

Cookbook for Porter Township School Corp.

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Cookbook for Boone Grove Elementary School

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Cookbook for Boone Grove High School

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Mini Donuts

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

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

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

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	190.00		
Fat	6.67g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	16.67mg		
Sodium	115.00mg		
Carbohydrates	29.33g		
Fiber	1.67g		
Sugar	15.33g		
Protein	2.67g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	17.01mg	Iron	1.01mg

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

Cereal Pack

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	N/A	533130
CEREAL TRIX RS BKFST KIT 60CT	1 Each	N/A	525340
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package		282491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
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 Pack

Amount Per Serving

Calories	162.00		
Fat	3.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.00mg		
Carbohydrates	32.00g		
Fiber	1.40g		
Sugar	14.40g		
Protein	2.00g		
Vitamin A	240.00IU	Vitamin C	38.88mg
Calcium	50.00mg	Iron	3.02mg

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

Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

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Seasoned Green Beans

Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

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: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.13mg
Carbohydrates	3.41g
Fiber	2.03g
Sugar	1.01g
Protein	1.01g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	0.00mg	Iron	0.00mg
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Mashed Potatoes

Servings:	14.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SEAS 6-4 OREI	4 Pound	1 Bag = 4 pounds	249106

Preparation Instructions

BOIL
STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

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: 14.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	118.86
Fat	3.66g
SaturatedFat	0.91g
Trans Fat	0.00g
Cholesterol	4.57mg
Sodium	356.57mg
Carbohydrates	18.29g
Fiber	1.83g
Sugar	0.91g
Protein	1.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.29mg	Iron 0.33mg

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

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
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:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

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

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

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Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30710

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

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Seasoned Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

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	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30712

Ingredients

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

Preparation Instructions

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

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Seasoned Peas

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.37mg		
Carbohydrates	13.25g		
Fiber	4.72g		
Sugar	4.72g		
Protein	4.72g		
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

Rotini Pasta

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Pound		229951
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.

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: 8.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	190.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Spicy or Regular Chicken Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each		281731
CHIX TNRD WGRAIN FC 4-8 TYS	3 Each		283951
TORTILLA FLOUR 12 12-12CT GRSZ	2 Each		713370
DRESSING RNCH BTRMLK 4-1GAL GCHC	4 Tablespoon		426598
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730

Preparation Instructions

Chicken Tenders: (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Lay tortilla on flat surface. Then brush 2 T. Ranch on tortilla. Place 1 cup of lettuce, 1/4 cup of shredded cheese, and 3 chicken tenders (spicy or regular) on top of ranch on tortilla . Roll/Fold Tortilla up. Place wrap in clamshell.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	4.50
Fruit	0.00
GreenVeg	0.50
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	880.00
Fat	51.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1610.00mg
Carbohydrates	72.50g
Fiber	6.00g
Sugar	6.00g
Protein	37.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	133.50mg	Iron	5.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Chickpeas

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

1 #10 can fits perfectly on a sheet pan.

Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.

Can add cayenne pepper to make them spicy.

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	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 105.00
Serving Size: 0.25 Cup

Amount Per Serving

Calories	123.50		
Fat	4.68g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.24mg		
Carbohydrates	15.86g		
Fiber	2.96g		
Sugar	2.96g		
Protein	3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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Breakfast Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1 Cup	THAW	110624
Strawberries, Sliced, IQF	1 Cup	THAW	110860
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811490
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811500
CEREAL GRANOLA HNY OATS 4-44Z	2/3 Cup	N/A	818961

Preparation Instructions

1 Parfait= 1/2 cup of yogurt, 1 cup of fruit, and 1/4 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	1.00
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 PARFAIT

Amount Per Serving

Calories	299.44
Fat	5.25g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	88.20mg
Carbohydrates	59.63g
Fiber	3.50g
Sugar	32.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.80mg

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

Biscuit and Gravy

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	1/4 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390

Preparation Instructions

Biscuit

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.
2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1-4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED
3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	630.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.83mg	Iron	1.15mg

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

Egg Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390

Preparation Instructions

Biscuit

- KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.
- PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1-4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED
- BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	490.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.83mg	Iron	1.05mg

