

Cookbook for Prairie Heights High School

Created by HPS Menu Planner

Table of Contents

Bread & Butter Sandwich

Fruit Juice

Ranch Dressing

Homemade Croutons

Refried Beans

Baked Beans

Diced Turkey Grab 'N Go

Taco Meat Grab 'n Go

Diced Ham Grab 'N Go (Friday)

Diced Ham Grab 'N Go (Monday)

Popcorn Chicken Salad - Grab & Go

Hot Dog on Bun

Harvest Fries

Caesar Salad

Chili

Green Beans

Taco Salad

Oriental Vegetables

Sam I Am Ham & Cheese Sandwich

Chicken Noodle Soup

Spiced Apples

BBQ Rib on Bun

Strawberries & Blueberries

Golden Corn

Turkey Deli Sub

Hamburger on Bun

Cole Slaw

Broccoli Parmesan

Spaghetti with Meat Sauce

Chicken & Noodles

Rosy Applesauce

Glazed Carrots

Sloppy Joe on Bun

Chicken Patty on Bun

Poptarts

Cheeseburger

Spicy Chicken Sandwich

Grilled Cheese Sandwich

Spaghetti & Meat Sauce

Beef & Noodles

Variety of Cereal Bowls

Sausage Biscuit

BBQ Chicken

Meat Gravy

Homemade Pizza with Chicken

Strawberry Smoothie

Lemon Roasted Carrots

Potato Soup

Chili

Cheesy Garlic Mashed Potatoes

Citrus Mixed Fruit

Black Bean Salsa

Carrots, Peas, and Potato Cubes

Turkey & Noodles

Homemade Buffalo Chicken Pizza

Cereal Breakfast Kit

Sausage, Egg and Cheese Muffin

Sausage, Egg and Cheese Biscuit

Muffin

Baked Potato Bar

Fish Sandwich

Pasta Bar

Chili Cheese Dog

French Dressing

Big Mac Sauce

Stir Fry Choice - Orange Chicken OR Chicken Teriyaki

Pancake & Sausage Breakfast

Turkey Croissant Sandwich

Carrots, Celery, & Cauliflower

Three Bean Salad

Taco Bean Dip

Ham Deli Sub

Cherry Tomatoes, Broccoli, & Snap Peas

Carrots, Celery, & Cauliflower

Cherry Tomatoes, Broccoli, & Snap Peas

Taco Meat

Sidekick Slushie

Flavored Applesauce

Yogurt, Cheese Stick, and Strawberry Chex

Pizza Munchable

Cheeseburger on Bun*

Pork Patty on Bun

Country Fried Steak Sandwich

Pumpkin Pudding

Grilled Chicken Bacon Ranch Sandwich

Queso Pollo Nachos

Ice Cream Cup

Alfredo Biscuits & Gravy

Turkey & Cheese Sandwich

Inauguration Day

Spanish Rice

Orange Chicken

Fish Hoagie

Breakfast Burrito

Biscuit & Gravy

Egg, Cheese and Ham Scramble

Ham, Egg, & Cheese Biscuit

Buffalo Chicken Dip with Chips

Cheeseburger on Bun

Happy Thanksgiving!

BBQ Pulled Pork Sandwich

Grilled Chicken w/ Cheese Sandwich

Cat in the Hat Parfait

Truffala Tree Leaves (Lettuce Salad)

Cinco de Mayo

Goose Juice (Fruit Juice)

Apple Slices Up on Top

The Sneetches Peaches

Cinnamon Goldfish

Ham, Egg, & Cheese Croissant

Peanut Butter with Graham Crackers and Yogurt

Grilled Cheese Sandwich

Ham & Cheese Sandwich

Chicken Waffle Sandwich

Apple Cinnamon Texas Toast & Sausage Links

Turkey & Pepper Jack on Pretzel Bun

Uncrustable, String Cheese, & Cheez-It

Uncrustable

Mini Donuts

Eggo® French Toast

Assorted Warm Pastries

Eggo® Mini Pancakes

Chicken Biscuit Sandwich

Turkey Ham and Cheese on Hawaiian Bun with String Cheese

Dirt and Worm Pudding

Happy Earth Day!

Broccoli Trees

Grass Clippings

Global Pizza

Orange Grove Oranges

Turkey & Pepper Jack on Croissant

Mexican Dip

Field Day

Flavored Craisins

Unrustable, String Cheese, & Goldfish

Chicken Gravy

Unrustable & String Cheese

Powdered Sugar Icing

Cinnamon Roll w/ Icing

Panthers Beef & Cheddar

Mashed Potatoes

Panther Popcorn Chicken Bowl

Chicken Strip Basket

White Pepper Gravy

Chicken, Bacon, Ranch Wrap

Ham & Cheese Croissant

Chicken Alfredo

Poptart

Graham Snack

Chicken & Noodles w/ Cheese Stick

Chicken Burrito Bowl

Mexican Rice

Chicken Caesar Salad

Chef Salad

Cheese and Chicken Quesadilla

Green Bean Casserole

Buffalo Chicken Wrap

Banana or Blueberry Bread

Assorted Yogurt

Bagel with Cream Cheese Cup

Granola Bar Variety

Bread & Butter Sandwich

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9540
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	2 Each		380
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

1. Spread 1/2 tablespoon onto each slice of bread.
2. Place in pans and store in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	430.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9541
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72-4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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	7.70mg
Carbohydrates	15.83g
Fiber	0.00g
Sugar	15.00g
Protein	0.02g
Vitamin A 0.00IU	Vitamin C 0.20mg
Calcium 10.82mg	Iron 0.24mg

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Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing

Servings:	256.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9543
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	1 Gallon		472999
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon		426598

Preparation Instructions

1. Mix the ingredients 1/2 and 1/2 in a gallon jug.
2. Cover and store in the refrigerator until use.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 256.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	109.89		
Fat	9.24g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	209.80mg		
Carbohydrates	5.99g		
Fiber	0.00g		
Sugar	1.50g		
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

Homemade Croutons

Servings:	45.00	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9545
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	45 Each		380
SEASONING SALT NO MSG 2-5 LAWR	1/3 Cup		266566
SPICE DILL WEED 5Z TRDE	1/8 Cup		513938
MARGARINE SLD 30-1 GCHC	1 Pound		733061
SPICE GARLIC POWDER 6 TRDE	1/8 Cup		513857

Preparation Instructions

1. Cut the bread into small squares.
2. Lay the squares out on sheet pans.
3. Put in a 375 degree oven for 5 minutes to dry out.
3. Mix together the remaining ingredients and coat the bread evenly.
4. Bake the croutons at 375 degrees for 5 more minutes.
5. Cool to room temperature.
6. Store in an airtight container until use.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	161.11		
Fat	8.82g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	773.35mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	533.33IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	6.00mg

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Nutrition - Per 100g

Calories	568.30		
Fat	31.12g		
SaturatedFat	11.29g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2727.90mg		
Carbohydrates	59.97g		
Fiber	7.05g		
Sugar	10.58g		
Protein	10.58g		
Vitamin A	1881.28IU	Vitamin C	0.00mg
Calcium	7.05mg	Iron	21.16mg

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Refried Beans

Servings:	264.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9546
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	9 #10 CAN		293962
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
CHEESE CHED MLD SHRD 4-5 LOL	8 Quart	2 quart per pan	150250
SPICE CHILI POWDER HOT 5.5 TRDE	3 1/2 Tablespoon		224715
SPICE CUMIN GRND 15Z TRDE	2 2/3 Tablespoon		273945
SPICE PAPRIKA SPANISH 16Z TRDE	2 1/2 Teaspoon		225002
SPICE ONION POWDER 19Z TRDE	2 1/2 Teaspoon		126993

Preparation Instructions

1. Mix all ingredients together except the cheese.
2. Spread evenly among the pans.
3. Bake at 350 degrees for 1 hour and 45 minutes or until temperature reaches 135 degrees.
4. Remove from the oven and add cheese evenly to the top of each pan.
5. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.248
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.098
OtherVeg	0.000
Legumes	0.441
Starch	0.000

Nutrition Facts

Servings Per Recipe: 264.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	184.63
Fat	6.13g
SaturatedFat	3.35g
Trans Fat	0.00g
Cholesterol	14.55mg
Sodium	589.30mg
Carbohydrates	22.37g
Fiber	6.07g
Sugar	1.67g
Protein	10.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.17mg	Iron 1.81mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	480.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9547
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	18 #10 CAN		298913
ONION DEHY CHPD 15 P/L	2 Cup		263036
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Cup		860221
SUGAR BROWN LT 50 BIG CHIEF	3/4 Quart		846775
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SAUCE BBQ 4-1GAL SWTBRAY	1 Gallon		655937
KETCHUP CAN NAT LO SOD 6-10 REDG	1 #10 CAN	READY_TO_EAT None	200621

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.970
Starch	0.000

Nutrition Facts

Servings Per Recipe: 480.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	171.43		
Fat	0.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.03mg		
Carbohydrates	34.86g		
Fiber	4.87g		
Sugar	14.58g		
Protein	7.78g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.69mg	Iron	1.94mg

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Nutrition - Per 100g

No 100g Conversion Available

Diced Turkey Grab 'N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9548
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	1 1/2 Ounce		100121
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Baked Beans- Prairie Heights	1/4 Cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.943
Grain	2.000
Fruit	0.500
GreenVeg	0.139
RedVeg	0.250
OtherVeg	0.139
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	901.26
Fat	42.47g
SaturatedFat	14.77g
Trans Fat	0.00g
Cholesterol	96.42mg
Sodium	2372.11mg
Carbohydrates	109.59g
Fiber	10.99g
Sugar	51.15g
Protein	27.95g
Vitamin A 450.37IU	Vitamin C 16.44mg
Calcium 246.62mg	Iron 1.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat Grab 'n Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9550
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
Salsa, Low-Sodium, Canned	1/4 Cup	READY_TO_EAT	100330
TOMATO RANDOM 2 25 MRKN	1/4 Cup		508616
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
BEAN REFRD 6-10 P/L	1/4 Cup		293962
Apple slices - 2 oz	1 1 pkg	READY_TO_EAT	04134
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.946
Grain	2.500
Fruit	0.500
GreenVeg	0.139
RedVeg	0.500
OtherVeg	0.139
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	686.37
Fat	37.42g
SaturatedFat	10.63g
Trans Fat	0.14g
Cholesterol	51.56mg
Sodium	1055.37mg
Carbohydrates	69.73g
Fiber	11.05g
Sugar	12.25g
Protein	22.01g
Vitamin A 680.06IU	Vitamin C 43.53mg
Calcium 320.62mg	Iron 4.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Grab 'N Go (Friday)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9551
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
PEAS FRZN 30	1/4 Cup	BAKE	100350
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Strawberries, diced, Cups, frozen	1 Each		100256
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.230
Grain	2.000
Fruit	0.500
GreenVeg	0.389
RedVeg	0.000
OtherVeg	0.139
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	781.88
Fat	41.12g
SaturatedFat	14.95g
Trans Fat	0.00g
Cholesterol	92.13mg
Sodium	1949.54mg
Carbohydrates	83.82g
Fiber	9.18g
Sugar	42.79g
Protein	23.03g
Vitamin A 137.83IU	Vitamin C 29.95mg
Calcium 239.95mg	Iron 1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Grab 'N Go (Monday)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9552
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
Homemade Croutons- Prairie Heights	1 Ounce		
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.230
Grain	2.000
Fruit	0.500
GreenVeg	0.139
RedVeg	0.250
OtherVeg	0.264
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	761.38
Fat	41.07g
SaturatedFat	14.93g
Trans Fat	0.00g
Cholesterol	92.13mg
Sodium	1983.67mg
Carbohydrates	80.07g
Fiber	6.63g
Sugar	43.04g
Protein	20.28g
Vitamin A 13.65IU	Vitamin C 1.57mg
Calcium 278.30mg	Iron 1.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9553
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
PEAS FZ 30 COMM	1/4 Cup		110510
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
Variety of Fresh Fruits	1/2 cup		
BEAN GARBANZO LO SOD 6-10 P/L	1/4 Cup		597991
Lettuce Chopped Romaine 2#	1 Cup		2784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	834.00
Fat	44.50g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	1231.00mg
Carbohydrates	78.00g
Fiber	11.50g
Sugar	28.50g
Protein	33.75g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 279.00mg	Iron 3.09mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9556
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830

