

# **Cookbook for Meadowview Elementary**

**Created by HPS Menu Planner**

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# Strawberry Fluff Dessert

<b>Servings:</b>	294.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 #10 dipper	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9683

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	12 Carton		313165
YOGURT STRAWB L/F 4-5 GCHC	5 Carton		640171
Strawberries, Sliced Frz	30 Pound	BAKE	100254

## Preparation Instructions

Drain the Strawberries-(approx. 12 ½#)

MIX IN 5 BATCHES:

2 ½ -16oz whipped Topping Tubs

1-5# Strawberry Yogurt

2.5# thawed/drained strawberries

Stir together gently and dip with a #10 dipper into a 5oz plastic cup

ONLY COUNTS AS A DESSERT-NOT FRUIT

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.72
<b>Grain</b>	0.00
<b>Fruit</b>	0.19
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 294.00

Serving Size: 1.00 #10 dipper

### Amount Per Serving

<b>Calories</b>	370.16
<b>Fat</b>	5.78g
<b>SaturatedFat</b>	4.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.61mg
<b>Sodium</b>	163.27mg
<b>Carbohydrates</b>	68.41g
<b>Fiber</b>	1.11g
<b>Sugar</b>	54.61g
<b>Protein</b>	9.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 952.38mg	<b>Iron</b> 0.98mg

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# Baked Beans- Meadowview

<b>Servings:</b>	92.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9827
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
SUGAR BROWN MED 25 GCHC	6 Cup	UNSPECIFIED	108626
FLOUR ULTRAGRAIN 50 HLCHC	1 Cup		515002
SPICE ONION SALT 36Z TRDE	2 Teaspoon		224979
SPICE GARLIC SALT NO MSG 37Z TRDE	2 Tablespoon		224847
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon		109843
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	2 Tablespoon		860221

## Preparation Instructions

Place 2 cans into a 4 in pan.

Split wet ingredients between two pans.

Mix dry ingredients and mix between two pans.

Foil and bake at 350 for 45 min.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.05
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	230.65		
<b>Fat</b>	0.59g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	889.01mg		
<b>Carbohydrates</b>	49.83g		
<b>Fiber</b>	5.71g		
<b>Sugar</b>	28.11g		
<b>Protein</b>	8.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.61mg	<b>Iron</b>	2.19mg

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# Chili

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9828
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 COMM	32 Pound		785840
BEAN KIDNEY RED DARK 6-10 GCHC	4 #10 CAN		118761
SAUCE TOMATO MW 6-10 GCHC	6 #10 CAN		306347
ONION DEHY SUPER TOPPER 6-2 P/L	1 1/2 Cup		223255
SUGAR BROWN MED 25 GCHC	3/4 Cup	UNSPECIFIED	108626
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.40
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.52
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.17
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	123.70		
<b>Fat</b>	1.71g		
<b>SaturatedFat</b>	0.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	23.04mg		
<b>Sodium</b>	478.05mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	5.02g		
<b>Sugar</b>	3.26g		
<b>Protein</b>	14.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.45mg	<b>Iron</b>	3.16mg

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# Johnny Marzetti

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9829
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 COMM	24 Pound		785840
PASTA NOODL EGG FZ 4-3 REAMES	14 Pound		245046
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	2 #5 CAN		514802
SOUP TOMATO 12-5 CAMP	2 #5 CAN		101427
SOUP CRM OF CELERY 12-5 HNZ	2 #5 CAN		101613
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
SEASONING SALT NO MSG 6-40Z LAWR	1/3 Cup		457181
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261
BASE BEEF 12-1 KE	2 Tablespoon		160810
SALT IODIZED 25 CARG	1 Tablespoon		108286

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.29
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.07
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	128.35		
<b>Fat</b>	2.89g		
<b>SaturatedFat</b>	0.93g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.56mg		
<b>Sodium</b>	331.66mg		
<b>Carbohydrates</b>	16.04g		
<b>Fiber</b>	0.90g		
<b>Sugar</b>	1.55g		
<b>Protein</b>	10.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.28mg	<b>Iron</b>	2.10mg

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# Creamed Chicken

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9830
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	30 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	5 #5 CAN		264865
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
BASE CHIX 12-1 KE	1 Pound		160790
SALT IODIZED 25 CARG	4 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	4 Teaspoon		225061
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE ONION SALT 36Z TRDE	3 Tablespoon		224979
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup		515002

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.60
<b>Grain</b>	0.29
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	87.39		
<b>Fat</b>	1.88g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.60mg		
<b>Sodium</b>	230.77mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.56g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	10.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.36mg	<b>Iron</b>	0.34mg

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# Ranch Rodeo Wrap

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9831
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	50 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
DRESSING RNCH BTRMLK 4- 1GAL GCHC	25 Cup		426598
SAUCE BBQ 4-1GAL SWTBRAY	5 Cup		655937
TORTILLA FLOUR ULTRGR 8 18-12CT	300 Each		882700