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

Blueberry Oat Bars

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Blueberries, Frozen	12 1/2 Cup	Frozen	110624
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving			
Calories		383.43	
Fat		19.35g	
SaturatedFat		7.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		168.49mg	
Carbohydrates		51.36g	
Fiber		4.30g	
Sugar		24.76g	
Protein		3.98g	
Vitamin A	1140.12IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	1.42mg

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

Peach Cobbler

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Diced Peaches CND 6-10	1 #10 CAN	BAKE	100220
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving			
Calories		405.51	
Fat		18.35g	
SaturatedFat		7.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		172.66mg	
Carbohydrates		55.85g	
Fiber		3.34g	
Sugar		31.21g	
Protein		3.98g	
Vitamin A	1140.12IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	1.42mg

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Homemade Croutons

Servings:	22.00	Category:	Grain
Serving Size:	1.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	45 Slice	Cubed	204822
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup		732900
Tap Water for Recipes	1/4 Cup	If Needed	000001WTR
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Cup		565164

Preparation Instructions

1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread).
2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!

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: 22.00

Serving Size: 1.60 Ounce

Amount Per Serving			
Calories	335.46		
Fat	12.23g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	235.23mg		
Carbohydrates	45.55g		
Fiber	4.09g		
Sugar	6.14g		
Protein	6.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.36mg	Iron	2.05mg

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

Daily Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Thawed	110921
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
Homemade Croutons	1 Serving	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!	R-31014

Preparation Instructions

Layer ingredients and package together for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	4.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	569.44		
Fat	20.83g		
SaturatedFat	2.23g		
Trans Fat	0.00g		
Cholesterol	263.58mg		
Sodium	606.98mg		
Carbohydrates	50.55g		
Fiber	6.09g		
Sugar	9.14g		
Protein	42.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 116.36mg **Iron** 3.05mg

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

Seasoned Peas and Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31017
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	7 1/2 Pound		100350
Carrots fzn	7 1/2 Pound		100352
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.89		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.33mg		
Sodium	63.64mg		
Carbohydrates	9.75g		
Fiber	3.36g		
Sugar	3.87g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31028
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.50mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.75g		
Protein	0.00g		
Vitamin A	1187.50IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31029
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	cut in half to make two triangles	150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	weight	100187
Turkey Breast Deli	1 3/5 Ounce	weight	100121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving			
Calories	324.49		
Fat	11.89g		
SaturatedFat	5.45g		
Trans Fat	0.00g		
Cholesterol	66.52mg		
Sodium	1069.39mg		
Carbohydrates	32.89g		
Fiber	2.00g		
Sugar	4.95g		
Protein	26.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.50mg	Iron	2.00mg

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Wolf Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31102
School:	Boone Grove High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each		722301
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	4 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	4.00
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	387.00		
Fat	11.00g		
SaturatedFat	1.90g		
Trans Fat	0.00g		
Cholesterol	34.00mg		
Sodium	449.00mg		
Carbohydrates	61.00g		
Fiber	7.00g		
Sugar	12.00g		
Protein	13.00g		
Vitamin A	114.00IU	Vitamin C	51.00mg
Calcium	66.00mg	Iron	2.44mg

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

Cookbook for Boone Grove Middle School

Created by HPS Menu Planner

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Mini Donuts

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

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

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

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Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	190.00		
Fat	6.67g		
SaturatedFat	1.67g		
Trans Fat	0.03g		
Cholesterol	16.67mg		
Sodium	115.00mg		
Carbohydrates	29.33g		
Fiber	1.67g		
Sugar	15.33g		
Protein	2.67g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	17.01mg	Iron	1.01mg

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

Cereal Pack

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	N/A	533130
CEREAL TRIX RS BKFST KIT 60CT	1 Each	N/A	525340
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package		282491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
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 Pack

Amount Per Serving

Calories	162.00		
Fat	3.20g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.00mg		
Carbohydrates	32.00g		
Fiber	1.40g		
Sugar	14.40g		
Protein	2.00g		
Vitamin A	240.00IU	Vitamin C	38.88mg
Calcium	50.00mg	Iron	3.02mg

