING GARLIC PEPR 21Z TRDE	0/1 Tablespoon	655252

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Drain the liquid from 3 of the 4 cans of beans and place in a full size steam table pan. Mix the remaining ingredients in with the beans, stir and place pans in the combi oven. Steam the beans until internal temperature reaches 165 degrees for 15 seconds. Place in holding cabinet until service. Using a 4oz slotted spoodle serve a 4 oz portion on the tray.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 22.14

Fat 0.02g

SaturatedFat 0.01g

Trans Fat 0.00g

Cholesterol 0.05mg

Sodium 162.75mg

Carbohydrates 4.38g

Fiber 2.07g

Sugar 2.07g

Protein 1.06g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 31.04mg **Iron** 0.41mg

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

Roll Sister Schubert



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27869
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
ROLL PRKRHSE PARBK 90-2Z SISSCHUB	1 Each	494385

Preparation Instructions

Lay rolls out on a baking paper lined sheet pan. Lightly spray the tops of the rolls with butter spray. Bake in convection oven at 350 degrees for 5 - 10 minutes.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the

form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	27.00g		
Fiber	0.00g		
Sugar	5.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.40mg

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

Pancake on a Stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27870
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	1 Each	497202

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PLACE EACH PANCAKE ON A STICK IN THE PERFORATED HEAT BAG RUN THE STICK WITH THE BAG TWISTED AROUND THE STICK THROUGH THE SEALER USING THE HEAT TAPE NOT THE BLUE TAPE. PLACE EACH INDIVIDUAL PANCAKE ON A STICK ON THE SHEET PAN. USING THE PRODUCTION RECORD TO CONFIRM THE NUMBER TO BE PREPARED. PREFERRED METHOD FOR COOKING IS THAWED IN A CONVECTION OVEN: 350 DEGREES F. IF FROZEN, 20 MINUTES. THAWED FOR 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
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

Pepperoni Pizza

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27871
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
PIZZA PEPP 4X6 WGRAIN 100 96-4.5Z	1 Each	152111

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place 16 frozen pizzas in a 18" x 26" x 1 on paper lined sheet pan.

CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. Rotate pans one half turn to prevent cheese from burning.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	530.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	8.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 2.50mg

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

Golden Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27872
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BUTTER SUB 24-4Z BTRBUDS	4 Ounce	209810
CORN CUT IQF 30 GCHC	30 Pound	285620

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place corn in a steam table pan. stir in the butter buds. Steam until tender, do not overcook. Upon removing from the combi. Take temperature of the middle section of the corn to ensure proper temperature has been reached. Place in a holding cabinet until service. 30 # of corn plus 2 pack of butterbuds is 120 servings.

Remove from oven and check the temperature & place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 17.77

Fat 0.17g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 9.45mg

Carbohydrates 3.82g

Fiber 0.17g

Sugar 0.83g

Protein 0.50g

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

Carrot Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27873
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup	510637

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION. Measure 1/2 cup into the appropriate container. Refrigerate for service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

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For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		44.50	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		80.00mg	
Carbohydrates		10.68g	
Fiber		3.56g	
Sugar		5.36g	
Protein		0.00g	
Vitamin A	21400.00IU	Vitamin C	7.80mg
Calcium	37.36mg	Iron	0.36mg

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

Sausage Biscuit (BIC)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-27874
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	785880
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	685000

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash and sanitize table & dry table thoroughly. Line biscuit bottoms onto the table. Place sausage patty onto the biscuit bottoms, Then add the biscuit tops, using an assembly style process to enhance production. Place assembled breakfast sandwich into the heat bag, twist and fold the tail under the sandwich and place on the sheet pan for cooking. Place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: heat to minimum internal temperature 165° F for 15 seconds

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

If You Have Questions, Contact Your Management Team. Place chicken patty on the biscuit (DO NOT COOK) it is already cooked. Place assembled biscuits in the perforated heat bags. Twist and fold the tail under the biscuit and place on the sheet pan to be baked. Bake at 325 degrees until internal temp reaches 165 degrees.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.00		
Fat	18.00g		
SaturatedFat	8.70g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	902.00mg		
Carbohydrates	33.00g		
Fiber	0.00g		
Sugar	3.00g		
Protein	9.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	1.80mg

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

Beefy Nacho

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27875
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	722330

