

# **Cookbook for John Glenn High**

**Created by HPS Menu Planner**

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# Ham Chef Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-9657  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| Ham, Cubed Frozen                     | 2 Ounce      | If no USDA Foods (Brown Box)-, use GFS 202150.                      | 100188-H   |
| Cheese, Cheddar Reduced fat, Shredded | 1/4 Cup      | If no USDA Foods (Brown Box), use GFS 150250. 1/4 cup= 1 oz. weight | 100012     |
| EGG HRD CKD DCD IQF 4-5 GCHC          | 2 Tablespoon |   | 192198     |
| LETTUCE ROMAINE CHOP 6-2 RSS          | 1 Cup        |   | 735787     |
| CUCUMBER SELECT 6CT MRKN              | 1/4 Cup      |   | 592323     |
| CARROT BABY WHL CLEANED 12-2 RSS      | 1/2 Cup      |   | 510637     |
| TOMATO CHERRY 11 MRKN                 | 1/4 Cup      |   | 569551     |
| CROUTON CHS GARL WGRAIN 250-.5Z       | 2 Package    |   | 661022     |

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.973 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.531 |
| <b>OtherVeg</b> | 0.250 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                             |                          |
|-----------------------------|--------------------------|
| <b>Calories</b>             | 359.07                   |
| <b>Fat</b>                  | 15.10g                   |
| <b>SaturatedFat</b>         | 6.66g                    |
| <b>Trans Fat</b>            | 0.00g                    |
| <b>Cholesterol</b>          | 172.84mg                 |
| <b>Sodium</b>               | 967.83mg                 |
| <b>Carbohydrates</b>        | 33.20g                   |
| <b>Fiber</b>                | 3.63g                    |
| <b>Sugar</b>                | 9.82g                    |
| <b>Protein</b>              | 24.67g                   |
| <b>Vitamin A</b> 12426.12IU | <b>Vitamin C</b> 10.92mg |
| <b>Calcium</b> 78.26mg      | <b>Iron</b> 3.39mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Chef Salad

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-9658  |

## Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| TURKEY BRST DCD 2-5                   | 2 Ounce      | Weight.   | 451300     |
| Cheese, Cheddar Reduced fat, Shredded | 1/4 Cup      | If no USDA Foods (Brown Box), use GFS 150250. 1/4 cup= 1 oz. weight | 100012     |
| EGG HRD CKD DCD IQF 4-5 GCHC          | 2 Tablespoon |   | 192198     |
| LETTUCE ROMAINE CHOP 6-2 RSS          | 1 Cup        |   | 735787     |
| CUCUMBER SELECT 6CT MRKN              | 1/4 Cup      |   | 592323     |
| CARROT BABY WHL CLEANED 12-2 RSS      | 1/2 Cup      |   | 510637     |
| TOMATO CHERRY 11 MRKN                 | 1/4 Cup      |   | 569551     |
| CROUTON CHS GARL WGRAIN 250-.5Z       | 2 Package    |   | 661022     |

## Preparation Instructions

Note: Salad should have 2 packages of crouton (GFS#661022) inputted in container with salad ingredients and 2 oz whole grain muffin (example: GFS#557970) offered on side.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.354 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.531 |
| <b>OtherVeg</b> | 0.250 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                             |                          |
|-----------------------------|--------------------------|
| <b>Calories</b>             | 344.33                   |
| <b>Fat</b>                  | 13.97g                   |
| <b>SaturatedFat</b>         | 5.28g                    |
| <b>Trans Fat</b>            | 0.00g                    |
| <b>Cholesterol</b>          | 163.74mg                 |
| <b>Sodium</b>               | 888.52mg                 |
| <b>Carbohydrates</b>        | 31.45g                   |
| <b>Fiber</b>                | 3.63g                    |
| <b>Sugar</b>                | 8.18g                    |
| <b>Protein</b>              | 25.15g                   |
| <b>Vitamin A</b> 12426.12IU | <b>Vitamin C</b> 10.92mg |
| <b>Calcium</b> 78.26mg      | <b>Iron</b> 3.57mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% Fruit Juice