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

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30690

Ingredients

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

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

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 Package

Amount Per Serving			
Calories	215.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	310.00mg		
Carbohydrates	35.50g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.35mg

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Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

Seasoned Green Beans

Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

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: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.13mg
Carbohydrates	3.41g
Fiber	2.03g
Sugar	1.01g
Protein	1.01g

Vitamin A	0.00IU	Vitamin C	0.00mg
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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

Mashed Potatoes

Servings:	14.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SEAS 6-4 OREI	4 Pound	1 Bag = 4 pounds	249106

Preparation Instructions

BOIL
STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

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: 14.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	118.86
Fat	3.66g
SaturatedFat	0.91g
Trans Fat	0.00g
Cholesterol	4.57mg
Sodium	356.57mg
Carbohydrates	18.29g
Fiber	1.83g
Sugar	0.91g
Protein	1.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.29mg	Iron 0.33mg

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

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
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:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

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

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

*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-30710

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

Seasoned Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

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	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
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-30712

Ingredients

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

Preparation Instructions

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

Seasoned Peas

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.14
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	76.37mg
Carbohydrates	13.25g
Fiber	4.72g
Sugar	4.72g
Protein	4.72g

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

Rotini Pasta

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30715

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 Pound		229951
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.

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: 8.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	190.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg

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

Spicy or Regular Chicken Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each		281731
CHIX TNRD WGRAIN FC 4-8 TYS	3 Each		283951
TORTILLA FLOUR 12 12-12CT GRSZ	2 Each		713370
DRESSING RNCH BTRMLK 4-1GAL GCHC	4 Tablespoon		426598
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730

Preparation Instructions

Chicken Tenders: (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Lay tortilla on flat surface. Then brush 2 T. Ranch on tortilla. Place 1 cup of lettuce, 1/4 cup of shredded cheese, and 3 chicken tenders (spicy or regular) on top of ranch on tortilla . Roll/Fold Tortilla up. Place wrap in clamshell.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	4.50
Fruit	0.00
GreenVeg	0.50
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	880.00
Fat	51.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1610.00mg
Carbohydrates	72.50g
Fiber	6.00g
Sugar	6.00g
Protein	37.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium	133.50mg	Iron	5.00mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Chickpeas

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

1 #10 can fits perfectly on a sheet pan.

Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.

Can add cayenne pepper to make them spicy.

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	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 105.00
 Serving Size: 0.25 Cup

Amount Per Serving

Calories	123.50
Fat	4.68g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.24mg
Carbohydrates	15.86g
Fiber	2.96g
Sugar	2.96g
Protein	3.70g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Breakfast Parfait

Servings:	2.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1 Cup	THAW	110624
Strawberries, Sliced, IQF	1 Cup	THAW	110860
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811490
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	N/A	811500
CEREAL GRANOLA HNY OATS 4-44Z	2/3 Cup	N/A	818961

Preparation Instructions

1 Parfait= 1/2 cup of yogurt, 1 cup of fruit, and 1/4 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	1.00
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 PARFAIT

Amount Per Serving

Calories	299.44
Fat	5.25g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	88.20mg
Carbohydrates	59.63g
Fiber	3.50g
Sugar	32.92g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.80mg

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

Egg Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390

Preparation Instructions

Biscuit

- KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.
- PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1-4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED
- BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	230.00		
Fat	12.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	490.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.83mg	Iron	1.05mg

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

Blueberry Oat Bars

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Blueberries, Frozen	12 1/2 Cup	Frozen	110624
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	383.43		
Fat	19.35g		
SaturatedFat	7.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	168.49mg		
Carbohydrates	51.36g		
Fiber	4.30g		
Sugar	24.76g		
Protein	3.98g		
Vitamin A	1140.12IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	1.42mg

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

Peach Cobbler

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Diced Peaches CND 6-10	1 #10 CAN	BAKE	100220
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bar

Amount Per Serving			
Calories		405.51	
Fat		18.35g	
SaturatedFat		7.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		172.66mg	
Carbohydrates		55.85g	
Fiber		3.34g	
Sugar		31.21g	
Protein		3.98g	
Vitamin A	1140.12IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	1.42mg