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.57
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	375.02		
<b>Fat</b>	18.80g		
<b>SaturatedFat</b>	6.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	61.37mg		
<b>Sodium</b>	820.96mg		
<b>Carbohydrates</b>	34.64g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	19.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.00mg

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# Warm Cinnamon Apples

<b>Servings:</b>	142.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9832
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	6 #10 CAN		117773
SUGAR BEET GRANUL 25 GCHC	6 Cup		108588
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 15Z TRDE	6 Tablespoon		224723
FLOUR ULTRAGRAIN 50 HLCHC	1 1/8 Cup		515002

## Preparation Instructions

Put one 10# can of sliced apples into 2in pan.  
Combine all dry ingredients and divide into pans. Carefully mix into apples.  
Foil pans and bake at 250 for 1 hr.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	103.62		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.95mg		
<b>Carbohydrates</b>	25.99g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	22.01g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.27mg	<b>Iron</b>	0.04mg

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# Chocolate Chip Cookies

<b>Servings:</b>	372.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9833
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED 25 GCHC	12 Cup	UNSPECIFIED	108626
SUGAR BEET GRANUL 25 GCHC	12 Cup		108588
SALT IODIZED 25 CARG	4 1/2 Tablespoon		108286
EXTRACT VANILLA PURE 1-PT GCHC	7 1/3 Tablespoon		513873
EGG SHL MED A GRD 12-30CT GCHC	20 Each		209003
FLOUR ULTRAGRAIN 50 HLCHC	37 1/2 Cup		515002
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	3 Pound		283610
BUTTER PRINT SLTD GRD AA 36-1 GCHC	6 Pound		191205

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.44
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 372.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	144.89		
<b>Fat</b>	6.17g		
<b>SaturatedFat</b>	3.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.35mg		
<b>Sodium</b>	135.26mg		
<b>Carbohydrates</b>	21.40g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	12.51g		
<b>Protein</b>	1.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.16mg	<b>Iron</b>	0.58mg

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# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9834
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1/2 Ounce		100018
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	7.30g		
<b>Trans Fat</b>	0.80g		
<b>Cholesterol</b>	61.50mg		
<b>Sodium</b>	456.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.00mg	<b>Iron</b>	2.00mg

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# fruit

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9835
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
PEAR DCD XL/S 6-10 GCHC	1/2 Cup		290203
PEACH SLCD XL/S 6-10 GCHC	1/2 Cup		224448
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup		612448

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.40
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	52.39		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.23mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	0.64g		
<b>Sugar</b>	11.55g		
<b>Protein</b>	0.62g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.32mg	<b>Iron</b>	0.16mg

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# Fruit Juice

<b>Servings:</b>	7.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9836
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	61.43		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.71mg		
<b>Carbohydrates</b>	15.14g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.71g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	8.57mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	0.09mg

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

# Rodeo Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12793
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937
ONION RING BRD WGRAIN 6-5#TASTY BRAND	2 Each		234061
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

## Preparation Instructions

Bake beef patty and onion rings on trays. Place 1 slice of cheese on bottom bun. Assemble sandwich placing beef patty on cheesed bottom. Put BBQ Sauce and onion rings on top. Hold in warmer.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	435.00
<b>Fat</b>	20.70g
<b>SaturatedFat</b>	7.90g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	61.50mg
<b>Sodium</b>	771.00mg
<b>Carbohydrates</b>	41.20g
<b>Fiber</b>	5.20g
<b>Sugar</b>	14.00g
<b>Protein</b>	20.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 162.50mg	<b>Iron</b> 2.43mg

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# Corn- Meadowview

<b>Servings:</b>	27.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12795
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	5 Pound		851329
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SALT IODIZED 24-26Z GFS	1 Tablespoon		108308

## Preparation Instructions

Put corn in 4in pan. Steam for 15 min. Drain water and season with salt and butter buds.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 27.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	61.84		
<b>Fat</b>	0.76g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	269.38mg		
<b>Carbohydrates</b>	12.46g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	4.56g		
<b>Protein</b>	1.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg

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# Bacon, Egg, & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12802
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

## Preparation Instructions

Place egg patty on pans with bacon on top. Bake at 350 for 8 - 10 min. Put 1 slice of cheese on bottom bun. Assemble sandwich and hold in warmer.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	4.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	117.50mg		
<b>Sodium</b>	600.01mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	8.00mg

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# Sausage, Egg, & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12830
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each		785880
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	Commodity/Brown Box	100036
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each		676151

## Preparation Instructions

Place Sausage Patty on pan with Egg Patty on top. Bake at 350 for 8 - 10 min. or until temp is at 160.

Place bottom half of bun on pans and top with cheese slice.

