

Cookbook for West Central Middle/High School

Created by HPS Menu Planner

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Seasoned Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31684

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	1 #10 CAN		273856
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.39mg		
Carbohydrates	4.39g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

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

Buttered Corn

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, No Salt Added, Canned	1 #10 CAN	Commodity	100313
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	86.51		
Fat	2.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.67mg		
Carbohydrates	18.41g		
Fiber	2.16g		
Sugar	7.54g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Cheese Lasagna Roll Up

Servings:	36.00	Category:	Entree
Serving Size:	1.00 roll	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	36 Each		234041
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather your pans, spatula, sauce, and lasagna roll ups and take to prep area

Wash hands thoroughly

Prep:

Open cans of sauce

Wash hands and put on gloves

Pour 3 cups of sauce in the bottom of a 2" counter pan (1/4 can per pan)

Place the roll ups in the pan turning once to cover the tops with sauce (each pan holds 18)

Cover with the remaining 1/4 can of sauce

Put a lid on the pan and place in steamer or Rational on steam until it reaches 160°F for 15 seconds

CCP: Cook to an internal temperature of 165' F

SOP: Batch cook as needed for service

Hold: Serve immediately if possible if not hold in warming cabinet at 135°F

CCP: Hold at or above 135°F

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 roll

Amount Per Serving

Calories	274.37
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	704.21mg
Carbohydrates	36.36g
Fiber	4.45g
Sugar	9.91g
Protein	17.45g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 317.18mg	Iron 1.08mg

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Hot Ham and Cheese Sandwich

Servings:	98.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31687
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	9 3/8 Pound		556121
CHEESE AMER 160CT SLCD 6-5 COMM	98 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	98 Each		517810

Preparation Instructions

Prior to day of service:

Thaw ham in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and ham and bring to prep area

Prep:

Place 24 bun bottoms on parchment lined baking sheet

On each bun place 3 slices of ham and 1 slice of cheese

Place prepared sandwiches back in the cooler until ready to bake

Take the bun tops and place them upside down on parchment lined baking sheets (24 per pan)

CCP: Hold at 40°F or colder until ready to bake

Bake:

Preheat convection oven to 350 degree and low fan

Place prepared bottom buns in oven and set timer for 3 minutes, at 3 minutes place the bun tops in oven and reset timer for 2 minutes

Cook to an internal temperature of 145°F for 15 seconds

Batch cook at all times as needed

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	244.99
Fat	8.50g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	644.97mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.36mg

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Hot Ham and Cheese Sandwich

Servings:	98.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31688
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	18 3/4 Pound		556121
CHEESE AMER 160CT SLCD 6-5 COMM	98 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	98 Each		517810

Preparation Instructions

Prior to day of service:

Thaw ham in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and ham and bring to prep area

Prep:

Place 24 bun bottoms on parchment lined baking sheet

On each bun place 6 slices of ham and 1 slice of cheese

Place prepared sandwiches back in the cooler until ready to bake

Take the bun tops and place them upside down on parchment lined baking sheets (24 per pan)

CCP: Hold at 40°F or colder until ready to bake

Bake:

Preheat convection oven to 350 degree and low fan

Place prepared bottom buns in oven and set timer for 3 minutes, at 3 minutes place the bun tops in oven and reset timer for 2 minutes

Cook to an internal temperature of 145°F for 15 seconds

Batch cook at all times as needed

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	294.99
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.49mg
Sodium	884.94mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 1.72mg

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Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED A SZ 50 MRKN	165 Ounce	10 lbs and 5 ounce	530018
OIL OLIVE POMACE 6-1GAL KE	1 1/3 Cup		502146
SPICE PEPR WHITE GRND 17Z TRDE	2 1/3 Teaspoon		513776
SALT IODIZED 18-2.25 GCHC	2 1/3 Teaspoon		350732
SPICE PARSLEY FLAKES 11Z TRDE	2 1/2 Tablespoon		513989
CHEESE BLND PARM GRTD 4-5 P/L	2 Cup		186891

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather potatoes, oil, pepper, salt, parsley, cheese, measuring utensils, cutting board, knife e, bowl, and scale and place in prep area

Wash hands and wear cutting glove

Prep:

Wash potatoes to remove any excess dirt

Cut potatoes using the Sunkist sectionizer and place them in a hotel pan that has been zeroed out on the scale

When you reach the 10 pounds 5 oz. in the pan

Mix together the oil, pepper, salt, and parsley and pour over potatoes

Toss to coat then add cheese and toss again.