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-9659  |

## Ingredients

| Description                             | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| JUICE GRP 100 70-4FLZ<br>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     |
| JUICE FRT PNCH 100 70-<br>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 ORNG/PINEAP 100 70-<br>4FLZ SNCUP | 1 Each      |  | 403021     |
| JUICE APPL 100 70-4FLZ<br>SNCUP         | 1 Each      | Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F. | 207990     |
| JUICE ORNG 100 70-4FLZ<br>SNCUP         | 1 Each      |  | 207980     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 62.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 7.00mg |                  |        |
| <b>Carbohydrates</b> | 14.60g |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 13.80g |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.24mg |
| <b>Calcium</b>       | 6.00mg | <b>Iron</b>      | 0.07mg |

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## Nutrition - Per 100g

No 100g Conversion Available



# Fruit

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-9660  |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PEACH CHNK BITE SZ IN JCE 6-10 GCHC | 1/2 Cup     |                   | 610437     |
| FRUIT MIXED DCD IN JCE 6-10 GCHC    | 1/2 Cup     |                   | 610348     |
| PINEAPPLE TIDBITS IN JCE 6-10 GCHC  | 1/2 Cup     |                   | 189979     |
| PEAR DCD IN JCE 6-10 GCHC           | 1/2 Cup     |                   | 610364     |
| APPLESAUCE UNSWT 6-10 GCHC          | 1/2 Cup     |                   | 271497     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 0.50 Cup

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 57.94  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 4.00mg |                  |        |
| <b>Carbohydrates</b> | 14.39g |                  |        |
| <b>Fiber</b>         | 1.15g  |                  |        |
| <b>Sugar</b>         | 10.94g |                  |        |
| <b>Protein</b>       | 0.20g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 7.44mg | <b>Iron</b>      | 0.06mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Garden Bar

|                      |              |                       |           |
|----------------------|--------------|-----------------------|-----------|
| <b>Servings:</b>     | 10.00        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-9661    |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE CHOP 6-2 RSS     | 1 Cup       |                   | 735787     |
| PEPPERS GREEN LRG 5 MRKN         | 1 Cup       |                   | 592315     |
| PEPPERS YELLOW 20CT AVG 11 P/L   | 1 Each      |                   | 439746     |
| PEPPERS RED 5 P/L                | 1 Cup       |                   | 597082     |
| BROCCOLI CRWN ICELESS 20 MRKN    | 1 Cup       |                   | 704547     |
| CAULIFLOWER BITE SIZE 2-3 RSS    | 1 Cup       |                   | 732486     |
| CUCUMBER SELECT 6CT MRKN         | 1 Cup       |                   | 592323     |
| CARROT BABY WHL CLEANED 12-2 RSS | 0 Ounce     |                   | 510637     |
| TOMATO CHERRY 11 MRKN            | 1 Cup       |                   | 569551     |
| RADISH SLCD 1/8 2-3 RSS          | 1 Cup       |                   | 212733     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.150 |
| <b>RedVeg</b>   | 0.213 |
| <b>OtherVeg</b> | 0.400 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                            |                          |
|----------------------------|--------------------------|
| <b>Calories</b>            | 25.38                    |
| <b>Fat</b>                 | 0.21g                    |
| <b>SaturatedFat</b>        | 0.06g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 0.00mg                   |
| <b>Sodium</b>              | 14.62mg                  |
| <b>Carbohydrates</b>       | 5.67g                    |
| <b>Fiber</b>               | 1.64g                    |
| <b>Sugar</b>               | 2.43g                    |
| <b>Protein</b>             | 1.27g                    |
| <b>Vitamin A</b> 1240.21IU | <b>Vitamin C</b> 86.83mg |
| <b>Calcium</b> 19.30mg     | <b>Iron</b> 0.46mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Cereal