Assemble sandwich and hold in warmer.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	306.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	6.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	108.50mg		
<b>Sodium</b>	537.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.00mg	<b>Iron</b>	1.00mg

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# Turkey Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12930
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO ROMA 2 1-25 MRKN	1 Tablespoon		588381
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
Turkey Breast Deli	1/2 Ounce	Weigh	100121

## Preparation Instructions

Put one cup of lettuce into bowl.

Top with cheese, deli turkey, tomato. Serve with a ranch cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	109.64		
<b>Fat</b>	6.65g		
<b>SaturatedFat</b>	4.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.81mg		
<b>Sodium</b>	285.15mg		
<b>Carbohydrates</b>	3.75g		
<b>Fiber</b>	1.14g		
<b>Sugar</b>	1.31g		
<b>Protein</b>	10.93g		
<b>Vitamin A</b>	93.71IU	<b>Vitamin C</b>	1.54mg
<b>Calcium</b>	17.13mg	<b>Iron</b>	0.03mg

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# Lasagna Roll-Ups

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

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

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# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12939
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
BROCCOLI 10 MI LOCAL	1/4 Cup		599251
Carrots, baby	1/8 Cup		18D69
CUCUMBER ENG SDLSS 12-1CT P/L	1/8 Cup		532312

## Preparation Instructions

Put one cup (50/50 blend) lettuce in bowl. Top with carrots, Broccoli, cucumber. Serve with ranch cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	17.51		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.83mg		
<b>Carbohydrates</b>	3.82g		
<b>Fiber</b>	1.04g		
<b>Sugar</b>	1.13g		
<b>Protein</b>	1.04g		
<b>Vitamin A</b>	7.10IU	<b>Vitamin C</b>	0.19mg
<b>Calcium</b>	14.08mg	<b>Iron</b>	0.38mg

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# Parfait- High School

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13136

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1/4 Cup		812821
Blueberries, Frozen	1/4 Cup	THAW Thaw and use	110624

## Preparation Instructions

Total weight: 287.76 grams

May substitute 1/2 strawberry and 1/2 kiwi in place of blueberries.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.25
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	325.97
<b>Fat</b>	2.93g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	155.35mg
<b>Carbohydrates</b>	69.18g
<b>Fiber</b>	2.49g
<b>Sugar</b>	43.05g
<b>Protein</b>	9.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 0.54mg

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# Fruit Plate with Fruit Dip

<b>Servings:</b>	94.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13137

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF 10-3 GCHC	1 Pound		163562
TOPPING MALLOW CRM 6-5 GCHC	13 Ounce		281808
TOPPING WHIP 12-32Z RICH	1 Quart		307092
PINEAPPLE CHNK PRSRV FR 2-8 RSS	11 3/4 Cup		581471
STRAWBERRY 8 MRKN	11 3/4 Cup		212768
KIWI 33-39CT P/L	94 Each		287008
GRAPES RED LUNCH BUNCH 21AVG MRKN	23 1/2 Cup		280895

## Preparation Instructions

FOR FRUIT DIP:

Whip cream cheese, set aside, whip the whipped topping, add the mallow creme, add the cream cheese, food coloring, and strawberry flavoring. Whip all together and dip into 2 oz. souffle cups and lid.

Makes 94- 2 oz. servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.61
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	154.25		
<b>Fat</b>	4.16g		
<b>SaturatedFat</b>	3.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.26mg		
<b>Sodium</b>	23.97mg		
<b>Carbohydrates</b>	30.37g		
<b>Fiber</b>	3.08g		
<b>Sugar</b>	22.60g		
<b>Protein</b>	2.04g		
<b>Vitamin A</b>	104.51IU	<b>Vitamin C</b>	88.88mg
<b>Calcium</b>	45.65mg	<b>Iron</b>	0.73mg

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# Broccoli Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13252
<b>School:</b>	Shipshewana Scott Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Pound		732451
SUGAR BEET GRANUL 50 GCHC	1 Cup		224413
MAYONNAISE 4-1GAL KE	2 Cup		631411
ONION RED DCD 1/2 2-5	1/2 Cup		810411
BACON TOPPING 1 DCD 10 HRML	2 Cup		827002
Cheese, Cheddar Reduced fat, Shredded	2 Cup		100012

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	119.63		
<b>Fat</b>	9.51g		
<b>SaturatedFat</b>	2.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	173.82mg		
<b>Carbohydrates</b>	6.52g		
<b>Fiber</b>	0.72g		
<b>Sugar</b>	4.47g		
<b>Protein</b>	3.46g		
<b>Vitamin A</b>	163.30IU	<b>Vitamin C</b>	23.48mg
<b>Calcium</b>	13.61mg	<b>Iron</b>	0.21mg