Preparation Instructions

1. Boil the hot dogs until the internal temperature reaches 165 degrees.
2. Transfer to pans and cover.
3. Store in hot boxes until service.
4. Then place each hot dog into a bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	395.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 60.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Harvest Fries

Servings:	600.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9557
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	75 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660
FRIES 3/8 R/C CRSPY COAT 6-5 LAMB	150 Pound		547115

Preparation Instructions

1. Spread an even mix of both fries on sheet pans.
2. Bake in a 350 degree oven for 9-13 minutes or until the temperature reaches 135 degrees.
3. Store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	315.93
Fat	14.73g
SaturatedFat	3.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	504.72mg
Carbohydrates	42.98g
Fiber	3.43g
Sugar	1.63g
Protein	3.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.99mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	700.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9558
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	700 Cup		735787
CHEESE MOZZ SHRD 4-5 LOL	15 Pound		645170
DRESSING CAESAR 4-1 GAL GFS	10 1/2 Cup		818201
380 - Aunt Millie's WG Honey White Bread	360 Each		380
SEASONING SALT NO MSG 2-5 LAWR	2 7/11 Cup		266566
SPICE DILL WEED 5Z TRDE	1 Cup		513938
MARGARINE SLD 30-1 GCHC	8 Pound		733061
SPICE GARLIC POWDER 21Z TRDE	1 Cup		224839

Preparation Instructions

1. Add 2 bags of romaine lettuce per grey tub.
2. Add the croutons and cheese and mix together.
3. Add the dressing and mix again.
4. Cover and store in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 700.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	136.91		
Fat	8.03g		
SaturatedFat	3.09g		
Trans Fat	0.00g		
Cholesterol	6.34mg		
Sodium	490.64mg		
Carbohydrates	11.33g		
Fiber	2.03g		
Sugar	3.01g		
Protein	4.94g		
Vitamin A	274.29IU	Vitamin C	0.00mg
Calcium	87.31mg	Iron	3.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	490.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9559
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	50 Pound		158704
ONION SPANISH JUMBO 50 MRKN	3 Each		200778
SPICE CHILI POWDER HOT 5.5 TRDE	4 Cup		224715
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
TOMATO CRSHD A/P 6-10 REDPK	2 #10 CAN		248096
SAUCE TOMATO MW 6-10 GCHC	4 #10 CAN		306347
BEAN PINTO 6-10 GCHC	7 #10 CAN		261475
BEAN CHILI MEX STYLE 6-10 GCHC	7 #10 CAN		192015
BEANS BLACK LO SOD 6-10 BUSH	5 #10 CAN		231981
JUICE TOMATO 100 12-46FLZ SACRM	5 #5 CAN	READY_TO_EAT None	302414
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
SALT IODIZED 25 CARG	1 Cup		108286

Preparation Instructions

1. Cook and grind the beef the day before.
2. Cover and store in the walk-in cooler.
3. The day of, mix all ingredients together in a pot and cook to 165 degrees.
4. Distribute evenly among 7 pots.
5. Cover and store in hot boxes until service.

Beans credit as meat/meat alternate in this recipe.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 490.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	234.56		
Fat	8.99g		
SaturatedFat	3.67g		
Trans Fat	0.61g		
Cholesterol	30.61mg		
Sodium	677.54mg		
Carbohydrates	21.48g		
Fiber	4.93g		
Sugar	3.30g		
Protein	15.27g		
Vitamin A	0.03IU	Vitamin C	0.10mg
Calcium	43.37mg	Iron	2.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	432.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9560
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN	BAKE	100307
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1 Pound		110611

Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	19.86		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.90mg		
Carbohydrates	3.41g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	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

Taco Salad

Servings:	450.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	60 Pound		722330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	60 Pound	3 cases	242489
CHEESE CHED MLD SHRD 4-5 LOL	40 Pound	2 cases	150250

Preparation Instructions

1. Mix the lettuce and cheese together in gray tubs dividing equally.
2. Cover and hold in refrigerators until service.
3. Add 2 quarts of meat to each pan right before serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.792
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.487
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 450.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	243.76
Fat	16.31g
SaturatedFat	9.89g
Trans Fat	0.20g
Cholesterol	66.93mg
Sodium	476.04mg
Carbohydrates	6.76g
Fiber	2.32g
Sugar	2.32g
Protein	18.74g
Vitamin A 434.07IU	Vitamin C 3.36mg
Calcium 325.07mg	Iron 1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oriental Vegetables

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9563
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GCHC	60 Pound		285720
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Tablespoon		647230

Preparation Instructions

1. Spread ingredients evenly between your pans.
2. Bake at 350 degrees until the food reaches 165 degrees.
3. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.91		
Fat	1.56g		
SaturatedFat	0.31g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	4.17mg		
Carbohydrates	2.58g		
Fiber	0.83g		
Sugar	0.83g		
Protein	0.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.42mg	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

Sam I Am Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	870.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup

Servings:	600.00	Category:	Condiments or Other
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10285
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX 12-5 COLLEGE INN	25 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Pound		580589
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR
CARROT JUMBO 50 P/L	5 Pound		198501
SPICE PEPR BLK REST GRIND 5 TRDE	2 Tablespoon		242179
PASTA NOODL EGG FZ 4-3 REAMES	20 Pound		245046
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	40 Pound	UNSPECIFIED Not currently available	570533

Preparation Instructions

1. First thing in the morning, add all the liquids, base, and meat to a pot and bring to a boil.
2. After breakfast break (9 am), put in the noodles and cook for 15 minutes.
3. Distribute evenly into 10 pans.
4. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.928
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.059
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	95.25		
Fat	2.61g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	35.56mg		
Sodium	304.00mg		
Carbohydrates	9.05g		
Fiber	0.14g		
Sugar	0.47g		
Protein	7.77g		
Vitamin A	781.63IU	Vitamin C	0.17mg
Calcium	6.23mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spiced Apples

Servings:	570.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10286
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD MI 7+1 30 GCHC	90 Pound		270954
SUGAR BROWN MED 25 GCHC	20 Pound	UNSPECIFIED	108626
SPICE CINNAMON GRND 5 TRDE	2 Cup		224731
MARGARINE SLD 30-1 GCHC	2 Pound		733061
FLAVORING VANILLA IMIT 1-1GAL KE	2 Cup		110744
JUICE PINEAPPLE 100 12-46FLZ DOLE	8 Quart	READY_TO_EAT Ready to Eat	566144

Preparation Instructions

1. Thaw the apples overnight in the cooler.
2. Next day, mix together the remaining ingredients.
3. Divide the apples evenly between 9 pans.
4. Divide the mixture evenly between the 9 pans of apples.
5. Toss to coat the apples.
6. Bake the apples in a 350 degree oven until the temperature reaches 135 degrees.
7. Remove from the oven, cover, and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 570.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	91.40		
Fat	1.24g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.21mg		
Carbohydrates	18.96g		
Fiber	0.72g		
Sugar	17.52g		
Protein	0.72g		
Vitamin A	84.21IU	Vitamin C	0.00mg
Calcium	5.09mg	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

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10287
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	B	451410
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the BBQ rib in a 350 degree oven for 13 minutes or until the ribs reach 155 degrees.
2. Place the rib on a bun before service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	850.00mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	14.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries & Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10288
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Blueberries, Frozen	1/4 Cup	THAW Thaw and use	110624
Strawberries, Sliced Frz	1/4 Cup	BAKE	100254

Preparation Instructions

1. Combine the strawberries and blueberries.
2. Scoop into 4 oz cups.
3. Hold in tubs in the walk-in cooler until use.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	65.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.50mg		
Carbohydrates	16.50g		
Fiber	2.50g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

Servings:	660.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10292
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	120 Pound	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 2/3 Cup	1/3 cup per pan	184622
SEASONING VEGETABLE NO SALT 21Z TRDE	5 Tablespoon	1 Tbsp. per pan	647230

Preparation Instructions

1. Boil the frozen corn in a pot until it reaches 135 degrees.
2. Drain the corn.
3. Divide the corn among 6 pans.
4. Mix together the butter and seasoning and divide it evenly among the pans.
5. Toss to coat the corn.
6. Cover the pans and keep warm in the hot boxes.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 660.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.52		
Fat	1.56g		
SaturatedFat	0.11g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	16.09g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10293
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	2 1/2 Ounce	Weight	100121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

1. Place 2-1/2 ounces of turkey on each bun.
2. Place the cheese on top.
3. Hold in pans in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.072
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	283.05
Fat	7.64g
SaturatedFat	2.82g
Trans Fat	0.00g
Cholesterol	51.53mg
Sodium	822.96mg
Carbohydrates	32.57g
Fiber	2.00g
Sugar	4.50g
Protein	23.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10296
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	357.50
Fat	18.00g
SaturatedFat	6.75g
Trans Fat	1.13g
Cholesterol	56.25mg
Sodium	228.75mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	21.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	295.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10298
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE GREEN 45 P/L	50 Pound		198463
DRESSING COLE SLAW 4-1GAL GCHC	1 Gallon		106992
DRESSING SALAD 4-1GAL GFS	1 Cup		107042
SUGAR CANE GRANUL 25 GCHC	1 Cup		108642