Spray baking pans with pan release spray

Pour mixture onto baking sheets as needed to have a single layer of potatoes. Do not mound

Cook:

Place in Rational on Roasted potato setting or in the oven at 400*

Cook until potatoes are fork tender about 20 to 30 minutes

When done dump into 4 inch counter pan and serve immediately or hold in warmer

SOP: Batch cook as necessary to insure best end products and nutritional.

Hold:

Place in warming cart and hold above 13S°F

CCP: Hold above 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	151.10
Fat	7.57g
SaturatedFat	1.39g
Trans Fat	0.00g
Cholesterol	5.40mg
Sodium	179.76mg
Carbohydrates	16.50g
Fiber	2.09g
Sugar	1.10g
Protein	1.87g

Vitamin A	1.87IU	Vitamin C	18.43mg
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Calcium	37.13mg	Iron	0.73mg
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Roasted Broccoli

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	3 Pound		110473
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		75.32	
Fat		6.00g	
SaturatedFat		0.80g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		74.04mg	
Carbohydrates		4.15g	
Fiber		2.46g	
Sugar		0.82g	
Protein		2.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	26 Ounce	1 Package	166872
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6 x 1/2 size steam table pan.

Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.

Let stand for 60 seconds, stir well and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.00		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	248.00mg		
Carbohydrates	13.60g		
Fiber	0.80g		
Sugar	0.80g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	2.88mg
Calcium	16.00mg	Iron	0.29mg

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Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce	1 Package	703753
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

STEP 1) PLACE BEANS IN A STEAM TABLE PAN.

STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR.

STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	142.14
Fat	1.25g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	510.03mg
Carbohydrates	25.08g
Fiber	8.36g
Sugar	0.00g
Protein	8.36g

Vitamin A 0.00IU **Vitamin C** 0.74mg

Calcium 42.54mg **Iron** 1.91mg

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Peppered Country Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	24 Ounce		455555
Tap Water for Recipes	4 Quart	Boiling-3 quarts and Cool Tap-1 quart	000001WTR

Preparation Instructions

1. Bring 3 quarts of water to a full rolling boil.
2. Combine 1 quart cool tap water and 1 packaged of gravy mix in a separate container. Mix with a wire whisk until lump free.
3. Pour gravy/water mixture into boiling water.
4. Stir until gravy returns to a boil. Simmer for one minute while stirring constantly.
5. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature at 165F during service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	23.98		
Fat	0.80g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.55mg		
Carbohydrates	3.73g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.13mg	Iron	0.00mg

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Broccoli and Cheese

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	1 Package	135261

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.54		
Fat	1.29g		
SaturatedFat	0.77g		
Trans Fat	0.00g		
Cholesterol	3.87mg		
Sodium	94.42mg		
Carbohydrates	5.99g		
Fiber	3.20g		
Sugar	1.07g		
Protein	4.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.01mg	Iron	0.00mg

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Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each	READY_TO_EAT	276142
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN		852759
CHEESE MOZZ SHRD 30 COMM	25 Ounce		150620

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/8 cup (2 Tablespoons or 1 Fluid Ounce Ladle) Spaghetti Sauce

1/8 cup (or 2 Tablespoons) of Cheese

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	346.97		
Fat	14.00g		
SaturatedFat	6.04g		
Trans Fat	0.48g		
Cholesterol	42.90mg		
Sodium	625.31mg		
Carbohydrates	35.15g		
Fiber	3.68g		
Sugar	6.07g		
Protein	21.28g		
Vitamin A	5.60IU	Vitamin C	0.80mg
Calcium	86.59mg	Iron	3.60mg

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

Uncrustable w/ String Cheese and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31696

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481

Preparation Instructions

Package 1 Uncrustable with string cheese and goldfish.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	470.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	680.00mg
Carbohydrates	48.50g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.50mg	Iron 1.70mg

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

Yogurt String Cheese and Chex Cereal

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each		551751
SNACK MIX STRAWB YOG WGRAIN 60-1.03Z	3 Package		266020
CHEESE STRING MOZZ IW 168-1Z LOL	3 Each		786580

Preparation Instructions

Package 1 yogurt cup with string cheese and strawberry chex.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	296.67
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	316.67mg
Carbohydrates	42.00g
Fiber	2.00g
Sugar	17.67g
Protein	11.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 331.33mg	Iron 0.70mg

