

Cookbook for Porter Township School Corp.

Created by HPS Menu Planner

Cookbook for Boone Grove Elementary School

Created by HPS Menu Planner

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Cookbook for Boone Grove High 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 |

*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 |

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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 |

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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 |

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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 |
|------------------|--------|------------------|--------|

| | | | |
|----------------|--------|-------------|--------|
| 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 |

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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 |

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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 |

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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 |

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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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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 |

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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 |

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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 |

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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

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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 |

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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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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 |

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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 |

*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 |

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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 |

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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 |

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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 |
|------------------|--------|------------------|--------|

| | | | |
|----------------|--------|-------------|--------|
| 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 |

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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 |

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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 |

*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 |

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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 TNDR HOT & SPCY WG FC 1.13Z 4-8 | 3 Each | | 281731 |
| CHIX TNDR 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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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 |

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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

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 | 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 |

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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

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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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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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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 |

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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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Cookbook for Porter Lakes Elementary School

Created by HPS Menu Planner

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Panther Pizza-able

Assorted Chips

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

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 |

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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 |
|------------------|--------|------------------|--------|

| | | | |
|----------------|--------|-------------|--------|
| Calcium | 0.00mg | Iron | 0.00mg |
|----------------|--------|-------------|--------|

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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 |
|----------------|--------|-------------|--------|

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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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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 |

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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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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 |

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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 |

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Assorted Chips

| | | | |
|----------------------|----------|-----------------------|---------------------|
| Servings: | 10.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Bag | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-31270 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|------------------------|------------|
| CHIP HARV CHED 104-SSV SUNCHIP | 1 Package | 1.25 Grain Equivalents | 105260 |
| CHIP GARDEN SALSA 104-SSV SUNCHIP | 1 Package | 1.25 Grain Equivalents | 696900 |
| CHIP NACHO REDC FAT 72-1Z DORITOS | 1 Package | 1.50 Gran Equivalents | 456090 |
| CHIP COOL RNCH REDC FAT 72-1Z DORIT | 1 Package | 1.50 Gran Equivalents | 541502 |
| CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO | 1 Package | 1.50 Gran Equivalents | 737611 |
| CHIP SPCY SWT REDC 72-1Z SSV DORIT | 1 Package | 1.50 Gran Equivalents | 788670 |
| CHIP POT BKD 64-LSSV LAYS | 1 Package | Counts as no component | 712560 |
| CHIP POT BBQ BKD 64-LSSV LAYS | 1 Package | Counts as no component | 712550 |
| CHIP POT SR CRM ONIO BKD 64-LSSV LAYS | 1 Ounce | Counts as no component | 712540 |
| CHIP POT CHED SR CRM BKD 60-.8Z RUFF | 1 Package | Counts as no component | 405983 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Bag

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 131.00 |
| Fat | 4.55g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 17.00mg |
| Sodium | 182.00mg |
| Carbohydrates | 20.40g |
| Fiber | 1.80g |

| | |
|-------------------------|-------------------------|
| Sugar | 1.70g |
| Protein | 1.90g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 19.00mg | Iron 0.32mg |

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