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# Taco Soup

<b>Servings:</b>	608.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	90 Pound	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
ONION DCD 1/4 2-5 RSS	1 Gallon		198307
SPICE GARLIC POWDER 6 TRDE	1 Cup		513857
Black Pepper	1/2 Cup		24108
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
SPICE PAPRIKA SPANISH 5 TRDE	1/2 Cup		273988
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SEASONING TACO MIX 6-9Z LAWR	2 Cup		159204
SUGAR BROWN MED 25 GCHC	1 1/2 Cup		108626
Diced Tomatoes cnd	6 #10 CAN		100329
Tomato Sauce cnd	4 #10 CAN		100334
BEAN PINTO 6-10 GCHC	1 #10 CAN		261475
BEAN CHILI MEX STYLE 6-10 GCHC	2 #10 CAN		192015
BEANS BLACK LO SOD 6-10 BUSH	3 #10 CAN		231981

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound		100348

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.06
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.21
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.13
<b>Starch</b>	0.09

### Nutrition Facts

Servings Per Recipe: 608.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>	170.18		
<b>Fat</b>	6.81g		
<b>SaturatedFat</b>	2.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	28.42mg		
<b>Sodium</b>	552.53mg		
<b>Carbohydrates</b>	12.69g		
<b>Fiber</b>	2.39g		
<b>Sugar</b>	2.84g		
<b>Protein</b>	14.89g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.59mg	<b>Iron</b>	2.34mg

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

# Wacky Cake

<b>Servings:</b>	240.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL 25 GCHC	28 Cup		108588
FLOUR H&R A/P 2-25 GCHC	44 2/3 Cup		227528
BAKING SODA 36Z GCHC	3/4 Cup		513849
SALT IODIZED 25 CARG	6 Tablespoon		108286
COCOA PWD BAKING 6-5 GCHC	3 1/2 Cup		269654
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	10 1/2 Tablespoon		629640
FLAVORING VANILLA IMIT 1-QT KE	10 1/2 Tablespoon		110736
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 2/3 Pound		191205
Tap Water for Recipes	28 Cup	UNPREPARED	000001WTR
SUGAR POWDERED 10X 12-2 PION	8 1/3 Pound		859740
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 1/3 Pound		299405
FLAVORING VANILLA IMIT 1-1GAL KE	1/3 Cup		110744
1/2 pint milk lowfat white 1%	4 1/2 pint	READY_TO_DRINK	

## Preparation Instructions

For Cake:

Combine all dry ingredients. Slowly add water with vinegar and vanilla. Add melted butter. Mix thoroughly. Bake 40 minutes. Cool, then frost.

Makes 4 cakes. Cut cake 10x6

Counts as 1.25 oz. eq. grain based dessert

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Piece

### Amount Per Serving

<b>Calories</b>	314.16		
<b>Fat</b>	9.17g		
<b>SaturatedFat</b>	5.72g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.23mg		
<b>Sodium</b>	552.00mg		
<b>Carbohydrates</b>	55.77g		
<b>Fiber</b>	0.64g		
<b>Sugar</b>	38.81g		
<b>Protein</b>	3.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.47mg	<b>Iron</b>	0.98mg

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# Monster Cookie Bars

<b>Servings:</b>	240.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Bar	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20443

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BEET GRANUL 25 GCHC	10 2/3 Cup		108588
SUGAR BROWN MED 25 GCHC	13 1/3 Cup	UNSPECIFIED	108626
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 3/4 Pound		191205
PEANUT BUTTER SMOOTH 6-5 GFS	16 Cup		183245
EGG SHL MED A GRD 12-30CT GCHC	32 Each		209003
SYRUP CORN LT RED LBL 4-1GAL KARO	1/4 Cup		507415
OATS QUICK HOT CEREAL 12-42Z GCHC	43 Cup		240869
BAKING SODA 36Z GCHC	7 Tablespoon		513849
TOPPING M&M MINI BAKING BITS 2-4	84 Ounce		760510
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	8 Cup		283610

## Preparation Instructions

Bake at 275 (350). mix all ingredients in order given. Bake 15-20 minutes. DO NOT OVERBAKE.

Makes 4 pans. Cut pans 10x6.

Credits 0.75 oz. eq. whole grain, dessert grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 1.00 Bar

### Amount Per Serving

<b>Calories</b>	359.52		
<b>Fat</b>	17.56g		
<b>SaturatedFat</b>	6.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.06mg		
<b>Sodium</b>	302.43mg		
<b>Carbohydrates</b>	45.03g		
<b>Fiber</b>	3.41g		
<b>Sugar</b>	31.61g		
<b>Protein</b>	7.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.93mg	<b>Iron</b>	1.73mg

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# Sidekick Fruit Slushie

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29223
<b>School:</b>	Meadowview Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	33.33mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1250.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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# Build Your Own Cheese Pizza Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29224
<b>School:</b>	Meadowview Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	223.90
<b>Fat</b>	9.20g
<b>SaturatedFat</b>	3.70g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	569.70mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 216.09mg	<b>Iron</b> 1.38mg

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# Loaded Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29242
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	weight	722330
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	warm	528690
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751
SALSA CUP 84-3Z REDG	1 Each		677802
LETTUCE ROMAINE CHOP 6-2 RSS	1/2 Cup		735787

## Preparation Instructions

Cook meat according to case instructions. Weigh out portion of meat.