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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31698

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	1.25 Grain Equivalents	503370

Preparation Instructions

Note: These all count towards the dessert grain.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22		
Fat	3.78g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	118.33mg		
Carbohydrates	20.89g		
Fiber	1.33g		
Sugar	7.33g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.86mg

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

Candied Carrots

Servings:	74.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31699

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound		191205
HONEY CLOVER 4-6 GCHC	1/2 Cup		225614
SUGAR BROWN LT 12-2 P/L	2 Cup		860311

Preparation Instructions

1. Put the frozen carrots in the steamer and cook for 15 minutes at 150 degrees.
2. Mix together the melted margarine, honey and brown sugar.
3. Pour the glaze over the carrots.
4. Toss well to coat.
5. Cover the pans and keep warm in hot boxes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.69		
Fat	2.45g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	33.41mg		
Sodium	63.77mg		
Carbohydrates	14.57g		
Fiber	2.51g		
Sugar	10.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Deli Trio Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	9 3/8 Pound		236012
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice	Cut in half to make two triangles	150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each	READY_TO_EAT	276142

Preparation Instructions

Prior to day of service:

Thaw deli meat in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and deli meat and bring to prep area

Prep:

Place 25 bun bottoms on parchment lined baking sheet

On each bun layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese (2 triangles)

Place sub bun top on top of meat

Place prepared sandwiches back in the cooler until ready to serve or wrap each sandwich and then place back in cooler until ready to serve.

CCP: Hold at 40°F or colder until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.09
Fat	16.16g
SaturatedFat	5.54g
Trans Fat	0.00g
Cholesterol	75.58mg
Sodium	1136.54mg
Carbohydrates	30.02g
Fiber	2.00g
Sugar	3.50g
Protein	22.21g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 185.76mg	Iron 3.10mg

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

Grilled Brussel Sprouts

Servings:	35.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 25 P/L	5 Pound		558501
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	2 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1 Cup		502146

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, veggies, spices, oil, and pan or cookie sheet Wash hands thoroughly.

Prep:

Spray pan with spray

Mix vegetable with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

In the Convection oven cook on grilled vegetable setting or on the designated vegetable button

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy In the convection oven at 375 for 10-15 minutes.

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

CCP: Hold above 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	91.17		
Fat	6.86g		
SaturatedFat	0.91g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.73mg		
Carbohydrates	5.89g		
Fiber	2.21g		
Sugar	1.47g		
Protein	2.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.22mg	Iron	0.91mg

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

Apple Crisp

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	3 Pound	7 cups measured	860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound		191205
FLOUR H&R A/P 2-25 GCHC	4 Cup		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Cup		240869
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
Applesauce cnd	1/2 #10 CAN		110541comm

Preparation Instructions

Day Prior to service

Combine the first 7 ingredients and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.25
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	250.98		
Fat	7.71g		
SaturatedFat	4.73g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	99.84mg		
Carbohydrates	45.10g		
Fiber	2.00g		
Sugar	32.17g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.64mg

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

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31715
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	15.25g		
Fiber	0.00g		
Sugar	13.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	15.30mg
Calcium	5.00mg	Iron	0.00mg

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Variety of Breakfast Items

Servings:	13.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31716
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	2 Grain Equivalents	738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	2 Grain Equivalents	738201
BREAD COCOA WGRAIN SLC 70-3.4Z	1 Each	2 Grain Equivalents	726791
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	2 Grain Equivalents	230361
BREAD LEM IW 70-3.45Z SUPBAK	1 Slice	2 Grain Equivalents	300340
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	2 Grain Equivalents	875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	2 Grain Equivalents	240721
BAGEL HNY WHL WHE I/W 72-2.5Z AESOP	1 Each	3 Grain Equivalents	242070
BAGEL BLUEB SLCD 2.8Z 15-6CT GCHC	1 Each	2.75 Grain Equivalents--Not Whole Grain	175640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.23
Fat	7.12g
SaturatedFat	2.43g
Trans Fat	0.02g
Cholesterol	2.31mg
Sodium	297.54mg
Carbohydrates	52.85g
Fiber	3.45g
Sugar	20.85g
Protein	4.95g
Vitamin A 93.85IU	Vitamin C 0.00mg
Calcium 113.77mg	Iron 2.17mg

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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31717