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Meat Preparation: PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE, DO NOT OVERCOOK PRODUCT. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Serving Instructions:

Using a # 8 Scoop dish 4 oz of hot meat and put onto tray. May be served with tostitos chips or doritos chips.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 140.57

Fat 6.18g

SaturatedFat 2.27g

Trans Fat 0.37g

Cholesterol 44.16mg

Sodium 368.33mg

Carbohydrates 6.31g

Fiber 2.52g

Sugar 2.52g

Protein 16.15g

Vitamin A 813.88IU **Vitamin C** 6.31mg

Calcium 51.74mg **Iron** 2.52mg

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

PB&J Sandwich with String Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27876
School:	HPS Menu Planner Issues		

Ingredients

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

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS

AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.

Bag 1 sandwich and 1 cheese stick, seal and refrigerate for service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the

form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

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

Shredded Cheese



Servings:	40.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27877
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	150250

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pac.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 2.75

Fat 0.23g

SaturatedFat 0.15g

Trans Fat 0.00g

Cholesterol 0.75mg

Sodium 4.75mg

Carbohydrates 0.03g

Fiber 0.00g

Sugar 0.00g

Protein 0.18g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 4.98mg **Iron** 0.00mg

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

Chicken Biscuit (BIC)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-27878
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	645080
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each	685000

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash and sanitize table & dry table thoroughly. Line biscuit bottoms onto the table. Place chicken patty onto the biscuit bottoms, Then add the biscuit tops, using an assembly style process to enhance production. Place assembled breakfast sandwich into the heat bag, twist and fold the tail under the sandwich and place on the sheet pan for cooking. Place in a holding cabinet until service

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

- CCP: heat to minimum internal temperature 165° F for 15 seconds
- CCP: take temperature while cooking
- CCP: take temperature while serving
- CCP: take temperature while holding

For COLD FOODS:

- CCP: hold at minimum internal temperature 41° F
- CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

If You Have Questions, Contact Your Management Team. Place chicken patty on the biscuit (DO NOT COOK) it is already cooked. Place assembled biscuits in the perforated heat bags. Twist and fold the tail under the biscuit and place on the sheet pan to be baked. Bake at 325 degrees until internal temp reaches 165 degrees.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 305.00

Fat 12.50g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 12.50mg

Sodium 945.00mg

Carbohydrates 38.00g

Fiber 1.50g

Sugar 3.00g

Protein 10.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	61.00mg	Iron	2.80mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Asian Chicken (Mandarin Orange)



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27879
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce	550512

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Product is fully cooked. Place a single layer of chicken on baking sheet. Heat at 400 F for 16-20 minutes or until golden brown and the internal temperature reaches 165 F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken, mix thoroughly to cover all chicken pieces just prior to serving using a # 8 spoodle.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories			166.67
Fat			3.33g
SaturatedFat			0.56g
Trans Fat			0.00g
Cholesterol			44.44mg
Sodium			311.11mg
Carbohydrates			21.11g
Fiber			0.00g
Sugar			11.11g
Protein			12.22g
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	0.00mg	Iron	0.80mg

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

Yogurt Express

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27880
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce	282422
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	649742
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760
CHEESE CHED MLD CUBED R/F IW 200-1Z	1 Package	265022

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Bag all listed ingredients, along with a spoon and napkin. Serve as a unit.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	423.33
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Fat	15.67g
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SaturatedFat	5.83g
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Trans Fat	0.00g
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Cholesterol	25.00mg
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Sodium	530.00mg
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Carbohydrates	53.67g
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Fiber	3.33g
--------------	-------

Sugar	15.00g
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Protein	16.67g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	477.33mg	Iron	1.68mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Seasoned Broccoli

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27881
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FZ 30 COMM	1/2 Cup	549292
SEASONING GARDEN NO SALT 19Z TRDE	1/12 Teaspoon	565148

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Place broccoli in a steam table pan. stir in the garden seasoning and stir thoroughly. Steam until tender, do not overcook. Upon removing from the combi. Take temperature of the middle section of the corn to ensure proper temperature has been reached. Place in a holding cabinet until service

Remove from combi oven and check the temperature & place in a holding cabinet until service.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 27.60