Preparation Instructions

1. Cut the cabbage the day before, using some green outside leaves for color added to the other cabbage.
2. Divide between 4 gray tubs.
3. Mix together the dressings and sugar.
4. Distribute the dressing evenly between the 4 tubs.
5. Mix well and refrigerate overnight.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 295.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	99.72		
Fat	4.18g		
SaturatedFat	0.69g		
Trans Fat	0.00g		
Cholesterol	4.77mg		
Sodium	124.07mg		
Carbohydrates	15.17g		
Fiber	3.07g		
Sugar	10.29g		
Protein	2.20g		
Vitamin A	132.15IU	Vitamin C	61.70mg
Calcium	79.03mg	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

Broccoli Parmesan

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10299
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
CHEESE PARM GRTD 12-1 PG	4 Cup		164259
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2 Cup		184622

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 butter evenly to the pans.
5. Toss to coat.
6. Add cheese evenly to the top of each pan.
7. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.81		
Fat	1.81g		
SaturatedFat	0.44g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	34.59mg		
Carbohydrates	5.34g		
Fiber	3.20g		
Sugar	1.07g		
Protein	3.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.43mg	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

Spaghetti with Meat Sauce

Servings:	600.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10307
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	40 Pound		221460
CHEESE PARM GRTD 12-1 PG	2 Pound		164259
SAUCE SPAGHETTI FCY 6-10 REDPK	24 #10 CAN		852759
SEASONING ITAL HRB 6Z TRDE	1 Cup		428574
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
SALT IODIZED 25 CARG	2 Cup		108286
BEEF CRMBL CKD 6-5 COMM	40 Pound		785840

Preparation Instructions

1. Cook the meat the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, boil the water then add the noodles for about 13 minutes.
3. Drain the noodles then add the meat, sauce, and dry ingredients.
4. Cook in a pot until it reaches an temperature of 165 degrees.
5. Transfer to pans, cover, and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	193.66
Fat	2.05g
SaturatedFat	0.73g
Trans Fat	0.00g
Cholesterol	14.40mg
Sodium	926.66mg
Carbohydrates	33.54g
Fiber	6.20g
Sugar	8.67g
Protein	14.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.52mg	Iron 2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	512.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10308
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon		000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	227.73		
Fat	3.67g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	93.75mg		
Sodium	189.75mg		
Carbohydrates	33.95g		
Fiber	0.00g		
Sugar	0.17g		
Protein	13.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.33mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rosy Applesauce

Servings:	504.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10309
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 KE	21 #10 CAN		179990
GELATIN MIX STRAWB 12-24Z GCHC	24 Ounce		524581

Preparation Instructions

1. Dissolve 1 bag (24 oz) of jello in 1 quart of hot water in a strawberry bucket.
2. Add 1 can of applesauce, stir in 1 quart of cold water.
3. Pour 1-1/2 gallons in cake pans.
4. Do this 13 times.
5. Cover and store in the walk-in cooler until use.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 504.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	80.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.13mg		
Carbohydrates	21.70g		
Fiber	1.08g		
Sugar	18.47g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	97.00mg
Calcium	0.07mg	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

Glazed Carrots

Servings:	296.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10310
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	60 Pound		100352
MARGARINE SLD 30-1 GCHC	1 Pound		733061
HONEY 4-6 GCHC	2 Cup		225614
SUGAR BROWN MED 25 GCHC	2 Quart	UNSPECIFIED	108626

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 296.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	70.68		
Fat	2.45g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	30.16mg		
Sodium	65.93mg		
Carbohydrates	14.57g		
Fiber	2.51g		
Sugar	10.80g		
Protein	0.00g		
Vitamin A	81.08IU	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

Sloppy Joe on Bun

Servings:	525.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10313
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	100 Pound		158704
KETCHUP CAN NAT LO SOD 6-10 REDG	8 #10 CAN	READY_TO_EAT None	200621
SUGAR CANE GRANUL 25 GCHC	5 Cup		108642
SUGAR BROWN MED 25 GCHC	5 Cup	UNSPECIFIED	108626
ONION DEHY CHPD 15 P/L	5 Cup		263036
SALT IODIZED 25 CARG	1/2 Cup		108286
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	525 Each		517810

Preparation Instructions

1. Cook the beef the day before until it reaches a temperature of 165 degrees and grind it.
2. The day of, add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Then add one scoop to each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 525.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	423.79
Fat	18.27g
SaturatedFat	6.86g
Trans Fat	1.14g
Cholesterol	57.14mg
Sodium	479.58mg
Carbohydrates	41.73g
Fiber	3.06g
Sugar	17.16g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.09mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10314
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the chicken patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	640.00mg		
Carbohydrates	40.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10317
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	368.00
Fat	5.83g
SaturatedFat	1.93g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	382.33mg
Carbohydrates	76.00g
Fiber	5.73g
Sugar	30.33g
Protein	4.70g
Vitamin A 333.33IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10319
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. BAKE: From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty and a slice of cheese on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	18.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	450.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10320
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	BAKE	517810

Preparation Instructions

1. Bake chicken patties for 8-10 minutes at 400 degrees or until the internal temperature reaches 165 degrees.
2. Hold on sheet pans in the hot boxes until service.
3. Then add one chicken patty to each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10321
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Teaspoon		191205

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 4 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	466.67
Fat	27.33g
SaturatedFat	14.67g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1170.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	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

Spaghetti & Meat Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10322
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	17 1/2 Pound		100158
SAUCE SPAGHETTI FCY 6-10 REDPK	3 1/4 #10 CAN		852759
Tap Water for Recipes	12 Gallon		000001WTR
PASTA SPAG 51 WGRAIN 2-10	9 1/2 Pound		221460

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
CCP: Heat to 165°F or above for at least 15 seconds.
2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving.
CCP: Hold at 135o F or higher.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12 x 20 x 4) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently.
CCP: Hold at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.625
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	355.95
Fat	13.30g
SaturatedFat	4.18g
Trans Fat	2.09g
Cholesterol	0.00mg
Sodium	419.86mg
Carbohydrates	39.78g
Fiber	5.91g
Sugar	8.02g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.70mg	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

Beef & Noodles

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10323
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Seasoned Beef Tips	21 Pound		5840
BROTH BF NO MSG 12-49Z HRTHSTN	3 1/4 Gallon		504599
SPICE SAGE GRND 8Z TRDE	1 1/2 Teaspoon		513911
SPICE PEPR BLK 30 MESH REG GRIND 5	2 1/4 Teaspoon		225045
SALT IODIZED 25 CARG	2 1/4 Teaspoon		108286
ONION DEHY CHPD 15 P/L	1/4 Cup		263036
FLOUR H&R A/P 2-25 GCHC	2 Cup		227528
PASTA NOODL EGG 1/8 MED 2-5 GCHC	5 4/13 Pound	5 lb. 5 oz.	270393

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	293.08
Fat	5.81g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	94.33mg
Sodium	966.40mg
Carbohydrates	31.32g
Fiber	1.24g
Sugar	1.84g
Protein	28.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.93mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal Bowls

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10347
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package		265803
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		266052
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FRSTD CINN FLKS WGRAIN 96-1Z	1 Each		498190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.36		
Fat	1.24g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.59mg		
Carbohydrates	23.71g		
Fiber	1.82g		
Sugar	7.79g		
Protein	1.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.00mg	Iron	3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10348
School:	Prairie Heights Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

1. Bake the sausage patties in a 350 degree oven for 7-8 minutes or until the internal temperature reaches 155 degrees.
2. Bake the biscuits in a 350 degree oven for 12-16 minutes.
3. Assemble the sausage biscuits and hold on a sheet pan in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	291.00		
Fat	18.00g		
SaturatedFat	8.20g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	552.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	47.83mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10368
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SAUCE BBQ 4-1GAL SWTBRAY	3/4 Gallon		655937

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	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	178.19		
Fat	2.29g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	48.00mg		
Sodium	461.33mg		
Carbohydrates	24.66g		
Fiber	0.00g		
Sugar	23.29g		
Protein	13.71g		
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

Meat Gravy

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10409
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Seasoned Beef Tips	8 Pound		5840
GRAVY MIX BEEF 12-15Z GCHC	3 Package		822861
BASE BEEF RSTD NO ADDED MSG 6-1 GSIG	1/2 Cup		110611
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Combine meat, base, and water in steam kettle.
2. Simmer.
3. Prepare gravy mix according to package.
4. Add gravy to kettle.
5. Transfer to (2)1/2 SIZE 6 IN PANS.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	114.53		
Fat	3.00g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	24.59mg		
Sodium	1039.78mg		
Carbohydrates	13.64g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.10mg	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

Homemade Pizza with Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10410
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	HEAT_AND_SERVE	100117
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE SPAGHETTI FCY 6- 10 REDPK	1/4 Cup		852759

Preparation Instructions

1. Thaw the flatbread according to package instructions.
2. Assemble the pizza by placing sauce on the flatbread, topped with the chicken and then the cheese.
3. Heat in a 350 degree oven for about 10 minutes or until the internal temperature reaches 135 degrees.
4. Hold in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	475.21
Fat	19.94g
SaturatedFat	9.37g
Trans Fat	0.06g
Cholesterol	84.41mg
Sodium	1361.36mg
Carbohydrates	36.91g
Fiber	4.51g
Sugar	9.10g
Protein	34.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 448.01mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Smoothie

Servings:	22.00	Category:	Fruit
Serving Size:	9.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10411
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F 4-5 GCHC	10 Pound		640171
Strawberries, Whole fzn	1 Gallon	BAKE	100253
JUICE APPLE 100 12-46FLZ HV	1 Cup		100374

Preparation Instructions

1. Place all ingredients in a blender.
2. Blend for 3 minutes on high, or until it is smooth.
3. Pour into 12 oz cups and top with a lid.
4. Place cups on sheet pan and store in the walk-in cooler until use.