Ingredients

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

Preparation Instructions

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

Note: Counts towards the juice amount for the week

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	45 Pound	UNPREPARED	100158
SEASONING TACO MIX 2-5 GRSZ	2 1/2 Pound		427446
Cold Water	2 1/2 Gallon		0000

Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	197.34		
Fat	14.02g		
SaturatedFat	4.67g		
Trans Fat	2.34g		
Cholesterol	0.00mg		
Sodium	243.32mg		
Carbohydrates	1.16g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.16mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	348.05		
Fat	24.72g		
SaturatedFat	8.24g		
Trans Fat	4.12g		
Cholesterol	0.00mg		
Sodium	429.14mg		
Carbohydrates	2.04g		
Fiber	0.00g		
Sugar	0.00g		
Protein	28.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.04mg	Iron	0.00mg

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

Hamburger

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31719

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	25 Each		203270
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

Preparation Instructions

Cook burger according to directions on packaging.

Serve burger patty with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	250.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	450.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31721
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup	Melted	191205
BREAD WHL WHE PULLMAN SLCD 12-22Z	48 Each		710650
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice		150260

Preparation Instructions

Prior to day of service:

Thaw bread by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, bread, cheese, and butter and bring to prep area

Prep:

1. Melt the butter
2. Line baking sheet pan with parchment paper and then spread melted butter on top of paper
3. Layout 24 pieces of bread.
4. Put 3 slices of cheese on each piece of bread.
5. Top with remaining slice of bread
6. Spray top bread with butter flavored pan release.
7. Take an additional sheet pan and place on top of sandwiches (for improved browning)
8. Place prepared sandwiches back in cooler until ready to bake CCP: Hold at 40°F or colder until ready to bake

Bake:

Cook in a 350 degree oven for 8 minutes or until sandwiches are toasted.

Batch cook at all times as needed.

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Transfer grilled cheese sandwiches to 2-inch full size steam table pans for service. Shingle in pan for best appearance.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		327.00	
Fat		17.92g	
SaturatedFat		9.04g	
Trans Fat		0.00g	
Cholesterol		44.10mg	
Sodium		894.80mg	
Carbohydrates		27.00g	
Fiber		4.00g	
Sugar		3.50g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	324.50mg	Iron	2.00mg

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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31722
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup	Melted	191205
BREAD WHL WHE PULLMAN SLCD 12-22Z	48 Each		710650
CHEESE AMER 160CT SLCD 6-5 COMM	96 Slice		150260

Preparation Instructions

Prior to day of service:

Thaw bread by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, bread, cheese, and butter and bring to prep area

Prep:

1. Melt the butter
2. Line baking sheet pan with parchment paper and then spread melted butter on top of paper
3. Layout 24 pieces of bread.
4. Put 4 slices of cheese on each piece of bread.
5. Top with remaining slice of bread
6. Spray top bread with butter flavored pan release.
7. Take an additional sheet pan and place on top of sandwiches (for improved browning)
8. Place prepared sandwiches back in cooler until ready to bake CCP: Hold at 40°F or colder until ready to bake

Bake:

Cook in a 350 degree oven for 8 minutes or until sandwiches are toasted.

Batch cook at all times as needed.

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Transfer grilled cheese sandwiches to 2-inch full size steam table pans for service. Shingle in pan for best appearance.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	382.00
Fat	22.42g
SaturatedFat	11.54g
Trans Fat	0.00g
Cholesterol	56.60mg
Sodium	1119.80mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

Chef Salad with Croutons and Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31726
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CARROT SHRD MED 2-5 RSS	1/2 Cup		313408
CROUTON CHS GARL WGRAIN 250-.5Z	4 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	2 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	2 oz portion cup or 1/4 cup per salad	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150

Preparation Instructions

In each salad container: place 1 cup romaine lettuce. 1/4 cup shredded carrots, 2 packages of croutons, 1 goldfish cracker, and option for ham and cheese cups OR egg and cheese cups

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	381.89		
Fat	19.75g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	125.03mg		
Sodium	821.70mg		
Carbohydrates	35.73g		
Fiber	1.75g		
Sugar	3.62g		
Protein	18.46g		
Vitamin A	3901.96IU	Vitamin C	1.92mg
Calcium	256.50mg	Iron	4.20mg

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

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230

Preparation Instructions

Heat frozen pancakes in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	223.33
Fat	6.33g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	276.67mg
Carbohydrates	37.33g
Fiber	2.67g
Sugar	12.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.33mg	Iron 1.00mg