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 22.00mg

Carbohydrates 5.32g

Fiber 3.00g

Sugar 1.00g

Protein 3.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

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

WG Vegetable Fried Rice

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27882
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	1/2 Cup	676463

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately. Wash Hands, dry thoroughly & put on clean gloves.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	23.73		
Fat	0.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	37.29mg		
Carbohydrates	4.58g		
Fiber	0.34g		
Sugar	0.34g		
Protein	0.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.85mg	Iron	0.07mg

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

Pizza Bosco Sticks

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27883
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7 72CT	1 Each	518691

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

HEAT OVEN TO 350 DEGREES. PLACE BOSCO STICKS ON A PAN SPRAYED SHEET PAN. BAKE FOR 10 TO 12 MINUTES UNTIL GOLDEN BROWN. Hold in warming oven for service. DO NOT OVERCOOK, the cheese will melt out leaving the bosco stick hollow.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER

amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	9.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	510.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.00mg	Iron 2.00mg

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

Cafe Burger w/ Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27884
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Wash, rinse, sanitize and dry the work table to be used for assembly. This should be a 2 person task.

The sandwich assembly process will maximize production of the sandwiches, ensuring a quality product is produced.

Lay out bun bottoms, making space in the middle of the work area to place the pan of hamburger patties, laying buns out on both sides of the hamburger patty pan. With one person on each side of the pan, each person will place a patty on each bun bottom as quickly as possible using both hands. You will then top the patties with a slice of cheese and then the top bun, and wrap. Placing sandwiches in a steam table pan with a pan grate in it to keep the sandwiches off the bottom of the pan. Place pans in the warming cabinet until service.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories 340.00

Fat 15.50g

SaturatedFat 6.05g

Trans Fat 0.80g

Cholesterol 56.50mg

Sodium 576.00mg

Carbohydrates 27.00g

Fiber 4.00g

Sugar 4.50g

Protein 21.50g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 147.00mg **Iron** 2.00mg

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

Curly Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27885
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
PAN COAT SPRAY 6-17Z KE	1 Ounce	112828
FRIES SPIRAL SEAS CRSPY OVEN 6-4	1 Cup	717490

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN FRIES IN A SINGLE LAYER ON THE COMBI FRY RACKS OR IN A SINGLE LAYER ON A LINED SHEET PAN. BAKE FOR 18 TO 22 MINUTES. PORTION 1 CUP INTO THE DESIGNATED BOATS FOR SERVICE.

Remove from oven and check for an appropriate internal temperature, place in a holding cabinet until service

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

- CCP: take temperature while cooking
- CCP: take temperature while serving
- CCP: take temperature while holding
- CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above
- CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

- CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	335.68
Fat	13.12g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	781.40mg
Carbohydrates	55.81g
Fiber	3.72g
Sugar	0.00g
Protein	3.72g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	37.21mg	Iron	0.74mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Baked Beans

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27886
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
BEAN PORK & NAVY 6-10 GCHC	3 #10 CAN	118826
ONION DCD IQF 6-4 GCHC	8 Ounce	261521
SPICE MUSTARD GRND 14Z TRDE	2 Teaspoon	224928
SUGAR BROWN LT 12-2 P/L	1 Cup	860311
KETCHUP LO SOD 2-1.5GAL REDG	2 Cup	645922

Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Line the steamtable pans with pan liners. Drain 2 of the three cans of beans, stir in remaining ingredients until the sugar melts and all items are incorporated. Bake at 350 degrees for 45 minutes. Take internal temperature to ensure proper temperature is reached. Use a #8 Scoop.

If holding in a food warmer please take note if the food sits for a period of time it will continue to cook and brown, so do not overcook to begin with and try to hold for service.

Oven temperature and cook times may vary please adjust according to equipment and have managers approval of temperature and/or time change.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	217.71		
Fat	1.55g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	621.91mg		
Carbohydrates	42.18g		
Fiber	7.79g		
Sugar	14.15g		
Protein	10.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.60mg	Iron	3.10mg

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

Dill Pickle Slices



Servings:	1.00	Category:	Condiments or Other
Serving Size:	8.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27887
School:	HPS Menu Planner Issues		

Ingredients

Description	Measurement	DistPart #
PICKLE DILL SLCD HAMB 4-1GAL GCHC	8 Each	149195

Preparation Instructions

Preparation Instructions:

Wash Hands, dry thoroughly & put on clean gloves.