Serve meat, chips, cheese cup, salsa cup, and lettuce together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.63
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	414.58
<b>Fat</b>	17.59g
<b>SaturatedFat</b>	7.64g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	52.08mg
<b>Sodium</b>	1044.66mg
<b>Carbohydrates</b>	36.15g
<b>Fiber</b>	3.76g
<b>Sugar</b>	14.76g
<b>Protein</b>	20.58g
<b>Vitamin A</b> 406.94IU	<b>Vitamin C</b> 3.15mg
<b>Calcium</b> 389.87mg	<b>Iron</b> 1.44mg

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# Taco In A Bag

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29262
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN 104-1Z SSV FRITOS	1 Package		105040
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	weight	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATO ROMA 2 1-25 MRKN	1/8 Cup		588381
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787
SALSA CUP 84-3Z REDG	1 Each		677802

## Preparation Instructions

Cook meat according to case instructions. Weigh out portion of meat.  
Serve meat, chips, cheese , salsa cup, tomato, and lettuce together.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.13
<b>RedVeg</b>	0.63
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	323.50
<b>Fat</b>	17.82g
<b>SaturatedFat</b>	5.77g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	37.68mg
<b>Sodium</b>	644.63mg
<b>Carbohydrates</b>	21.08g
<b>Fiber</b>	2.80g
<b>Sugar</b>	5.16g
<b>Protein</b>	14.17g
<b>Vitamin A</b> 601.86IU	<b>Vitamin C</b> 6.36mg
<b>Calcium</b> 165.69mg	<b>Iron</b> 1.42mg

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# Strawberry, Raspberry or Strawberry Banana Yogurt Cup

<b>Servings:</b>	4.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29316
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	75.00
<b>Fat</b>	0.25g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	60.00mg
<b>Carbohydrates</b>	14.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 0.00mg

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# Ham and Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29317
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

Place 4 slices of ham and 1 slice of cheese on sub bun. Hold under refrigeration until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	281.67
<b>Fat</b>	10.33g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.50mg	<b>Iron</b> 2.48mg

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# Blueberry or Chocolate Chip Muffin

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29318
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	165.00
<b>Fat</b>	4.75g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	105.00mg
<b>Carbohydrates</b>	27.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.00mg	<b>Iron</b> 1.00mg

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# Broccoli and Cheese Sauce

<b>Servings:</b>	146.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29319
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED POUCH 6-106Z LOL	1 Package		135261

## Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute broccoli evenly among 3 pans.
4. Add the cheese sauce evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	58.26
<b>Fat</b>	2.42g
<b>SaturatedFat</b>	1.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.26mg
<b>Sodium</b>	149.23mg
<b>Carbohydrates</b>	6.57g
<b>Fiber</b>	3.21g
<b>Sugar</b>	1.07g
<b>Protein</b>	4.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 106.98mg	<b>Iron</b> 1.07mg

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# Peas and Carrots

<b>Servings:</b>	146.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29320
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
Carrots fzn	15 Pound		100352

## Preparation Instructions

Spray two pans with Food Release

Place 7 1/2 pounds carrots and 7 1/2 pounds carrots in each pan. Mix together.

Steam 8-10 minutes.

Temp at 135 degrees.

Steam as close to serving time as possible for best quality.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	49.81		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.18mg		
<b>Sodium</b>	55.60mg		
<b>Carbohydrates</b>	9.45g		
<b>Fiber</b>	3.34g		
<b>Sugar</b>	3.85g		
<b>Protein</b>	2.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Side Chef Salad (Ham)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30731
<b>School:</b>	Westview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Ham, Cubed Frozen	1/2 Ounce	1/2 ounce weight 0.25 Meat/Meat Alternative Equivalents	100188-H
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	1/8 cup equals 1/2 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

## Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	82.36
<b>Fat</b>	5.09g
<b>SaturatedFat</b>	3.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.38mg
<b>Sodium</b>	193.88mg
<b>Carbohydrates</b>	3.34g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.41g
<b>Protein</b>	6.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 121.04mg	<b>Iron</b> 0.36mg

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

# Buttered Peas

<b>Servings:</b>	82.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30732
<b>School:</b>	Westview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	78.93		
<b>Fat</b>	1.61g		
<b>SaturatedFat</b>	1.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.39mg		
<b>Sodium</b>	60.15mg		
<b>Carbohydrates</b>	11.41g		
<b>Fiber</b>	4.15g		
<b>Sugar</b>	4.15g		
<b>Protein</b>	4.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.44mg	<b>Iron</b>	0.00mg

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# Black Bean Salsa

<b>Servings:</b>	68.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30738
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
CORN WHL KERNEL STD GRADE 6-10 KE	1 #10 CAN	Use commodity first. Use 4.5 lbs frozen corn	244805
SALSA 103Z 6-10 REDG	1 #10 CAN	Use commodity first	452841

## Preparation Instructions

Drain Black Beans and rinse.