Meal Components (SLE)

Amount Per Serving

Meat	14.545
Grain	0.000
Fruit	0.773
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 9.00 Fluid Ounce

Amount Per Serving	
Calories	1589.45
Fat	14.55g
SaturatedFat	7.27g
Trans Fat	0.00g
Cholesterol	72.73mg
Sodium	876.77mg
Carbohydrates	314.09g
Fiber	2.91g
Sugar	255.73g
Protein	50.91g
Vitamin A 0.00IU	Vitamin C 5.32mg
Calcium 5090.91mg	Iron 5.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon Roasted Carrots

Servings:	190.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11204
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	30 Pound		510637
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup		311227
SEASONING LEMON PEPR 27Z TRDE	4 Tablespoon		514098

Preparation Instructions

1. Mix the ingredients together and distribute evenly among the pans.
2. Roast the carrots in a 350 degree oven for about 25 minutes or until the temperature reaches 135 degrees.
3. Hold the pans in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.316
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 190.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	28.11
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	121.26mg
Carbohydrates	6.75g
Fiber	2.25g
Sugar	3.39g
Protein	0.00g
Vitamin A 13515.79IU	Vitamin C 4.93mg
Calcium 23.60mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Soup

Servings:	500.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	5 Pound		191205
ONION SPANISH JUMBO 50 MRKN	4 Each		200778
Tap Water for Recipes	11 Gallon	Divided: 2 gallons hot water + 9 gallons cool water	000001WTR
POTATO DCD PLD FRSH 2-10 GCHC	40 Pound		422169
Ham, Cubed Frozen	20 Pound		100188-H
SALT IODIZED 25 CARG	1 Cup		108286
SPICE PEPR BLK REST GRIND 5 TRDE	3 Tablespoon		242179
MILK PWD INST FF 50 MMPA	20 Pound		113336
BASE SOUP CRM 6-28Z GCHC	6 Package		160780

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	188.94
Fat	6.52g
SaturatedFat	4.59g
Trans Fat	0.00g
Cholesterol	22.67mg
Sodium	720.38mg
Carbohydrates	22.34g
Fiber	0.69g
Sugar	11.23g
Protein	10.21g
Vitamin A 4.02IU	Vitamin C 1.37mg
Calcium 236.93mg	Iron 0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11462
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	13 1/4 Pound		158704
ONION DEHY CHPD 15 P/L	1 1/8 Cup		263036
SPICE CHILI POWDER HOT 5.5 TRDE	5 Ounce		224715
SPICE CUMIN GRND 15Z TRDE	2 1/2 Tablespoon		273945
SPICE GARLIC POWDER 6 TRDE	1 1/2 Tablespoon		513857
TOMATO PASTE 26 6-10 GCHC	1/2 #10 CAN		100196
BEAN PINTO 6-10 GCHC	5 1/2 #10 CAN		261475
JUICE TOMATO 100 12-46FLZ SACRM	3 1/4 Quart	READY_TO_EAT None	302414
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Tablespoon		225088

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
2. Drain beans.
3. Add remaining ingredients, except water, to ground beef.
4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates.

CCP: Heat to 160°F or higher for at least 15 seconds.

CCP: Hold hot for service at 135°F or above.

Notes:

- For less sodium, choose a fancy or very-low sodium chili powder.
- Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste.
- May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions.

-May use minced garlic in place of garlic powder.

-May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	452.76
Fat	15.55g
SaturatedFat	6.36g
Trans Fat	1.06g
Cholesterol	53.00mg
Sodium	487.64mg
Carbohydrates	44.72g
Fiber	10.26g
Sugar	4.73g
Protein	28.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 89.14mg	Iron 5.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Garlic Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	4.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12931
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package	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.	613738
Tap Water for Recipes	1 Gallon		000001WTR
SPICE GARLIC POWDER 16Z BADIA	1 Tablespoon		708481
CHEESE PARM IMIT GRTD 2-5 SCHRBR	12 Ounce		595101

Preparation Instructions

1. Pour water into a 6-inch deep, half steam table pan.
2. Add garlic powder to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min.
4. Add cheese and stir well to combine. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.17 Ounce

Amount Per Serving			
Calories	76.07		
Fat	1.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.05mg		
Carbohydrates	14.63g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.03mg	Iron	0.30mg

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

Nutrition - Per 100g

Calories	64.35		
Fat	1.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.03mg		
Carbohydrates	12.37g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Citrus Mixed Fruit

Servings:	300.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12936
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ORNG 12-24Z GCHC	2 Package		524638
FRUIT MIXED XL/S 6-10 COMM	15 #10 CAN		120520

Preparation Instructions

1. Drain the cans of fruit and transfer into a large bowl.
2. Mix the jello packages in with the fruit.
3. Cup into 1/2 cup servings and top with a lid.
4. Refrigerate until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.60mg		
Carbohydrates	19.63g		
Fiber	1.29g		
Sugar	15.75g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.20mg
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

Black Bean Salsa

Servings:	45.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12990
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
SALSA 103Z 6-10 REDG	3 1/4 Cup	READY_TO_EAT None	452841
Corn, Whole Kernel, Frozen, No Salt added	3 3/4 Pound	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348

Preparation Instructions

1. Thaw corn.
2. Drain beans.
3. Combine corn, beans and salsa.
4. Chill 2 hours before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.103
OtherVeg	0.000
Legumes	0.287
Starch	0.229

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	100.13
Fat	0.46g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.15mg
Carbohydrates	20.07g
Fiber	3.79g
Sugar	2.36g
Protein	4.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.98mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots, Peas, and Potato Cubes

Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12993
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 6-10 GCHC	1 Cup	Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.	118907
PEAS 6-10 COMM	1 Cup		150550
POTATO CUBES NAT 6-6 GCHC	1 Cup		412060

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.000
Legumes	0.000
Starch	0.300

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	66.36		
Fat	1.41g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	116.32mg		
Carbohydrates	12.06g		
Fiber	2.16g		
Sugar	2.25g		
Protein	1.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.74mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Noodles

Servings:	576.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12994
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon	UNPREPARED	000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589
Turkey, Roast, Frozen	40 Pound	BAKE Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.	100125

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
2. Bring to a boil.
3. Add the noodles.
4. Return to a boil and lower the heat to a simmer.
5. Simmer for 1 hour.
6. Distribute evenly into 8 pans.
7. Cover and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 576.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	204.27		
Fat	4.35g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	76.88mg		
Sodium	279.97mg		
Carbohydrates	30.18g		
Fiber	0.00g		
Sugar	0.15g		
Protein	10.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.18mg	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

Homemade Buffalo Chicken Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12995
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	HEAT_AND_SERVE	100117
SAUCE BUFFALO SAND 2-1GAL FRENC	1 Tablespoon		213990
DRESSING MIX RNCH 18-3.2Z FTHLL	1 Teaspoon		473308
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup		100012

Preparation Instructions

1. Thaw the flatbread according to package instructions.
2. Toss the chicken with the ranch and buffalo sauce.
3. Assemble the pizza by placing the chicken and then the cheese.
3. Heat in a 350 degree oven for about 10 minutes or until the internal temperature reaches 135 degrees.
4. Hold in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	434.81
Fat	19.94g
SaturatedFat	10.37g
Trans Fat	0.06g
Cholesterol	94.41mg
Sodium	1999.09mg
Carbohydrates	32.47g
Fiber	2.70g
Sugar	3.47g
Protein	33.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Breakfast Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-15508
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.333
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	296.67
Fat	6.00g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.67mg
Carbohydrates	58.67g
Fiber	4.00g
Sugar	28.67g
Protein	3.33g
Vitamin A 733.33IU	Vitamin C 64.80mg
Calcium 173.33mg	Iron 5.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese Muffin

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19650
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SAUSAGE PTY CKD 250-1.2Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 8-10 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convection oven for 5-8 minutes. Microwave: on high for about 1 minute 15 seconds. Times given are approximate. Ovens vary. Adjust accordingly.	109000

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.820
Grain	2.880
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	276.40
Fat	9.45g
SaturatedFat	4.03g
Trans Fat	0.00g
Cholesterol	21.25mg
Sodium	637.45mg
Carbohydrates	37.60g
Fiber	0.00g
Sugar	2.24g
Protein	10.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 274.81mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg and Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19651
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	396.00
Fat	26.00g
SaturatedFat	11.70g
Trans Fat	0.00g
Cholesterol	138.50mg
Sodium	902.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	3.50g
Protein	16.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 150.33mg	Iron 1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19925
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN APPL CINN WGRAIN IW 48-2Z CP	1 muffin		664773

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.00
Fat	6.95g
SaturatedFat	2.25g
Trans Fat	0.02g
Cholesterol	24.00mg
Sodium	142.50mg
Carbohydrates	29.10g
Fiber	1.20g
Sugar	15.10g
Protein	2.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.43mg	Iron 0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20112
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD 100CT P/L	1 Each		246859
BACON BIT REAL FAST N EASY 4- 5 HRML	1 Tablespoon		437735
CHEESE AMER SHRD R/F 4-5 LOL	1/4 Cup		861950
SOUR CREAM 4-5 GCHC	2 Tablespoon		285218
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608
CHILI BEEF W/BEAN 6-5 COMM	2 4/5 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	473.94
Fat	16.89g
SaturatedFat	8.31g
Trans Fat	0.00g
Cholesterol	59.84mg
Sodium	842.47mg
Carbohydrates	59.18g
Fiber	6.71g
Sugar	5.39g
Protein	22.82g
Vitamin A 621.88IU	Vitamin C 30.85mg
Calcium 302.41mg	Iron 3.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20118
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
FISH BRD 3Z O/R WGRAIN 10 HILNR	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	10.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	865.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	6.00g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Bar

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20134
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	1 Cup		221460
PASTA ROTINI 4-5 GCHC	1 Cup		413360
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 Cup		852759
SAUCE ALFREDO FZ 6-5 JTM	1/2 Cup		155661
Chicken, diced, cooked, frozen	4 Fluid Ounce		100101
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	352.63		
Fat	7.43g		
SaturatedFat	2.16g		
Trans Fat	0.30g		
Cholesterol	46.85mg		
Sodium	417.43mg		
Carbohydrates	50.18g		
Fiber	5.17g		
Sugar	7.24g		
Protein	22.99g		
Vitamin A	30.19IU	Vitamin C	0.00mg
Calcium	77.26mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20137
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce		135261
ONION SPANISH JUMBO 50# P/L	1 Ounce		157442
RELISH SWT PICKLE 4-1GAL GCHC	1 Ounce		517186
2oz Hotdog Bun	1 Each		4040
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
CHILI CINCINNATI STYLE 6-5 COMM	2 Ounce		343990

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.755
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.047
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	397.91
Fat	19.07g
SaturatedFat	6.38g
Trans Fat	0.34g
Cholesterol	70.50mg
Sodium	862.52mg
Carbohydrates	41.70g
Fiber	3.87g
Sugar	10.50g
Protein	18.54g
Vitamin A 0.57IU	Vitamin C 1.81mg
Calcium 104.73mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Dressing

Servings:	1280.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20735
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP CAN NAT LO SOD 6-10 REDG	3 Gallon	READY_TO_EAT None	200621
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 1/2 Gallon		743879
SUGAR CANE GRANUL 25 GCHC	6 Quart		108642
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1/2 Quart		629640
SALT IODIZED 25 CARG	3/4 Cup		108286
SPICE GARLIC POWDER 6 TRDE	3/4 Cup		513857

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1280.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	58.85		
Fat	4.20g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.10mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	5.40g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.23mg	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

