

Cookbook for Wheeler High School

Created by HPS Menu Planner

Table of Contents

Sausage,egg on Biscuit

Tangerine Chicken Stir Fry

Mac & cheese

Hamburger on Bun

dippers

Spaghetti w/ Meat Sauce

Walking Taco

BBQ Rib Sandwich

Grilled Cheese

chicken fried steak on bun

Chicken Smackers

Bosco Sticks w/ Marinara Sauce

Salisbury Steak w/ Gravy and Dinner Rolls

French toast w/ sausage

mini corn dogs

Chicken Patty on Bun

calzone

Teriyaki wrap

Sub Sandwich

100% Fruit Juice

Grape or Strawberry Uncrustable Meal

Mini Donuts

Pop-Tarts

Eggo Mini Pancakes

Cheeseburger on Bun

Chicken Tenders with Dinner Roll

Spicy Chicken Patty on Bun

Steamed Carrots

Steamed Broccoli

Green Beans

Mashed Potatoes

Corn

Chicken Gravy

Brown Rice

Tomato Soup

Chicken Alfredo

Choice of Potato

Parsley Potatoes

Baked Cinnamon Apple Slices

Cheesy Refried Beans

Beef Nachos

Sausage,egg on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15271
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	330.00
Fat	18.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	120.00mg
Sodium	780.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	2.00g
Protein	14.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	188.00mg	Iron	1.44mg

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

Tangerine Chicken Stir Fry

Servings:	37.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19583
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound		327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add sauce. Mix thoroughly.

Each serving should be 12 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	454.62		
Fat	22.77g		
SaturatedFat	4.38g		
Trans Fat	0.00g		
Cholesterol	35.02mg		
Sodium	725.28mg		
Carbohydrates	38.35g		
Fiber	5.26g		
Sugar	13.87g		
Protein	24.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.78mg	Iron	3.50mg

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

Mac & cheese

Servings:	24.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19584
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 16-16Z GCHC	1 Quart		578061
PASTA ELBOW MACAR 51 WGRAIN 2-10	1 Cup		229941

Preparation Instructions

cook 2# of noodles per pan add 8 cups of cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.00

Amount Per Serving

Calories	83.93		
Fat	2.69g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	573.15mg		
Carbohydrates	12.85g		
Fiber	0.08g		
Sugar	2.71g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.86mg	Iron	0.04mg

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20402
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	288.00		
Fat	11.50g		
SaturatedFat	3.60g		
Trans Fat	0.60g		
Cholesterol	39.00mg		
Sodium	449.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	3.00mg

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

dippers

Servings:	1.00	Category:	Vegetable
Serving Size:	5.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20404
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1 Ounce		768146
CELERY JUMBO 16-24CT 40 MARKON	1 Ounce		198536
CUCUMBER SELECT 6CT MRKN	1 Ounce		592323
TOMATO CHERRY 11 MRKN	1 Ounce		569551
PEPPERS RED DOMESTIC 23 MRKN	1 Ounce		560715
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	2 Ounce		499521

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.46
OtherVeg	1.54
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

Amount Per Serving	
Calories	186.04
Fat	12.38g
SaturatedFat	2.11g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	363.86mg
Carbohydrates	21.09g
Fiber	3.54g
Sugar	12.08g
Protein	1.82g
Vitamin A 2173.21IU	Vitamin C 89.09mg
Calcium 106.07mg	Iron 0.61mg

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

Spaghetti w/ Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20419
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	2 oz dry = 1 cup cooked	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce	weight	573201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	368.93
Fat	8.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	310.71mg
Carbohydrates	50.64g
Fiber	6.14g
Sugar	9.50g
Protein	23.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 57.14mg	Iron 4.14mg

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

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20421
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	2 ounce weight #16 scoop?	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package		815803

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open "taco in a bag" chips.
2. Portion #16 scoop of meat, #16 scoop of cheese inside bag.
3. Offer with lettuce, salsa, taco sauce & sour cream

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	370.28		
Fat	19.09g		
SaturatedFat	8.14g		
Trans Fat	0.18g		
Cholesterol	52.08mg		
Sodium	654.16mg		
Carbohydrates	32.15g		
Fiber	3.26g		
Sugar	2.26g		
Protein	18.08g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	274.87mg	Iron	1.66mg