Drain Corn and rinse (or that out frozen) .

Mix rinsed black beans, corn, and 1 can salsa altogether.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.13
<b>Starch</b>	0.13

### Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	77.43		
<b>Fat</b>	0.31g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	189.73mg		
<b>Carbohydrates</b>	14.18g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.54g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.06mg	<b>Iron</b>	1.64mg

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# Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30739
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	248.33		
<b>Fat</b>	7.33g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.83mg		
<b>Sodium</b>	253.33mg		
<b>Carbohydrates</b>	41.67g		
<b>Fiber</b>	2.83g		
<b>Sugar</b>	9.17g		
<b>Protein</b>	4.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.62mg

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# Fruitable, Mango Wango, or Dragon Punch Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30741
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each		510562
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	52.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.00mg
<b>Carbohydrates</b>	12.80g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.20g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1300.00IU	<b>Vitamin C</b> 42.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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# Cheetos

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30742
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	1 Package	1.25 Grain Equivalents	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	1.00 Grain Equivalents	537871

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	105.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.50mg

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# Turkey Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30743
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 Ounce	5 slices = 1 ounce Use USDA Turkey cubed as well.	394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	254.78
<b>Fat</b>	11.80g
<b>SaturatedFat</b>	5.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.39mg
<b>Sodium</b>	640.96mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	21.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 294.00mg	<b>Iron</b> 1.19mg

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# Buttered Corn

<b>Servings:</b>	82.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30747
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	3/4 Cup		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

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

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# Garden Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30750
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	1/4 cup equals 1 ounce weight of cheese Use USDA cheese as available	712131

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	120.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	190.00mg
<b>Carbohydrates</b>	3.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 218.00mg	<b>Iron</b> 0.36mg

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# Bread and Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30751
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Tablespoon		299405

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	105.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	49.50mg	<b>Iron</b>	1.00mg

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# Homemade Green Beans

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30754
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 #10 CAN	BAKE	100307
BASE HAM NO ADDED MSG 12-1 GCHC	1/4 Cup		686691

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	17.31		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	154.36mg		
<b>Carbohydrates</b>	3.24g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Chicken Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.13 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30783
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 12-15Z GCHC	15 Ounce		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.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

### Amount Per Serving

<b>Calories</b>	11.72		
<b>Fat</b>	0.47g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	187.50mg		
<b>Carbohydrates</b>	1.88g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.94mg	<b>Iron</b>	0.00mg

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# Baked Beans

<b>Servings:</b>	76.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30784
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	3 #10 CAN		822477
SAUCE BBQ 6-80FLZ SWTBRAY	2 Cup		212071

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	147.47		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	377.58mg		
<b>Carbohydrates</b>	30.13g		
<b>Fiber</b>	5.11g		
<b>Sugar</b>	9.49g		
<b>Protein</b>	7.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	53.09mg	<b>Iron</b>	2.12mg

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# Mashed Potatoes

<b>Servings:</b>	38.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30786
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	1 Bag/Package of Pearls=28 ounces	613738
Tap Water for Recipes	1 Gallon		000001WTR

## Preparation Instructions

### RECONSTITUTE

1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	73.68
<b>Fat</b>	1.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	357.89mg
<b>Carbohydrates</b>	14.74g
<b>Fiber</b>	1.05g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.11g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.53mg	<b>Iron</b> 0.32mg

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

# Ham, Turkey, and Cheese Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30788
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	Use USDA first	556121
Turkey Breast Deli	1 3/5 Ounce		100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.65
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

### Amount Per Serving

<b>Calories</b>	338.68
<b>Fat</b>	12.63g
<b>SaturatedFat</b>	5.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.61mg
<b>Sodium</b>	1095.86mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	26.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.50mg	<b>Iron</b> 2.24mg

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

# Doritos

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30789
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package		541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Package		456090

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	0.30mg

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# Chicken Slider on Hawaiian Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30792
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HI SLC 1.25Z 10-12CT	1 Each		516081
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each		645080

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	95.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	215.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	1.00mg

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# Goldfish Crackers

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30793
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	170.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.50g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.71mg

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# Bean Dip

<b>Servings:</b>	57.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30796
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	2 #10 CAN	Or use GFS#183910	100362
SALSA 103Z 6-10 REDG	1/2 #10 CAN	Use USDA commodity first	452841
SOUR CREAM 4-5 GCHC	2 1/2 Pound		285218