Big Mac Sauce

Servings:	80.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20737
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD 4-1GAL GFS	3 Cup		107042
RELISH SWT PICKLE 4-1GAL GCHC	1 Cup		517186
SUGAR CANE GRANUL 25 GCHC	3/4 Cup		108642
SPICE ONION MINCED 12Z TRDE	3/4 Cup		513997
SPICE PEPR BLK COARSE GRND 16Z TRDE	1/4 Teaspoon		518322
KETCHUP CAN NAT LO SOD 6-10 REDG	8 Tablespoon	READY_TO_EAT None	200621
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	4 Tablespoon		743879
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Tablespoon		629640
SALT IODIZED 25 CARG	1 Teaspoon		108286
SPICE GARLIC POWDER 6 TRDE	1 Teaspoon		513857

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	49.32		
Fat	3.76g		
SaturatedFat	0.58g		
Trans Fat	0.05g		
Cholesterol	4.80mg		
Sodium	136.91mg		
Carbohydrates	3.90g		
Fiber	0.00g		
Sugar	3.10g		
Protein	0.06g		
Vitamin A	6.17IU	Vitamin C	0.01mg
Calcium	1.37mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stir Fry Choice - Orange Chicken OR Chicken Teriyaki

Servings:	300.00	Category:	Entree
Serving Size:	2.80 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21791
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT ORANGE CHIX 6-7 MINH	420 Ounce	<p>BAKE Chicken PLACE 1 BAG OF CHICKEN ONTO A LARGE SHEET PAN LINED WITH PARCHMENT PAPER. COOK IN A PRE-HEATED CONVECTION OVEN AT 350°F, FOR 15-20 MINUTES. Sauce - Stove Top BRING A LARGE POT OF WATER TO BOIL. SUBMERGE ONE BAG IN BOILING WATER AND BOIL FOR 20 MINUTES IF FROZEN OR 15 MINUTES IF REFRIGERATED. Sauce - Steam PLACE FROZEN SAUCE IN A 2-INCH STEAMABLE PAN. STEAM SAUCE FOR APPROXIMATELY 5 MINUTES IN COMBI OVEN. MIX: USE 1 BAG OF BAKED CHICKEN TO 1 BAG OF HEATED SAUCE. SERVE IMMEDIATELY.</p>	509730
STIR FRY KIT CHIX TERYK 6-7 MINH	420 Each	<p>BAKE Sauce - Stove Top BRING A LARGE POT OF WATER TO BOIL. SUBMERGE ONE BAG IN BOILING WATER AND BOIL FOR 15 MINUTES IF FROZEN OR 10 MINUTES IF REFRIGERATED. Sauce - Steam PLACE FROZEN SAUCE IN A 2-INCH STEAMABLE PAN. STEAM SAUCE FOR APPROXIMATELY 5 MINUTES IN COMBI OVEN. CHICKEN: PLACE 1 BAG OF FROZEN CHICKEN IN A LARGE STEAM TABLE PAN. MIX: ADD THAWED SAUCE TO FROZEN CHICKEN. COAT CHICKEN WITH SAUCE. COVER WITH FOIL. PLACE INTO A PREHEATED CONVECTION OVEN AT 350°F WITH FANS ON HIGH; COOK FOR 30-35 MINUTES OR UNTIL TEMPERATURE REACHES 165°F. USE 1 BAG OF SAUCE PER 1 BAG OF CHICKEN.</p>	523722

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.80 Ounce

Amount Per Serving

Calories	233.00
Fat	6.45g
SaturatedFat	1.20g
Trans Fat	0.00g
Cholesterol	104.00mg
Sodium	590.00mg
Carbohydrates	16.70g
Fiber	0.00g
Sugar	13.30g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.00mg	Iron 1.61mg

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

Nutrition - Per 100g

Calories	293.53
Fat	8.13g
SaturatedFat	1.51g
Trans Fat	0.00g
Cholesterol	131.02mg
Sodium	743.27mg
Carbohydrates	21.04g
Fiber	0.00g
Sugar	16.76g
Protein	32.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.94mg	Iron 2.03mg

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

Pancake & Sausage Breakfast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21793
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BITE WGRAIN 384-.51Z RICH	1 Each		508332
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 Ounce		533034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	620.99		
Fat	34.00g		
SaturatedFat	16.70g		
Trans Fat	0.00g		
Cholesterol	216.00mg		
Sodium	991.99mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	15.00g		
Protein	18.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Croissant Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26227
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT BKD PLN SLCD 64-2Z	1	BAKE Standard Prep: Thaw to room temperature and serve.	120861
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	356.67
Fat	18.25g
SaturatedFat	7.33g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	753.33mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	4.50g
Protein	21.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.50mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots, Celery, & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26998
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	3 sticks (1/2-inch by 4-inch) OR 1/4 cup baby carrots 1.07 oz. weight	576646
CELERY STIX 4-3 RSS	1/4 Cup	3 sticks (1/2-inch by 4-inch) 1.14 oz. weight	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	0.89 oz. weight	732486

Preparation Instructions

Package together.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	25.31
Fat	0.05g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	68.30mg
Carbohydrates	5.27g
Fiber	2.42g
Sugar	2.89g
Protein	1.23g
Vitamin A 4945.87IU	Vitamin C 13.85mg
Calcium 35.21mg	Iron 0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Three Bean Salad

Servings:	65.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27005
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	Approximately 10.5 cups drained beans per can	118753
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN	Approximately 11.25 cups drained beans per can.	231981
BEAN KIDNEY RED LT 6-10 GCHC	1 #10 CAN		118788
DRESSING ITAL CLSC 4-1GAL PMLL	1 Cup		726044

Preparation Instructions

Drain and rinse beans.
Combine all ingredients.
Portion into 1/2 cup servings.
Chill.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	127.77
Fat	2.12g
SaturatedFat	0.41g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	227.46mg
Carbohydrates	20.77g
Fiber	6.39g
Sugar	2.24g
Protein	7.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.71mg	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

Taco Bean Dip

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27016
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	1 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SEASONING TACO MIX 2-5 GRSZ	1 Tablespoon		427446
SAUCE TACO A/P 4-1GAL GRSZ	24 Tablespoon	1.5 Cups	222321
CHEESE CHED MLD SHRD 4-5 LOL	24 Tablespoon	1.5 cups or 6 oz. weight	150250

Preparation Instructions

1. Open can of refried beans.
2. Transfer 1 no. 10 can of beans to a 4 inch pan or large container.
3. Add taco seasoning to beans. Stir well to combine. Place in refrigerator until ready to use
4. Portion 1/2 cup of refried beans in 5.5oz portion cup.
5. Top each cup with 1 Tbsp. taco sauce and 1 Tbsp. shredded cheese.
6. Serve chilled.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	143.34		
Fat	2.25g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	299.17mg		
Carbohydrates	21.42g		
Fiber	5.00g		
Sugar	1.00g		
Protein	8.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.92mg	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 Deli Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27022
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	255.00
Fat	6.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	850.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes, Broccoli, & Snap Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27023
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup	3 each or 1.33 oz. weight	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	0.56 oz. weight	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup		778214

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	22.33		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.50mg		
Carbohydrates	4.50g		
Fiber	1.65g		
Sugar	2.50g		
Protein	1.55g		
Vitamin A	691.58IU	Vitamin C	35.91mg
Calcium	22.69mg	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

Carrots, Celery, & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27040
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	1/2 Cup	6 sticks (1/2-inch by 4-inch) OR 1/2 cup baby carrots 2.14 oz. weight	576646
CELERY STIX 4-3 RSS	1/4 Cup	3 sticks (1/2-inch by 4-inch) 1.14 oz. weight	781592
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	0.89 oz. weight	732486

Preparation Instructions

Package together.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	36.86
Fat	0.05g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	89.10mg
Carbohydrates	8.05g
Fiber	3.35g
Sugar	4.27g
Protein	1.46g
Vitamin A 9891.75IU	Vitamin C 15.66mg
Calcium 44.91mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes, Broccoli, & Snap Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27041
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/2 Cup	6 each or 2.66 oz. weight	569551
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	0.56 oz. weight	732451
PEAS SGR SNAP STRINGLESS 10 P/L	1/4 Cup		778214

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	30.43
Fat	0.28g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.75mg
Carbohydrates	6.25g
Fiber	2.20g
Sugar	3.75g
Protein	1.95g
Vitamin A 1066.43IU	Vitamin C 42.07mg
Calcium 27.19mg	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

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27064
School:	Prairie Heights Middle School		

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	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27277
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	4/5 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	4/5 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.400
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	72.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.00mg		
Carbohydrates	17.60g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	950.00IU	Vitamin C	48.00mg
Calcium	64.00mg	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

Flavored Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27287

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	17.60g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	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

Yogurt, Cheese Stick, and Strawberry Chex

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27337

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	320.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	16.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA 6-10 REDPK	1/4 Cup		502181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	375.00
Fat	16.75g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	727.50mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.18mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27343
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	3 Ounce		158704
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.563
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	392.50
Fat	20.00g
SaturatedFat	8.00g
Trans Fat	1.13g
Cholesterol	63.75mg
Sodium	438.75mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	25.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27344
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Preheat oven to 375 degrees F.
2. Lay out patties on an oven sheet pan in a single layer.
3. Heat for 13-15 minutes or until heated through.
4. Cover and store in the hot boxes until service.
5. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Steak Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27366
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85- 3.85Z	1 Each	DEEP_FRY Deep fryer: preheat oil to 350 degrees f. Cook product for 2-3 minutes. Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	667202
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the patties at 400 degrees for 8-10 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Place into pans.
3. Cover and store in the hot boxes until service.
4. Then place each patty on a bun for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00		
Fat	18.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	640.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Pudding

Servings:	42.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27909

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS VAN 6-10 GCHC	2 #10 CAN		106771
PUMPKIN FCY 6-10 GCHC	1 #10 CAN		186244
SPICE PUMPKIN PIE 16Z TRDE	2 Teaspoon		514195
TOPPING WHIP I/BG 12-16Z ONTOP	42 Tablespoon		330442

Preparation Instructions

1. In a mixing bowl combine 2 #10 cans of Vanilla Pudding with 1 #10 can of Pumpkin
2. Add Pie Spice
3. Mix on Medium Speed for 4 Minutes.
4. Put #8 disher (1/2 cup) into 5.5 oz soufflé cup.
5. Finish with 1 Tablespoon of Whipped Topping.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	184.94		
Fat	4.70g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	261.74mg		
Carbohydrates	37.95g		
Fiber	1.85g		
Sugar	21.94g		
Protein	0.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.26mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27916
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

1. To assemble sandwich, place cooked chicken patty on bottom of bun. Then place cheese slice and 2 halves of 1 bacon slice on top. Place lid on and serve with ranch cup on the side.

CCP: Keep at 41 F or below.