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

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20424
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	N/A	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	N/A	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	910.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	13.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	3.80mg

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

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20426
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Slice		710650
CHEESE AMER 160CT SLCD R/F 6-5 LOL	4 Slice	Use brown box first when available	722360
MARGARINE SLD 30-1 GCHC	1/2 Tablespoon		733061

Preparation Instructions

Spread margarine on bottom slice of bread, add 4 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	54366.66g
SaturatedFat	33981.81g
Trans Fat	0.00g
Cholesterol	200000.00mg
Sodium	200225.00mg
Carbohydrates	27186.26g
Fiber	4.00g
Sugar	13600.68g
Protein	95125.64g
Vitamin A 375.00IU	Vitamin C 0.00mg
Calcium 200076.00mg	Iron 2.00mg

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

chicken fried steak on bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20428
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK CHIX FRD CKD 54-3Z GCHC	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Place frozen product in oil for 3 minutes or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 10-15 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	269816
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	390.00
Fat	23.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	565.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.80mg

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

Chicken Smackers

Servings:	180.00	Category:	Entree
Serving Size:	10.00 1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20429
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	180 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 10.00 1.00

Amount Per Serving

Calories	26.00		
Fat	1.30g		
SaturatedFat	0.30g		
Trans Fat	0.00g		
Cholesterol	7.00mg		
Sodium	55.00mg		
Carbohydrates	1.70g		
Fiber	0.30g		
Sugar	0.00g		
Protein	1.90g		
Vitamin A	20.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.14mg

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

Bosco Sticks w/ Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20738
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each		235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	640.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 464.00mg	Iron 2.00mg

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

Salisbury Steak w/ Gravy and Dinner Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20743
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	1 Each		451400
GRAVY BF RSTD 12-50Z HRTHSTN	1/4 Cup		232424
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	2 Each		751701

Preparation Instructions

Salisbury Steak: Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00		
Fat	20.50g		
SaturatedFat	7.50g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	910.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.70mg	Iron	3.60mg

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

French toast w/ sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20744
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 100-3CT	1 Serving		667462
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941
SYRUP PANCK CUP 200-1.5Z GCHC	1 Serving	BAKE	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	0.33
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	390.00
Fat	15.00g
SaturatedFat	3.67g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	596.67mg
Carbohydrates	41.67g
Fiber	0.67g

Sugar	22.67g
Protein	24.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.67mg	Iron 2.33mg

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

mini corn dogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20745
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Corn Dog Bites-WG	1 Serving		9055

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	134.33		
Fat	5.97g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	203.98mg		
Carbohydrates	14.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.98g		
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

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20747
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20749
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Serving		135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1/2 Serving	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	11.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	690.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	371.00mg	Iron	2.00mg

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

Teriyaki wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20752
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
SAUCE TERIYAKI 4- 64FLZ SWTBRAY	1	READY_TO_EAT Add 1/2 Jug per pan of 30 servings of popcorn chicken	417622
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
LETTUCE ROMAINE 24CT MRKN	1 Cup		305812

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	360.00
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	490.00mg
Carbohydrates	26.00g

Fiber		3.00g	
Sugar		1.00g	
Protein		26.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.00mg	Iron	2.36mg

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

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27268
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use brown box when available	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.53
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	349.02
Fat	13601.44g
SaturatedFat	8497.93g
Trans Fat	0.00g
Cholesterol	50063.05mg
Sodium	50911.19mg
Carbohydrates	6820.08g
Fiber	2.00g
Sugar	3402.67g
Protein	23799.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50104.23mg	Iron 3.10mg

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

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30989
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPL 100 70-4FLZ SNCUP	1 Each		207990
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE FRT PNCH 100 K-PK 96-4FLZ	1 Each		339790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	13.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	12.24mg
Calcium	4.00mg	Iron	0.00mg

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

Grape or Strawberry Uncrustable Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30996
School:	Union Center Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHS 300-.75Z PEPPFM	2 Each		110431

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	660.00mg
Carbohydrates	48.50g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 271.50mg	Iron 1.90mg

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

Mini Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31114
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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