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	147.42		
<b>Fat</b>	3.21g		
<b>SaturatedFat</b>	2.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.85mg		
<b>Sodium</b>	221.83mg		
<b>Carbohydrates</b>	21.24g		
<b>Fiber</b>	4.54g		
<b>Sugar</b>	2.79g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.13mg	<b>Iron</b>	0.60mg

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# Honey Glazed Cooked Carrots

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30801
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	5 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/4 Cup		299405
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	1/4 Cup		217523

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	54.79		
<b>Fat</b>	2.88g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	44.79mg		
<b>Carbohydrates</b>	9.08g		
<b>Fiber</b>	2.08g		
<b>Sugar</b>	5.96g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.50mg	<b>Iron</b>	0.00mg

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# Build Your Own Pepperoni Pizza Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30802
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	6 Each		729981

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	276.40		
<b>Fat</b>	14.08g		
<b>SaturatedFat</b>	5.58g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	26.25mg		
<b>Sodium</b>	772.58mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	13.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	216.09mg	<b>Iron</b>	1.52mg

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

# Cheese Stick

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30803
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CHEESE STIX COLBY JK R/F IW 168-1Z	1 Each		786510
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	86.67
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.33g
<b>Protein</b>	6.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.67mg	<b>Iron</b> 0.00mg

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

# Ham Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30804
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD SLCD 5 10/ 2-5 GFS	2 Slice		757845
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice		861940
CRACKER CLUB ZT 500-2CT KEEB	3 Package		367712

## Preparation Instructions

Use square plastic container GFS#656652 or Paper Boats GFS#537473

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	1615.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 157.00mg	<b>Iron</b> 0.72mg

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# Graham Snack

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	126.67		
<b>Fat</b>	4.17g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.67mg		
<b>Carbohydrates</b>	21.17g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	0.96mg

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# Side Chef Salad (Turkey)

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30870
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
Turkey Breast Deli	1/2 Ounce	1/2 ounce weight of Turkey 0.25 Meat/Meat Alternative Equivalents	100121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	1/8 cup equals 1 ounce weight .50 Meat/Meat Alternative Equivalents Use USDA shredded cheese as available	712131

## Preparation Instructions

Either use Ham or Turkey (depending on school preference). Place everything in containers/boats (GFS#273783). 20 containers will fit on a tray.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	84.81
<b>Fat</b>	5.31g
<b>SaturatedFat</b>	3.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.81mg
<b>Sodium</b>	183.39mg
<b>Carbohydrates</b>	2.83g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.47g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 121.04mg	<b>Iron</b> 0.36mg

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

# Ham and Cheese Sub

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30873
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 1/16 Ounce	1.5 ounce weight per sandwich Use USDA first GFS #556121 use 3 slices for 1.5 ounce weight	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	2 Each	READY_TO_EAT	276142

## Preparation Instructions

Note: Use either 1 slice of cheese (yellow or white) per sandwich.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

### Amount Per Serving

<b>Calories</b>	255.00
<b>Fat</b>	8.25g
<b>SaturatedFat</b>	3.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 137.25mg	<b>Iron</b> 2.36mg

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# Turkey and Cheese Sub

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30874
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Weight 1.59 Weight per sandwich	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Use USDA first	722360
CHEESE AMER WHT 160CT SLCD 6-5 LOL	1 Slice		861940
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	2 Each	READY_TO_EAT	276142

## Preparation Instructions

Note: Use either 1 slice of cheese (yellow or white) per sandwich.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sub

Amount Per Serving	
<b>Calories</b>	261.00
<b>Fat</b>	7.75g
<b>SaturatedFat</b>	3.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.00mg
<b>Sodium</b>	724.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 137.25mg	<b>Iron</b> 2.00mg

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

# Broccoli and Cheese

<b>Servings:</b>	35.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30875
<b>School:</b>	Shipshewana Scott Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	5 Pound	BAKE	285590
CHEESE BLND CHED/MONTRY JK SHRD 4-5	2 Cup		712131

## Preparation Instructions

Steam broccoli. Once cooked drain off water and sprinkle with 2 cups of shredded cheese. Cover with steam table pan lid and set in warmer.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	43.76		
<b>Fat</b>	2.06g		
<b>SaturatedFat</b>	1.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.71mg		
<b>Sodium</b>	54.60mg		
<b>Carbohydrates</b>	3.95g		
<b>Fiber</b>	2.23g		
<b>Sugar</b>	0.74g		
<b>Protein</b>	3.83g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.24mg	<b>Iron</b>	0.74mg

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# Cookies and Cream Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30876
<b>School:</b>	Shipshewana Scott Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup		811500
TOPPING OREO PCS MED 4-2.5 NAB	2 Tablespoon		709970