**Allergens: Wheat, Milk, Egg, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	508.98
Fat	21.10g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	141.08mg
Sodium	1346.75mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	8.00g
Protein	48.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Queso Pollo Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27917
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	Weight	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Weight	100117
CHIP TORTL CRN YEL RND REST 72-1.5Z	1 Each		133273

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.765
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	429.25
Fat	21.13g
SaturatedFat	8.36g
Trans Fat	0.01g
Cholesterol	94.29mg
Sodium	1141.21mg
Carbohydrates	32.76g
Fiber	3.10g
Sugar	1.76g
Protein	25.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27960
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Alfredo Biscuits & Gravy

Servings:	45.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28278
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 Package	1, 5 lb. bag	155661
Tap Water for Recipes	3/4 Cup	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Teaspoon		225037
SAUSAGE LNK PORK 1.2Z 250CT COMM	1 Pound	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090
DOUGH BISC STICK 250-1.25Z RICH	90 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070

Preparation Instructions

- 1 Thaw sausage links. Chop sausage into crumbles.
 2. Combine alfredo sauce and hot water. Stir to combine.
 3. Stir in sausage and pepper.
 4. Heat to 165 degrees.
 5. Portion in 2 fl. oz. (1/4 cup) portions for service.
 6. Hold warm until service.
 7. Serve portioned gravy with 2 biscuit sticks.
- 2 biscuit sticks + 1/4 cup gravy= 2 oz. eq. grain & 1.25 meat/meat alternate

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	328.17
Fat	16.34g
SaturatedFat	9.36g
Trans Fat	0.00g
Cholesterol	25.87mg
Sodium	1180.36mg
Carbohydrates	30.86g
Fiber	0.00g
Sugar	4.91g
Protein	11.90g
Vitamin A 214.69IU	Vitamin C 0.00mg
Calcium 191.48mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28285
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190

Preparation Instructions

1. Add the turkey slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	266.67
Fat	7.25g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	698.33mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Inauguration Day

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28286
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spanish Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28287
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z UBEN	2 Ounce		555169

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	279.30mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	2.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.82mg	Iron	0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	37.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28290
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE ORNG GINGR 4- .5GAL ASIAN	32 Ounce		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Each serving should be 10 popcorn chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	313.31
Fat	13.07g
SaturatedFat	3.02g
Trans Fat	0.00g
Cholesterol	70.38mg
Sodium	665.44mg
Carbohydrates	30.93g
Fiber	3.02g
Sugar	12.11g
Protein	19.10g
Vitamin A 201.09IU	Vitamin C 0.00mg
Calcium 20.11mg	Iron 1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28291
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	1 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12- 8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.00
Fat	13.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	645.00mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	4.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.50mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28292
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700

Preparation Instructions

Start with cooking eggs in steamer , temp at 135 . Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	5.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	255.00mg		
Sodium	567.00mg		
Carbohydrates	31.50g		
Fiber	4.00g		
Sugar	3.50g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

Biscuit & Gravy

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28351

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY 6-10 CHEFM	12 1/2 Cup		464694
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each		237390

Preparation Instructions

- Prepare BISCUITS as package indicates
- Prepare GRAVY, SAUSAGE as package indicates
- Hold each until service.
- Place 1 biscuit on tray with 2 fl. oz. cup of gravy.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg, Cheese and Ham Scramble

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28352
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	13 1/4 Cup		150250
Ham, Cubed Frozen	7 1/2 Cup		100188-H
EGG SCRMBD IQF 20 PAP	16 1/2 Cup		148163

Preparation Instructions

Preheat oven to 250°F.

Place scrambled eggs and ham into a full steam table pan and cook for 15 to 20 minutes (if frozen cook 20 to 25 minutes).

Once eggs and ham are at temp remove from oven.

Combine cheese with egg and ham mixture.

Place back in oven to melt cheese (approximately 1 minute).

Hold for service. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	230.86
Fat	16.20g
SaturatedFat	9.02g
Trans Fat	0.00g
Cholesterol	293.60mg
Sodium	523.53mg
Carbohydrates	3.37g
Fiber	0.00g
Sugar	0.66g
Protein	18.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.94mg	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

Ham, Egg, & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28537
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each		663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	293.33		
Fat	15.67g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	127.50mg		
Sodium	805.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	14.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.83mg	Iron	1.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip with Chips

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28538
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	5 Pound		235631
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Cup		704229
Chicken, Fajita Strips, Cooked, Frozen	5 Pound	Diced	100117
CHIP TORTL CRN YEL RND REST 72-1.5Z	30 Each		133273

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Assemble:

In a mixing bowl, combine 5 lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken with the buffalo queso mixture and blend thoroughly.

Portion:

In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.316
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	478.22
Fat	22.22g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	125.33mg
Sodium	1762.05mg
Carbohydrates	35.33g
Fiber	3.00g
Sugar	2.67g
Protein	34.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 293.33mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28676
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00
Fat	15.50g
SaturatedFat	6.05g
Trans Fat	0.80g
Cholesterol	56.50mg
Sodium	576.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.00mg	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

Happy Thanksgiving!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28771
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork Sandwich

Servings:	145.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	40 Pound		110730*
SAUCE BBQ 4-1GAL SWTBRAY	2 Gallon		655937
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	145 Each	READY_TO_EAT	276142

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Then add 14 cups of Sweet Baby Rays BBQ Sauce to each pan. Put back in oven for 20 to 25 minutes or until temperature reaches 160 degrees. Use a #6 Scoop to serve on sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 145.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	486.50		
Fat	13.53g		
SaturatedFat	4.91g		
Trans Fat	0.00g		
Cholesterol	79.45mg		
Sodium	1197.30mg		
Carbohydrates	59.75g		
Fiber	2.00g		
Sugar	32.99g		
Protein	31.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	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

Grilled Chicken w/ Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28794
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	318.98
Fat	7.10g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	101.08mg
Sodium	601.75mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	5.00g
Protein	38.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	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

Cat in the Hat Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28795
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries, Whole fzn	1/2 Cup	BAKE	100253
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

Preparation Instructions

1. Thaw the fruit.
2. Layer 1/4 cup of strawberries into container.
3. Layer 1/4 cup of yogurt over strawberries.
4. Layer 1/4 cup strawberries over yogurt
5. Layer 1/4 cup yogurt over strawberries.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	150.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	61.70mg
Carbohydrates	33.13g
Fiber	2.00g
Sugar	21.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	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

Truffala Tree Leaves (Lettuce Salad)

Servings:	700.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28796
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	700 Cup		735787

Preparation Instructions

1. Cup lettuce into containers.
2. Cover and store in the walk-in cooler until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 700.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	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

Cinco de Mayo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28797
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Goose Juice (Fruit Juice)

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28798
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
DRINK FRT PNCH 10 FRSH 72- 4FLZ SNCUP	1 Each		118950
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE APPLE 100 FRSH 72- 4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE ORNG 100 FRSH 72- 4FLZ SNCUP	1 Each		118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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	7.70mg		
Carbohydrates	15.83g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.20mg
Calcium	10.82mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Slices Up on Top

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28799
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	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

The Sneetches Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28800
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	1/2 Cup	BAKE	100220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Goldfish

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28812
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	7.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Ham, Egg, & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28821
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT SLCD WGRAIN 2.35Z 4- 12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	323.33
Fat	15.67g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	132.50mg
Sodium	675.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.50g
Protein	15.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter with Graham Crackers and Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28848
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER 120-1.1Z JIF	1 Each		794301
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

Preparation Instructions

Package all items together.

Note: During NSLP/SSO program service this counts as a dessert grain

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	18.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	345.00mg
Carbohydrates	47.00g
Fiber	2.00g
Sugar	20.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 166.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	650.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28878

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1950 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GCHC	1300 Slice		204822
MARGARINE SLD 30-1 GCHC	30 Pound		733061

Preparation Instructions

1. Melt the butter and spread it on sheet pans with a brush.
2. Layout 20 pieces of bread per pan.
3. Put 3 slices of cheese on each piece of bread.
4. Then dip the top bread in butter and put it butter side up on the cheese.
5. Cook in a 350 degree oven for 8 minutes.
6. Hold in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	492.69		
Fat	31.75g		
SaturatedFat	14.15g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	1047.46mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	7.50g		
Protein	15.00g		
Vitamin A	1107.69IU	Vitamin C	0.00mg
Calcium	340.50mg	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

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28898
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121

Preparation Instructions

1. Add the ham slices and cheese to the bun.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	870.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Waffle Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
WAFFLE WGRAIN 4 EGGOJI 12-12CT EGGO	2 Each		888284
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Teaspoon		565911

Preparation Instructions

1. Cook Chicken patty as instructed.
 2. Place frozen waffles on cookie sheet with grooved side faced down.
 3. Sprinkle Cinnamon-Maple Spice on flat side. (OPTIONAL)
 4. Cook waffles as instructions printed on the package.
 5. Once all cooked, take 2 waffles and place the chicken in between the flat sides to make the sandwich, bag and serve. Keep in dry heat warmer (Crispy)
- Serve with optional syrup cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00		
Fat	19.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	760.00mg		
Carbohydrates	48.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	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

Apple Cinnamon Texas Toast & Sausage Links

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29023
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	1 Slice		152504
SAUSAGE LNK PORK 1.2Z 250CT COMM	2 Each	BAKE Conventional oven: from frozen state, bake on a pan in a preheated conventional oven at 350 degrees f for 8-10 minutes. Convection oven: from frozen state, bake on a pan in a preheated convection oven at 350 degrees f for 5-8 minutes microwave: on high for about 45 seconds. Microwave ovens vary. Times given are approximate.	344090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	400.00		
Fat	16.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	810.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Pepper Jack on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29167
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE PEPR JK SLCD .5Z 8-20Z GLCHS	1 Slice		706231
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	Piazza 01002	702595
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

1. Fold turkey slices in half. Layer, shingle-style, on bottom half of bun.
 2. Place 1 slice of pepper jack cheese on top of turkey.
 3. Make sure leaf lettuce is VERY dry. Place 1 leaf on top of cheese.
 4. Put on top half of bun.
 5. Serve in plastic hinged container- GFS 441953.
- Condiments: Offer with mayo or boom boom sauce.
CCP: Hold at 135 degrees or less.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	327.06
Fat	8.62g
SaturatedFat	4.01g
Trans Fat	0.00g
Cholesterol	56.83mg
Sodium	594.41mg
Carbohydrates	34.50g
Fiber	3.50g
Sugar	4.00g
Protein	27.87g
Vitamin A 2665.80IU	Vitamin C 3.31mg
Calcium 22.96mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Cheez-It

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29168
School:	Prairie Heights High School		

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 CHEEZ-IT WGRAIN IW 175-.75Z	2 Package		282422

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	630.00mg		
Carbohydrates	48.50g		
Fiber	5.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	341.50mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29182
School:	Prairie Heights High School		

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.50g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.50mg	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

Mini Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29183
School:	Prairie Heights High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo® French Toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29184
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package		498442

Preparation Instructions

Bake according to case instructions per product.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	195.00
Fat	5.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	250.00mg
Carbohydrates	36.00g
Fiber	3.50g
Sugar	12.00g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Warm Pastries

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29185
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	N/A	838350
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	N/A	838340
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each	N/A	321752
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	N/A	321722
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	N/A	894291
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each		518721
PRETZEL STIX CINN WGRAIN IW 60-2.1Z	1 Each		550840

Preparation Instructions

Heat and Serve according to each products instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	207.14		
Fat	5.50g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	0.71mg		
Sodium	189.29mg		
Carbohydrates	36.00g		
Fiber	2.43g		
Sugar	10.14g		
Protein	4.57g		
Vitamin A	14.29IU	Vitamin C	0.00mg
Calcium	9.29mg	Iron	2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggo® Mini Pancakes

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29186
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Each		284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE APPL IW 72-3.03Z EGGO	1 pouch		774401

Preparation Instructions

Bake according to case instructions per product.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	212.50		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	305.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	10.75g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29187
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

Chicken Patty: Bake Conventional Oven 10-12 minutes at 400°F from frozen. or Convection Oven 6-8 minutes at 375°F from frozen.