Pop-Tarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31115
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Eggo Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31117
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Each		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	213.33		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	310.00mg		
Carbohydrates	35.33g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31121
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	338.00
Fat	13601.29g
SaturatedFat	8498.49g
Trans Fat	0.60g
Cholesterol	50039.00mg
Sodium	50449.00mg
Carbohydrates	6818.07g
Fiber	4.00g
Sugar	3403.67g
Protein	23799.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50063.00mg	Iron 3.00mg

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

Chicken Tenders with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31122
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each		751701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	13.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	495.00mg		
Carbohydrates	25.00g		
Fiber	2.50g		
Sugar	6.00g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.00mg	Iron	2.50mg

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

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31124
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each		327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	410.00		
Fat	16.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	580.00mg		
Carbohydrates	42.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.00mg

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

Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31125
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	1/2 Cup		285680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.58mg		
Carbohydrates	5.22g		
Fiber	2.24g		
Sugar	2.99g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

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

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31126
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
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

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31128
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup		118737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

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

Mashed Potatoes

Servings:	78.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31129
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	3 5/9 Pound	1 Carton	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 2 gallons boiling water in mixing bowl.
- 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes).
- 3: Ready to serve .

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	16.11mg		
Carbohydrates	16.11g		
Fiber	1.07g		
Sugar	0.00g		
Protein	2.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.74mg	Iron	0.21mg

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

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31130
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	1/2 Cup		358991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.63		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
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

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31132
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	22 3/5 Ounce	1 Bag	290025
Tap Water for Recipes	1 Gallon	Boiling	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	8.24		
Fat	0.12g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	56.50mg		
Carbohydrates	1.65g		
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

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31134
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup		516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31136
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	1 #5 CAN		488232
Tap Water for Recipes	1 #5 CAN		000001WTR

Preparation Instructions

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	91.30		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	395.64mg		
Carbohydrates	18.26g		
Fiber	1.01g		
Sugar	10.14g		
Protein	2.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.37mg

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

Chicken Alfredo

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31143
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	9 Cup		000001WTR
SAUCE ALFREDO FZ 6-5 JTM	5 Pound		155661
Chicken, Fajita Strips, Cooked, Frozen	3 1/2 Pound		100117
PASTA PENNE RIGATE 51 WGRAIN 2-10	3 Pound		221482
CHEESE MOZZ SHRD 4-5 LOL	10 Ounce	Use Brown Box first when available	645170

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	457.52
Fat	14.81g
SaturatedFat	7.93g
Trans Fat	0.00g
Cholesterol	109.02mg
Sodium	1254.20mg
Carbohydrates	45.31g

Fiber	3.43g		
Sugar	8.76g		
Protein	35.87g		
Vitamin A	345.04IU	Vitamin C	0.00mg
Calcium	379.99mg	Iron	1.71mg

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

Choice of Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31144
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
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

Parsley Potatoes

Servings:	21.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31165
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GCHC	1 #10 CAN	Drained	169501
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.15		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	128.69mg		
Carbohydrates	12.87g		
Fiber	1.84g		
Sugar	0.00g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.77mg	Iron	0.46mg

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

Baked Cinnamon Apple Slices

Servings:	24.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31166
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	53.89		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.78mg		
Carbohydrates	12.93g		
Fiber	2.16g		
Sugar	9.70g		
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

Cheesy Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31167
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	10 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	177.34		
Fat	3.68g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	11.02mg		
Sodium	371.35mg		
Carbohydrates	23.02g		
Fiber	5.39g		
Sugar	2.55g		
Protein	11.95g		
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

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31169
School:	Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	2 ounce weight #16 scoop?	722330
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	1 Each		818222
SAUCE CHS CHED POUCH 6-106Z LOL	3 Fluid Ounce		135261

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open chips.
2. Portion #16 scoop of meat, 3 fluid ounce scoop of cheese inside bag.
3. Offer with lettuce, salsa, taco sauce & sour cream

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	402.43		
Fat	21.03g		
SaturatedFat	8.70g		
Trans Fat	0.18g		
Cholesterol	54.89mg		
Sodium	945.56mg		
Carbohydrates	36.62g		
Fiber	4.26g		
Sugar	1.26g		
Protein	18.73g		
Vitamin A	406.94IU	Vitamin C	3.15mg
Calcium	379.69mg	Iron	1.86mg

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