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	176.94
<b>Fat</b>	3.25g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	104.70mg
<b>Carbohydrates</b>	33.13g
<b>Fiber</b>	0.00g
<b>Sugar</b>	21.92g
<b>Protein</b>	4.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.33mg	<b>Iron</b> 0.55mg

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



# Strawberry Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30877
<b>School:</b>	Shipshewana Scott Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	1/2 Cup		811490
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1/8 Cup		283620

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	126.24
<b>Fat</b>	0.88g
<b>SaturatedFat</b>	0.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	80.50mg
<b>Carbohydrates</b>	26.25g
<b>Fiber</b>	0.26g
<b>Sugar</b>	17.46g
<b>Protein</b>	3.99g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.33mg	<b>Iron</b> 0.59mg

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

# Diced BBQ Chicken

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30878
<b>School:</b>	Shipshewana Scott Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SAUCE BBQ 6-80FLZ SWTBRAY	1/2 Gallon		212071

## Preparation Instructions

1. Thaw the chicken overnight in the walk-in cooler.
2. Evenly distribute the chicken between 2 pans.
3. Evenly distribute the BBQ sauce over the chicken.
4. Stir to coat.
5. Bake in a 350 degree oven for 2 hours.
6. Remove from the oven and shred.
7. Cover and store in hot boxes until service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	127.95		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	287.78mg		
<b>Carbohydrates</b>	13.59g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.79g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.29mg

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# Chicken Taco Meat

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30887
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SEASONING TACO 21Z TRDE	9 Ounce		413429
Tap Water for Recipes	1 1/2 Quart		000001WTR

## Preparation Instructions

Bring Chicken to temp. Stir in taco seasoning and water. Reduce heat and simmer for 15 to 20 minutes. Serving size is 2 ounce weight of chicken

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	73.13		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	83.00mg		
<b>Carbohydrates</b>	0.23g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	12.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

<b>Calories</b>	128.97		
<b>Fat</b>	3.53g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.08mg		
<b>Sodium</b>	146.39mg		
<b>Carbohydrates</b>	0.40g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.10g		
<b>Protein</b>	21.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.06mg

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# Topeka Turkey Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30888
<b>School:</b>	Westview School Corporation K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	5 Each		394123
CHEESE AMER WHT 160CT SLCD 6-5 LOL	2 Slice		861940
CRACKER CLUB ZT 500-2CT KEEB	3 Package		367712

## Preparation Instructions

Use square plastic container GFS#656652 or Paper Boats GFS#537473

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

#### Amount Per Serving

<b>Calories</b>	306.89
<b>Fat</b>	14.14g
<b>SaturatedFat</b>	6.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.45mg
<b>Sodium</b>	1088.08mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	26.38g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 157.00mg	<b>Iron</b> 0.77mg

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# Assorted Variety of Cereal

<b>Servings:</b>	6.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30950
<b>School:</b>	Topeka Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each	N/A	509303
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.33		
<b>Fat</b>	1.23g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	153.33mg		
<b>Carbohydrates</b>	23.50g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	6.33g		
<b>Protein</b>	1.73g		
<b>Vitamin A</b>	166.67IU	<b>Vitamin C</b>	2.00mg
<b>Calcium</b>	65.73mg	<b>Iron</b>	3.53mg

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# Meadowview Turkey Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31286
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	5 Each		394123
CRACKER CLUB ZT 500-2CT KEEB	3 Package		367712
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830

## Preparation Instructions

Use square plastic container GFS#656652 or Paper Boats GFS#537473

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

#### Amount Per Serving

<b>Calories</b>	286.89
<b>Fat</b>	12.14g
<b>SaturatedFat</b>	5.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	73.45mg
<b>Sodium</b>	848.08mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	28.38g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 204.00mg	<b>Iron</b> 0.77mg

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# Variety Pop-Tart

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31564
<b>School:</b>	Westview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	Equals 1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Equals 1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	Equals 1.00 Grain Equivalents	695890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	186.67
<b>Fat</b>	2.83g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	196.67mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.33g
<b>Protein</b>	2.33g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 1.80mg

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

# Assorted Fruitable

<b>Servings:</b>	3.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31565
<b>School:</b>	Westview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each		597380
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	53.33
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	12.67g
<b>Fiber</b>	0.00g
<b>Sugar</b>	10.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 2000.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

# Assorted BeneFIT Bars

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31626
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	283.33		
<b>Fat</b>	8.33g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	47.67g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	21.67g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.33mg	<b>Iron</b>	1.87mg

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

# Assorted Cereal Bar

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31627
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	158.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	106.00mg
<b>Carbohydrates</b>	29.80g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.80g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 2.18mg

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

# Salisbury Steak

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31639
<b>School:</b>	Meadowview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	Cook as directed	785850

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	148.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.60g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	39.00mg		
<b>Sodium</b>	269.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.00mg	<b>Iron</b>	2.00mg

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