Biscuit: 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN. 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Prepare sandwich by placing 1 chicken patty between the biscuit and hold in hot hold unit until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00
Fat	12.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	595.00mg
Carbohydrates	28.00g
Fiber	4.50g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.83mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Ham and Cheese on Hawaiian Bun with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29206
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	1 Each		672642
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Ham Slider: Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Pair slider with string cheese for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	266.20		
Fat	10.20g		
SaturatedFat	5.40g		
Trans Fat	0.00g		
Cholesterol	37.00mg		
Sodium	592.20mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	16.60g		
Vitamin A	121.85IU	Vitamin C	0.00mg
Calcium	303.20mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dirt and Worm Pudding

Servings:	24.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29215
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC 6-10 GCHC	1 #10 CAN		163554
CANDY GUMMY WORM SOUR 12-5Z TROLLI	1 Piece		153480
TOPPING OREO PCS MED 4-2.5 NAB	48 Tablespoon		709970

Preparation Instructions

1. Put 1/2 cup of pudding into 5 ounce container.
2. Place 1 gummy worms on top of pudding.
3. Top gummy worm with 2 Tablespoon of chocolate cookie crumbs
4. Place lid on container and hold for cold service.

Note: Gummy worm 5 oz package should have approximately 36 gummy worms in the package. Approximately 432 gummy worms per case.

Note: One package of cookie crumbs should have approximately 160 Tablespoons (or make 80 pudding cups). One case has approximately 640 Tablespoons (or make 320 pudding cups).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	184.85
Fat	5.48g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	244.93mg
Carbohydrates	34.50g
Fiber	1.08g
Sugar	22.32g
Protein	1.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.24mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Happy Earth Day!

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29217
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Trees

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29218
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
CHEESE PARM GRTD 12-1 PG	4 Cup		164259
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	2 Cup		184622

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 butter evenly to the pans.
5. Toss to coat.
6. Add cheese evenly to the top of each pan.
7. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.81		
Fat	1.81g		
SaturatedFat	0.44g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	34.59mg		
Carbohydrates	5.34g		
Fiber	3.20g		
Sugar	1.07g		
Protein	3.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.43mg	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

Grass Clippings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29219
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Cup		242489

Preparation Instructions

Note: Use either a romaine ribbon cut lettuce or a shredded taco lettuce cut for this.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Global Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29220
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN IW 72-4.46Z TONY	1 Each		605862

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	410.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 60.00IU	Vitamin C 0.00mg
Calcium 280.00mg	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

Orange Grove Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29221
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	36.65		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	9.00g		
Fiber	1.85g		
Sugar	7.50g		
Protein	0.75g		
Vitamin A	175.42IU	Vitamin C	41.48mg
Calcium	31.19mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Pepper Jack on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29283
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE PEPR JK SLCD .5Z 8-20Z GLCHS	1 Slice		706231
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup	Piazza 01002	702595
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

1. Fold turkey slices in half. Layer, shingle-style, on bottom half of croissant.
2. Place 1 slice of pepper jack cheese on top of turkey.
3. Make sure leaf lettuce is VERY dry. Place 1 leaf on top of cheese.
4. Put on top half of croissant.
5. Serve in plastic hinged container- GFS 441953.

Condiments: Offer with mayo or boom boom sauce.

CCP: Hold at 135 degrees or less.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	347.06
Fat	13.62g
SaturatedFat	6.01g
Trans Fat	0.00g
Cholesterol	61.83mg
Sodium	819.41mg
Carbohydrates	29.50g
Fiber	2.50g
Sugar	4.00g
Protein	27.87g
Vitamin A 2665.80IU	Vitamin C 3.31mg
Calcium 32.96mg	Iron 1.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-29348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	Brown and drained	100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	2 packages	159204
Beans, Refried, Low sodium, canned	4 #10 CAN		100362
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN		101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package		135261
Salsa, Low-Sodium, Canned	3 #10 CAN		100330
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound		150250

Preparation Instructions

1. Thaw ground beef
2. Brown and drain ground beef
3. Mix beef, taco seasoning, refried beans, cream of mushroom soup, cream of chicken soup, cheese sauce, and salsa together.
4. Place mixture in well sprayed steamtable pans and bake at 350 degrees for 45 minutes or until reaches 165 degrees.
4. Portion 3/4 cup into serving dish
5. Top each portion with 2 Tablespoons of cheese and place in warmer until service

Meal Components (SLE)

Amount Per Serving

Meat	2.175
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.000
Legumes	0.172
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	267.84
Fat	15.12g
SaturatedFat	6.75g
Trans Fat	1.59g
Cholesterol	59.82mg
Sodium	700.91mg
Carbohydrates	14.11g
Fiber	4.55g
Sugar	1.52g
Protein	17.83g
Vitamin A 23.67IU	Vitamin C 0.00mg
Calcium 119.49mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Field Day

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29350
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Flavored Craisins

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29544
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	24.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29688
School:	Prairie Heights Elementary/Middle School		

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 all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29691
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-1 LEGO	1/2 Tablespoon		762067

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	12.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.50g		
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

Uncrustable & String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29692
School:	Prairie Heights Elementary/Middle School		

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

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.50mg	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

Powdered Sugar Icing

Servings:	220.00	Category:	Entree
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29706

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	10 Cup		108693
MARGARINE SLD 30-1 GCHC	1 Cup		733061
1 % White Milk	1 Cup		
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 1.00 Tablespoon

Amount Per Serving

Calories	29.55		
Fat	0.81g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	8.56mg		
Carbohydrates	5.50g		
Fiber	0.00g		
Sugar	5.32g		
Protein	0.04g		
Vitamin A	54.59IU	Vitamin C	0.01mg
Calcium	0.14mg	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

Cinnamon Roll w/ Icing

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each		230312
Powdered Sugar Icing	1 Serving		R-29706

Preparation Instructions

1. KEEP DOUGH FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE ON GREASED OR PARCHMENT LINED PANS.
PANNING CHART

SIZE INDIVIDUAL CLUSTERED CLUSTERED
FULL SHEET PAN FULL SHEET PAN HALF HOTEL PAN (12" X 10"X 2")

2.5 OZ. 3 X 5 5 X 6 3 X 3

3. TO PREVENT PRODUCT FROM DRYING OUT, COVER EACH PAN WITH OILED PLASTIC WRAP OR COVER ENTIRE PAN RACK WITH A RACK COVER.
4. PLACE COVERED PRODUCT IN A RETARDER OR REFRIGERATOR AT 36 F - 40 F (2 C - 4 C) AND THAW OVERNIGHT OR PRODUCT MAY BE THAWED COVERED AT ROOM TEMPERATURE FOR 45 - 120 MINUTES DEPENDING OF SIZE OF DOUGH PIECE.
5. PLACE IN PROOFER SET AT 90 F - 110 F (32 C - 43 C) WITH 85% RELATIVE HUMIDITY FOR APPROXIMATELY 40-60 MINUTES OR UNTIL PROOFED. IF PROOF BOX IS NOT AVAILABLE, LEAVE DOUGH COVERED AND PROOF IN WARM SPOT IN THE KITCHEN. PROOFING IS COMPLETE WHEN THE INDENTATION FROM A FLOURED FINGER, PRESSED LIGHTLY INTO THE DOUGH, REMAINS. IF INDENTATION BOUNCES BACK, FURTHER PROOFING IS REQUIRED.
6. BAKE IN A PREHEATED OVEN (325 F (160 C) - CONVECTION OR RACK OVENS, 350 F (175 C) - DECK OVEN) UNTIL PRODUCT IS GOLDEN BROWN ON TOP, SIDES AND BOTTOM.
BAKING TIMES WILL VARY ACCORDING TO
SIZE OF ROLLS, TYPE OF OVEN AND FAN SPEED (IF APPLICABLE).
APPROXIMATE BAKING TIMES:

SIZE BAKING TIME (MINUTES) -----
2.5 OUNCE ROLLS CLUSTERED 14 TO 20

2.5 OUNCE ROLLS INDIVIDUAL 12 TO15

7. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE N SHINE (RICH'S® #21784).

8. COOL AND ICE WITH APPROPRIATE ICINGS (RICH'S CRÈME CHEESE ICING (RICH'S® #20036) OR WARM HEAT N ICE (RICH'S® #21952)).

9. HOLD BAKED ROLLS COVERED AT ROOM TEMPERATURE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	119.55		
Fat	1.31g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.07mg		
Sodium	78.56mg		
Carbohydrates	24.50g		
Fiber	2.00g		
Sugar	10.32g		
Protein	2.04g		
Vitamin A	189.47IU	Vitamin C	0.23mg
Calcium	12.53mg	Iron	0.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Panthers Beef & Cheddar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29749
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	2 6/7 Ounce	Weight	720861
SAUCE CHS CHED POUCH 6-106Z LOL	1/8 Cup		135261
BUN ONION SLCD 4 10-12CT GCHC	1 Each		828310

Preparation Instructions

Beef: Preheat oven to 350°F - Line full size sheet pan with parchment paper. - Open 5lb. bag of JTM Seasoned Beef and distribute evenly on the parchment lined sheet pan. - Bake at 350°F for 8-10 minutes until product reaches 140°F for 15 seconds and hold hot.

Cheese Sauce: Unopened pouch may be heated in boiling water or steamer. (Peel off Label prior to "In Pouch" Heating). Boiling Method: 15-18 minutes. Steamer method" 12-15 minutes. DO NOT MICROWAVE

To make sandwich: Take heated beef and place on bottom half of bun, place 1 fluid ounce (or 1/8 cup) heated cheese sauce on top of beef, and then place top half bun on cheese covered beef. Hold Sandwiches for hot service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	342.38
Fat	14.19g
SaturatedFat	6.67g
Trans Fat	0.52g
Cholesterol	51.37mg
Sodium	927.00mg
Carbohydrates	33.90g
Fiber	2.00g
Sugar	6.00g
Protein	21.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 188.80mg	Iron 3.44mg

*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:	79.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29750
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	3 7/10 Pound		559911

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve.