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

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31729

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240

Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	200.00		
Fat	5.33g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.67mg		
Carbohydrates	36.00g		
Fiber	3.33g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	113.33mg	Iron	1.93mg

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

Assorted Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31730
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each		551751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	86.67
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	61.67mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	10.67g
Protein	3.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.33mg	Iron 0.00mg

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

Assorted Variety of Frosted Pop-Tart

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31731

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Grain Equivalents	865101
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	364.50		
Fat	5.75g		
SaturatedFat	1.90g		
Trans Fat	0.05g		
Cholesterol	0.00mg		
Sodium	379.50mg		
Carbohydrates	76.00g		
Fiber	5.70g		
Sugar	30.25g		
Protein	4.58g		
Vitamin A	305.00IU	Vitamin C	0.00mg
Calcium	215.00mg	Iron	3.60mg

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

Fruitable Vegetable Juice

Servings:	3.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31732
School:	West Central 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

Note: Counts towards the weekly juice allotment

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Sloppy Joe

Servings:	100.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	20 Pound	Commodity/Brown Box	100158
ONION SPANISH JUMBO 50 MRKN	1 Cup	Chopped/Diced	200778
KETCHUP CAN 6-10 HNZ	2 Tablespoon		100188
Tap Water for Recipes	1 Quart		000001WTR
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
MUSTARD PKT 200-1/5Z HNZ	3 Tablespoon		109908
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
SAUCE WORCESTERSHIRE 4-1GAL FRENC	2 Tablespoon		109843

Preparation Instructions

Pre Prep:

Clean and sanitize prep area

Gather the pans and ingredients

Prep/Cook:

Brown hamburger in braiser pan along with onion. Mix in the rest of ingredients, stir and simmer until sugar is dissolved. When done either dip up into portion containers or pour into 4" counter pans for service.

Hold:

Place in warmer cart and hold above 13S°F

CCP: Hold above 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	200.34		
Fat	14.33g		
SaturatedFat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	77.15mg		
Carbohydrates	1.20g		
Fiber	0.02g		
Sugar	1.09g		
Protein	16.73g		
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	0.30mg	Iron	0.00mg

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

Egg & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-31771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Prior to Dy of Service:

Thaw buns by placing in the storage room on bread rack.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook egg according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom bun then slice of cheese and top of bun on cheese.

Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

Meal Components (SLE)

Amount Per Serving

Meat	1.25
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	87.50mg		
Sodium	495.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	12.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	126.50mg	Iron	1.00mg

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

Zee Zee Applesauce

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31772

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	1 Each		726570
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Package		250012
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Each		276171
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	16.89g		
Fiber	0.96g		
Sugar	14.46g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.32mg	Iron	0.00mg

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

Raisels

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Raisels-Tropical Fruit	1 Each		10569
Raisels-Sour Watermelon Shock	1 Each		5887
Raisels-Orange Burst	1 Each		5870

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	143.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.67mg		
Carbohydrates	35.67g		
Fiber	1.33g		
Sugar	28.33g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chef Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31787
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	8 Cup		451730
CARROT SHRD MED 2-5 RSS	1 Cup		313408
Zee Zees Sunflower Kernels, Roasted	4 Each		B87860
CROUTON CHS GARL WGRAIN 250-.5Z	8 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	4 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup	2 oz portion cup or 1/4 cup =	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150
Chicken Fillet, Cooked, Unbreaded, Frozen	2 4/9 Ounce	1 Chicken Fillet	110921

Preparation Instructions

In each salad container: place 2 cup romaine lettuce. 1/4 cup shredded carrots, and package of sunflowers.

Students grain choice follows: 2 packages of croutons with 1 package of goldfish, 2 packages of goldfish, or 4 packages of croutons.

Students Meat/Meat Alternative choice follows:

Cheese only: 2-2 ounce containers

Cheese & Egg: 2 ounce cheese container and 1 egg

Ham & Cheese: 2 ounce cheese container and 1 container of ham

Chicken & Cheese: a serving size portion either a grilled patty or a serving of tenders, nuggets etc. and add 2 ounce cheese container

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	1.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	589.32		
Fat	35.28g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	108.41mg		
Sodium	1000.74mg		
Carbohydrates	41.77g		
Fiber	4.77g		
Sugar	4.39g		
Protein	30.80g		
Vitamin A	3901.96IU	Vitamin C	1.67mg
Calcium	324.84mg	Iron	4.45mg

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