Drain Pickles in colander, measure 8 slices into each designated container for serving.

For HOT FOOD:

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document you temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Each

Amount Per Serving

Calories 0.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 760.00mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 0.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

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

Turkey n cheese bagel sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28245
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound	211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1	203355

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 257.58

Fat 4.18g

SaturatedFat 1.25g

Trans Fat 0.06g

Cholesterol 58.11mg

Sodium 318.00mg

Carbohydrates 30.00g

Fiber 4.00g

Sugar 6.00g

Protein 26.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 147.35mg **Iron** 2.69mg

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

Turkey & Cheese Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28350
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound	211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1	203355

Preparation Instructions

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	257.58		
Fat	4.18g		
SaturatedFat	1.25g		
Trans Fat	0.06g		
Cholesterol	58.11mg		
Sodium	318.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	26.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	147.35mg	Iron	2.69mg

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

Turkey & Cheese Bagel Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28679
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound	211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
MAYOCHUP BLND PKT 200-.43Z HEINZ	1 Each	203355

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

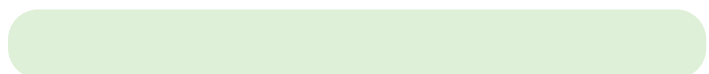
1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:



Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 257.58

Fat 4.18g

SaturatedFat 1.25g

Trans Fat 0.06g

Cholesterol 58.11mg

Sodium 318.00mg

Carbohydrates 30.00g

Fiber 4.00g

Sugar 6.00g

Protein 26.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 147.35mg **Iron** 2.69mg

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

Turkey & Cheese Bagel Sandwich

NO IMAGE

Servings:	250.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28867
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	250 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	32 1/2 Pound	211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	250 Slice	189071
DRESSING HNY MSTRD PKT 100-1FLZ	250 Each	492932

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 307.58

Fat 7.18g

SaturatedFat 1.75g

Trans Fat 0.06g

Cholesterol 58.11mg

Sodium 508.00mg

Carbohydrates 36.00g

Fiber 4.20g

Sugar 12.00g

Protein 26.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 147.35mg **Iron** 2.69mg

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

Turkey & Cheese Bagel Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28925
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound	211729
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice	189071
DRESSING HNY MSTRD PKT 100-1FLZ	1 Each	492932

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 307.58

Fat 7.18g

SaturatedFat 1.75g

Trans Fat 0.06g

Cholesterol 58.11mg

Sodium 508.00mg

Carbohydrates 36.00g

Fiber 4.20g

Sugar 12.00g

Protein 26.63g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 147.35mg **Iron** 2.69mg

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

Turkey & Cheese Bagel Sandwich

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29162
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	200 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	26 Pound	211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	202 Slice	271411
DRESSING HNY MSTRD PKT 100-1FLZ	200 Each	492932

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	328.13
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Fat	9.22g
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SaturatedFat	3.03g
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Trans Fat	0.06g
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Cholesterol	63.24mg
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Sodium	599.95mg
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Carbohydrates	35.51g
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Fiber	4.20g
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Sugar	11.51g
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Protein	25.65g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	132.17mg	Iron	2.69mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

turkey



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29487
School:	HPS Webinar School		

Ingredients

Description	Measurement	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	230264
TURKEY PULLED WHT CKD 2-5 GCHC	1/8 Pound	211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice	271411
DRESSING HNY MSTRD PKT 100-1FLZ	1 Each	492932

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

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

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 328.13

Fat 9.22g

SaturatedFat 3.03g

Trans Fat 0.06g

Cholesterol 63.24mg

Sodium 599.95mg

Carbohydrates 35.51g

Fiber 4.20g

Sugar 11.51g

Protein 25.65g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 132.17mg **Iron** 2.69mg

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

Deluxe Cheese burger kd

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30004
School:	IRONWOOD AREA SCHOOLS		

Ingredients

Description	Measurement	DistPart #
WW Hamburger Bun	1 1	0004591
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	203260
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 405.00

Fat 20.50g

SaturatedFat 8.55g

Trans Fat 0.00g

Cholesterol 72.50mg

Sodium 355.00mg

Carbohydrates 28.00g

Fiber 4.00g

Sugar 3.50g

Protein 27.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	161.50mg	Iron	3.10mg

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