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

Daily Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Thawed	110921
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
Homemade Croutons	1 Serving	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (if bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!	R-31014

Preparation Instructions

Layer ingredients and package together for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	4.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	569.44
Fat	20.83g
SaturatedFat	2.23g
Trans Fat	0.00g
Cholesterol	263.58mg
Sodium	606.98mg
Carbohydrates	50.55g
Fiber	6.09g
Sugar	9.14g
Protein	42.94g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium	116.36mg	Iron	3.05mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Seasoned Peas and Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31017
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	7 1/2 Pound		100350
Carrots fzn	7 1/2 Pound		100352
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.25

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.89		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.33mg		
Sodium	63.64mg		
Carbohydrates	9.75g		
Fiber	3.36g		
Sugar	3.87g		
Protein	2.33g		
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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31028
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181

Preparation Instructions

Note: Remove from freezer and let sit out a short time before eating

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.50mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.75g		
Protein	0.00g		
Vitamin A	1187.50IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31029
School:	Boone Grove Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	cut in half to make two triangles	150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	weight	100187
Turkey Breast Deli	1 3/5 Ounce	weight	100121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving	
Calories	324.49
Fat	11.89g
SaturatedFat	5.45g
Trans Fat	0.00g
Cholesterol	66.52mg
Sodium	1069.39mg
Carbohydrates	32.89g
Fiber	2.00g
Sugar	4.95g
Protein	26.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.00mg

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

Cookbook for Porter Lakes Elementary School

Created by HPS Menu Planner

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Mini Donuts

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Middle School		

Ingredients

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

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

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Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30690

Ingredients

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

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

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 Package

Amount Per Serving			
Calories	215.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	310.00mg		
Carbohydrates	35.50g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	250.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.35mg

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Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

Seasoned Green Beans

Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

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: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.13mg		
Carbohydrates	3.41g		
Fiber	2.03g		
Sugar	1.01g		
Protein	1.01g		
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

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
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:	61.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce	1 Bag	242390
Tap Water for Recipes	1 Gallon	3 Quarts boiling and 1 quart cold	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS:

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

ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 61.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	24.59		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.44mg		
Carbohydrates	3.93g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.00mg

*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-30710

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

Seasoned Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

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	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
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

Assorted Pop-Tarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30722
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	1.25 Grain Equivalents	452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

Roasted Chickpeas

Servings:	105.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Low-Sodium canned Garbanzo Beans	3 #10 CAN		100360
SHORTENING LIQ CNOLA CLR 35 GSIG	1 1/2 Cup		431971
SPICE PAPRIKA SPANISH 5 TRDE	2 1/2 Tablespoon		273988
SPICE GARLIC GRANULATED 7.25 TRDE	2 Tablespoon		514047
SPICE ONION POWDER 19Z TRDE	3 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1 1/2 Tablespoon		225045
SALT IODIZED 25 CARG	2 Teaspoon		108286

Preparation Instructions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.

Recipe Notes

1 #10 can fits perfectly on a sheet pan.

Store at room temperature in an air tight container.

If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.

Can add cayenne pepper to make them spicy.

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	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	123.50		
Fat	4.68g		
SaturatedFat	0.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.24mg		
Carbohydrates	15.86g		
Fiber	2.96g		
Sugar	2.96g		
Protein	3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Panther Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31080
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	3 Each		722301
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	2 Piece		500171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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	193.50		
Fat	5.50g		
SaturatedFat	0.95g		
Trans Fat	0.00g		
Cholesterol	17.00mg		
Sodium	224.50mg		
Carbohydrates	30.50g		
Fiber	3.50g		
Sugar	6.00g		
Protein	6.50g		
Vitamin A	57.00IU	Vitamin C	25.50mg
Calcium	33.00mg	Iron	1.22mg

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

Panther Pizza-able

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31081
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Mozzarella, Part Skim, Shredded	2 Ounce	1/2 cup	100021
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048

Preparation Instructions

Package all items together.

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 Kit

Amount Per Serving

Calories	396.20		
Fat	19.20g		
SaturatedFat	10.20g		
Trans Fat	0.04g		
Cholesterol	50.00mg		
Sodium	889.80mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	19.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.18mg	Iron	2.08mg

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