Alternate MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	353.27mg		
Carbohydrates	16.06g		
Fiber	1.07g		
Sugar	0.00g		
Protein	2.14g		
Vitamin A	2.03IU	Vitamin C	6.83mg
Calcium	10.99mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Panther Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29752
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potatoes	1/2 Serving	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. Alternate MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	R-29750
Golden Corn	1/2 Serving	1. Boil the frozen corn in a pot until it reaches 135 degrees. 2. Drain the corn. 3. Divide the corn among 6 pans. 4. Mix together the butter and seasoning and divide it evenly among the pans. 5. Toss to coat the corn. 6. Cover the pans and keep warm in the hot boxes.	R-10292
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
Chicken Gravy	1 Serving		R-29691
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012

Preparation Instructions

Popcorn Chicken: BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Layer Mashed potatoes, Popcorn Chicken, Corn, gravy, and shredded cheese in a bowl for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	386.23
Fat	16.78g
SaturatedFat	5.06g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	987.14mg
Carbohydrates	35.57g
Fiber	4.54g
Sugar	2.00g
Protein	25.07g
Vitamin A 201.02IU	Vitamin C 3.41mg
Calcium 25.50mg	Iron 1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Strip Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29753
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	3 Each	N/A	740820
White Pepper Gravy	1/4 Serving	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.	R-29754
BREAD GARL TX TST SLC WGRAIN 12-12CT	1 Slice		644802

Preparation Instructions

Chicken Strips: BAKE PREPARATION: Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered.

Convection Oven

Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	376.96		
Fat	17.53g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	681.45mg		
Carbohydrates	27.50g		
Fiber	2.50g		
Sugar	1.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.27mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Pepper Gravy

Servings:	64.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29754
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	24 Ounce		701450

Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	47.85		
Fat	2.13g		
SaturatedFat	1.06g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	265.81mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.06mg	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, Bacon, Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29755
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 2.26Z 4- 7.5 TYS	1 Each		561331
LETTUCE ROMAINE 12CT MRKN	1 Cup		200344
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
TORTILLA FLOUR 10 ULTRGR 12- 12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Start with tortilla shell, layer: ranch dressing, lettuce, bacon, and chicken. Fold into a wrap.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00
Fat	29.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1090.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.00mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29756
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
TURKEY HAM SLCD 12-1 JENNO	6 Slice		556121
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each		172172

Preparation Instructions

1. Add the ham slices and cheese to the croissant.
2. Place in pans and store in the walk-in until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	335.00		
Fat	15.00g		
SaturatedFat	5.75g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	940.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	116.00mg	Iron	2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29758
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	187.22		
Fat	3.02g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	36.84mg		
Sodium	108.50mg		
Carbohydrates	24.85g		
Fiber	1.14g		
Sugar	1.65g		
Protein	14.62g		
Vitamin A	37.64IU	Vitamin C	0.00mg
Calcium	32.53mg	Iron	1.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30008
School:	Prairie Heights Elementary/Middle School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31624

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		503370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles w/ Cheese Stick

Servings:	512.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31670
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	40 Pound		100101
PASTA NOODL EGG FZ 4-3 REAMES	72 Pound		245046
Tap Water for Recipes	14 Gallon		000001WTR
BROTH CHIX 12-5 COLLEGE INN	12 #5 CAN		264865
BASE CHIX LO SOD NO MSG 6-1 MINR	8 Cup		580589
CHEESE STRING MOZZ IW 168-1Z LOL	512 Each		786580

Preparation Instructions

1. Add the water, base, broth, and meat to a pot.
 2. Bring to a boil.
 3. Add the noodles.
 4. Return to a boil and lower the heat to a simmer.
 5. Simmer for 1 hour.
 6. Distribute evenly into 8 pans.
 7. Cover and store in the hot boxes until service.
- Serve 1 cup chicken & noodles with cheese stick to meet meat/meat alternate requirements.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 512.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	307.73
Fat	9.67g
SaturatedFat	4.56g
Trans Fat	0.00g
Cholesterol	113.75mg
Sodium	389.75mg
Carbohydrates	35.95g
Fiber	0.00g
Sugar	1.17g
Protein	19.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.33mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31671
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	Weight	100117
Mexican Rice	1 Serving	Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving. Serving size is 1 cup for chicken burrito bowl.	R-31672

Preparation Instructions

Place 1 cup cooked rice in 10-12 oz. bowl and top with 3.5 oz. weight chicken fajita meat. Serve with peppers & onions, black beans, and salsa. (See Menu.)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	356.36		
Fat	9.50g		
SaturatedFat	3.44g		
Trans Fat	0.00g		
Cholesterol	76.18mg		
Sodium	957.67mg		
Carbohydrates	44.06g		
Fiber	2.00g		
Sugar	2.06g		
Protein	26.53g		
Vitamin A	230.77IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Mexican Rice

Servings:	13.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31672
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	7 Cup		000001WTR
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	26 Ounce		576280
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F).

Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Serving size is 1 cup for chicken burrito bowl.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	230.77		
Fat	5.38g		
SaturatedFat	1.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	333.85mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	230.77IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31701
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
LETTUCE ROMAINE 12CT MRKN	2 Cup		200344
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	1 Each		554758
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Arrange ingredients in container.

This salad is a reimbursable meal by itself. Must still offer students all other fruits and vegetables on the menu for the day.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	653.98
Fat	35.10g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	118.58mg
Sodium	1346.75mg
Carbohydrates	39.00g
Fiber	3.00g
Sugar	6.00g
Protein	44.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 355.00mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31702
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	If USDA food unavailable, use GFS 556121- 3 slices.	100187
Turkey, Deli Breast, Sliced	1 1/2 Ounce	If USDA food unavailable, use GFS 689541- 2 slices.	110554
EGG HRD CKD DCD IQF 4-5 GCHC	2 Tablespoon	Can be omitted. May also consider hard boiling your own eggs for this salad. 1/2 egg per salad.	192198
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
CHERRY TOMATOES	1/4 Cup		16P46
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
DRESSING RNCH BTRMLK PKT 120-1.5Z	1 Each		266523
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422

Preparation Instructions

Arrange ingredients nicely in container.

This salad is a reimbursable meal by itself. Must still offer students all other fruits and vegetables on the menu for the day and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	703.65
Fat	46.46g
SaturatedFat	13.28g
Trans Fat	0.00g
Cholesterol	214.21mg
Sodium	1415.12mg
Carbohydrates	42.52g
Fiber	1.58g
Sugar	6.94g
Protein	34.86g
Vitamin A 13.65IU	Vitamin C 0.37mg
Calcium 340.25mg	Iron 3.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese and Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31790

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/4 Ounce	Weight	100117

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/4 cup of Shredded Cheddar Cheese on top of each tortilla.

Put 2.25 ounce weight of chicken on each tortilla with cheese

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese and Chicken.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Quesadilla

Amount Per Serving

Calories	530.74
Fat	21.65g
SaturatedFat	13.32g
Trans Fat	0.00g
Cholesterol	78.97mg
Sodium	885.03mg
Carbohydrates	62.32g
Fiber	8.00g
Sugar	5.32g
Protein	28.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 289.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Bean Casserole

Servings:	57.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31934
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM 12-5 CAMP	1 #5 CAN		101346
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN		273856
FAT FREE SKIM MILK	1 HALF-PINT		5404
ONION FREN FRIED 6-24Z FRENC	1/2 Package		201413

Preparation Instructions

1. In a 4" pan put 3 cans of drained green beans.
2. Mix 1 can cream of mushroom soup with 1 cup of milk.
3. Pour mixture over beans.
4. Saran and foil wrap pan.
5. Bake for 1 hour 15 minutes.
6. Bake french fried onions on a cookie sheet for approximately 5 minutes.
7. Put baked french fried onions on top of cooked green bean mixture just before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	77.00
Fat	3.48g
SaturatedFat	1.77g
Trans Fat	0.00g
Cholesterol	0.71mg
Sodium	342.32mg
Carbohydrates	9.32g
Fiber	2.97g
Sugar	3.04g
Protein	1.75g
Vitamin A 0.18IU	Vitamin C 0.04mg
Calcium 41.37mg	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

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	5 Pound		570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	40 Tablespoon		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	5 Cup		712131
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1 1/2 Cup		704229
LETTUCE ROMAINE CHOP 6- 2 RSS	30 Cup		735787
TORTILLA FLOUR 10 ULTRGR 12- 12CT	20 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well. Start with a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container with the fruit and carrots. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.250
Grain	2.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	628.33
Fat	36.17g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1500.78mg
Carbohydrates	35.33g
Fiber	4.50g
Sugar	4.50g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 355.33mg	Iron 3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana or Blueberry Bread

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31991
School:	Prairie Heights Elementary/Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	265.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	245.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.50mg	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

Assorted Yogurt

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31992
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each		551741
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT VAR PK RASPB/CHRY CRMY 48-4Z	1 Each		552943
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	60.83mg
Carbohydrates	15.67g
Fiber	0.00g
Sugar	10.17g
Protein	3.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.67mg	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

Bagel with Cream Cheese Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31993
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL HNY WHL WHE I/W 72-2.5Z AESOP	1 Each	3 Grain Equivalents	242070
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each	2 Grain Equivalents	230264
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each	2 Grain Equivalents	217911
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each	2 Grain Equivalents	672141
CHEESE CREAM 1/3 LESS FAT 100-1Z GCHC	4 Each		839582

Preparation Instructions

Serve 1 cream cheese cup with 1 bagel

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	220.00		
Fat	7.13g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	275.00mg		
Carbohydrates	31.75g		
Fiber	4.00g		
Sugar	6.25g		
Protein	8.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	269.75mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Granola Bar Variety

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31994
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each		194041
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each		194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each		262103
BITE BACK PACKER CHOC CHP 6-6CT 1.24Z	1 Package		764031
BITE BACK PACKER SMORE 1.24Z 6-6CT	1 Package		764061
BAR COCOA CHRY WGRAIN IW 120-1.8Z	1 Each		419172
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

Preparation Instructions

Only count as 1 oz. eq. grain. Want to pair it with something else for breakfast (string cheese, cheese stick, cheese cubes, 4 oz. yogurt, or pb cup (GFS 794301))

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.67
Fat	4.83g
SaturatedFat	0.96g
Trans Fat	0.00g
Cholesterol	1.25mg
Sodium	105.00mg
Carbohydrates	26.17g
Fiber	2.08g
Sugar	10.83g
Protein	2.08g
Vitamin A 0.08IU	Vitamin C 0.18mg
Calcium 37.58mg	Iron 1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available