

Cookbook for Westview School Corporation K-4

Created by HPS Menu Planner

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Assorted Cereal Bar

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Cheesy Potatoes

Strawberry Fluff Dessert

Servings:	294.00	Category:	Fruit
Serving Size:	1.00 #10 dipper	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.72
Grain	0.00
Fruit	0.19
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 294.00

Serving Size: 1.00 #10 dipper

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rodeo Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12793
School:	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

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn- Meadowview

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12795
School:	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

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: 27.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg, & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12802
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12830
School:	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

Meat	2.25
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12930
School:	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

Meat	1.25
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	99.85		
Fat	6.65g		
SaturatedFat	4.32g		
Trans Fat	0.00g		
Cholesterol	28.81mg		
Sodium	285.15mg		
Carbohydrates	1.79g		
Fiber	0.16g		
Sugar	0.33g		
Protein	9.95g		
Vitamin A	93.71IU	Vitamin C	1.54mg
Calcium	1.47mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12938
School:	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

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: 18.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12939
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.13
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Parfait- High School

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

Meat	2.00
Grain	1.00
Fruit	0.25
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	325.97
Fat	2.93g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	155.35mg
Carbohydrates	69.18g
Fiber	2.49g
Sugar	43.05g
Protein	9.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.66mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Plate with Fruit Dip

Servings:	94.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.61
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 94.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13252
School:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
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	119.63
Fat	9.51g
SaturatedFat	2.58g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	173.82mg
Carbohydrates	6.52g
Fiber	0.72g
Sugar	4.47g
Protein	3.46g
Vitamin A 163.30IU	Vitamin C 23.48mg
Calcium 13.61mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Soup

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	90 Pound	BAKE 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

Meat	2.06
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.21
OtherVeg	0.01
Legumes	0.13
Starch	0.09

Nutrition Facts

Servings Per Recipe: 608.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wacky Cake

Servings:	240.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
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: 240.00

Serving Size: 1.00 Piece

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Monster Cookie Bars

Servings:	240.00	Category:	Condiments or Other
Serving Size:	1.00 Bar	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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: 240.00

Serving Size: 1.00 Bar

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Fruit Slushie

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29223
School:	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

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	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.33mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.67g
Protein	0.00g
Vitamin A 1250.00IU	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

Nutrition - Per 100g

No 100g Conversion Available

Build Your Own Cheese Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29224
School:	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

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29242
School:	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

Meat	2.25
Grain	1.25
Fruit	0.00
GreenVeg	0.25
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco In A Bag

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29262
School:	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

Meat	1.75
Grain	1.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.63
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry, Raspberry or Strawberry Banana Yogurt Cup

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

Meat	1.00
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29317
School:	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

Meat	1.75
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	281.67
Fat	10.33g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	785.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.50g
Protein	19.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.50mg	Iron 2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry or Chocolate Chip Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29318
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese Sauce

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29319
School:	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

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: 146.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peas and Carrots

Servings:	146.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29320
School:	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

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

Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Chef Salad (Ham)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30731
School:	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

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30732
School:	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

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.93
Fat	1.61g
SaturatedFat	1.02g
Trans Fat	0.00g
Cholesterol	4.39mg
Sodium	60.15mg
Carbohydrates	11.41g
Fiber	4.15g
Sugar	4.15g
Protein	4.15g

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

Calcium 0.44mg **Iron** 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Salsa

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30738
School:	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

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

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30739
School:	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

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	248.33		
Fat	7.33g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.83mg		
Sodium	253.33mg		
Carbohydrates	41.67g		
Fiber	2.83g		
Sugar	9.17g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruitable, Mango Wango, or Dragon Punch Juice

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30741
School:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	12.80g
Fiber	0.00g
Sugar	11.20g
Protein	0.00g
Vitamin A 1200.00IU	Vitamin C 36.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheetos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30742
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30743
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30747
School:	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

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

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30750
School:	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

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bread and Butter

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30751
School:	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

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: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30754
School:	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

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	17.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	154.36mg		
Carbohydrates	3.24g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30783
School:	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

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30784
School:	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

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: 76.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30786
School:	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

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: 38.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Turkey, and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30788
School:	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

Meat	2.65
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

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

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30789
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Slider on Hawaiian Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30792
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Goldfish Crackers

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30793
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Dip

Servings:	57.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30796
School:	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

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: 57.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Glazed Cooked Carrots

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30801
School:	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

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Build Your Own Pepperoni Pizza Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30802
School:	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

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Stick

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30803
School:	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

Meat	1.00
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	6.33g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.33g
Protein	6.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.67mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30804
School:	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

Meat	2.25
Grain	0.75
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 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30805
School:	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

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Chef Salad (Turkey)

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30870
School:	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

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30873
School:	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

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: 2.00

Serving Size: 1.00 Sub

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30874
School:	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

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: 2.00

Serving Size: 1.00 Sub

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese

Servings:	35.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30875
School:	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

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: 35.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cookies and Cream Yogurt Parfait

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30876
School:	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

Meat	1.00
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	166.94
Fat	3.00g
SaturatedFat	1.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	99.70mg
Carbohydrates	31.63g
Fiber	0.00g
Sugar	21.42g
Protein	4.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.33mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Yogurt Parfait

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30877
School:	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

Meat	1.00
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: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Diced BBQ Chicken

Servings:	80.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30878
School:	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

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: 80.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30887
School:	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

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: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Topeka Turkey Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30888
School:	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

Meat	2.00
Grain	0.75
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 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30950
School:	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

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meadowview Turkey Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31286
School:	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

Meat	2.00
Grain	0.75
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 Kit

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31564
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fruitable

Servings:	3.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31565
School:	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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted BeneFIT Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31626
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bar

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31627
School:	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

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31639
School:	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

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: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Butter Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31814
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS CRMY EXCEL 12-28.2Z BAMER	27 1/6 Ounce	1 Bag/Package of Pearls=28 ounces	142204
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

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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	81.68		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	459.47mg		
Carbohydrates	14.29g		
Fiber	1.02g		
Sugar	0.00g		
Protein	2.04g		
Vitamin A	2.39IU	Vitamin C	6.50mg
Calcium	8.90mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.13 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31815
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BROWN 12-15Z GCHC	15 Ounce		242450
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

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	2.97		
Fat	0.06g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	41.53mg		
Carbohydrates	0.47g		
Fiber	0.00g		
Sugar	0.12g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31816
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each		172172

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	299.17
Fat	14.33g
SaturatedFat	5.38g
Trans Fat	0.00g
Cholesterol	108.75mg
Sodium	587.50mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	11.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31829
School:	Westview Elementary		

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	UNPREPARED	000001WTR

Preparation Instructions

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, 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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31832
School:	Westview Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z RED I SHRED	34 Ounce	1 Box	758906
Tap Water for Recipes	4 Liter		000001WTR

Preparation Instructions

1: Combine 4 liters boiling water (212°F) in a 2 1/2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.

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	102.00		
Fat	2.55g		
SaturatedFat	1.70g		
Trans Fat	0.00g		
Cholesterol	4.25mg		
Sodium	229.50mg		
Carbohydrates	17.00g		
Fiber	0.85g		
Sugar	2.55g		
Protein	2.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.00mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available