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 12.00     | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-9662  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CEREAL RICE CHEX WGRAIN BWL 96CT GENM | 1 Package   |                   | 268711     |
| CEREAL CINN TOAST R/S BWL 96CT GENM   | 1 Each      |                   | 365790     |
| CEREAL FRSTD FLKS R/S BWL 96CT KELL   | 1 Each      |                   | 388190     |
| CEREAL FRSTD MINI WHE BWL 96CT KELL   | 1 Each      |                   | 662186     |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT   | 1 Package   |                   | 265811     |
| CEREAL COCOA PUFFS WGRAIN R/S 96CT    | 1 Each      |                   | 270401     |
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each      |                   | 283620     |
| CEREAL APPLE JACKS R/S BWL 96-1Z KELL | 1 Each      |                   | 283611     |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM  | 1 Package   |                   | 265782     |
| CEREAL CHEERIOS FRTY WGRAIN BWL 96CT  | 1 Package   |                   | 265803     |
| CEREAL CHEERIOS HNYNUT BWL 96CT GENM  | 1 Each      |                   | 509396     |
| CEREAL APPLCINN WGRAIN BWL 96CT GENM  | 1 Each      |                   | 266052     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 111.16                  |
| <b>Fat</b>              | 1.21g                   |
| <b>SaturatedFat</b>     | 0.11g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 144.36mg                |
| <b>Carbohydrates</b>    | 23.75g                  |
| <b>Fiber</b>            | 2.02g                   |
| <b>Sugar</b>            | 7.33g                   |
| <b>Protein</b>          | 1.99g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 69.67mg  | <b>Iron</b> 3.63mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Crackers

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 9.00      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-22918          |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CRACKER GLDFSH WGRAIN COLOR 300-.75Z  | 1 Package   |                   | 112702     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z   | 1 Package   |                   | 736280     |
| CRACKER GRHM GRIPZ CHOC IW 150CT KEEB | 1 Package   |                   | 282441     |
| CRACKER GRHM BUG BITES 210CT KEEB     | 1 Package   |                   | 859560     |
| CRACKER GRHM STCK SCOOBY 210-1Z       | 1 Package   |                   | 859550     |
| CRACKER GRHM TEDDY CINN 1Z 4-12CT     | 1 Package   |                   | 728760     |
| CRACKER GRHM CHARACT CHOC 150-1Z KEEB | 1 Package   |                   | 123171     |
| CRACKER GLDFSH CINN 300-2CT PEPPFM    | 1 Package   |                   | 194510     |
| CRACKER GRHM GRIPZ 150CT KEEB         | 1 Package   |                   | 805640     |

## Preparation Instructions

All packages equal 1 grain and are whole grain.

Note: When used at breakfast it does not matter about dessert grains.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 114.44   |                  |        |
| <b>Fat</b>           | 3.67g    |                  |        |
| <b>SaturatedFat</b>  | 0.83g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 120.56mg |                  |        |
| <b>Carbohydrates</b> | 19.00g   |                  |        |
| <b>Fiber</b>         | 1.00g    |                  |        |
| <b>Sugar</b>         | 5.33g    |                  |        |
| <b>Protein</b>       | 1.89g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 28.89mg  | <b>Iron</b>      | 0.94mg |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Steamed Broccoli

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 49.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-23047          |

## Ingredients

| Description                           | Measurement  | Prep Instructions                           | DistPart # |
|---------------------------------------|--------------|---|------------|
| Broccoli, No salt added, Frozen       | 9 Pound      | If no commodity is available use GFS#285590 | 110473     |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC    | 3 Ounce      |   | 191205     |
| SEASONING GARLIC HRB NO SALT 19Z TRDE | 2 Tablespoon | Any salt free seasoning may be used.        | 565164     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 41.05   |                  |        |
| <b>Fat</b>           | 1.37g   |                  |        |
| <b>SaturatedFat</b>  | 0.87g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 3.75mg  |                  |        |
| <b>Sodium</b>        | 33.33mg |                  |        |
| <b>Carbohydrates</b> | 5.51g   |                  |        |
| <b>Fiber</b>         | 3.01g   |                  |        |
| <b>Sugar</b>         | 1.00g   |                  |        |
| <b>Protein</b>       | 3.01g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 72.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-23050          |

## Ingredients

| Description                        | Measurement  | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| BEAN GREEN CUT XTRA GRN 6-10 GCHC  | 3 #10 CAN    |                   | 328251     |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 3 Ounce      |                   | 191205     |
| SEASONING MIX RNCH 6-16Z HVALL     | 2 Tablespoon |                   | 618684     |
| SPICE ONION MINCED 12Z TRDE        | 2 Tablespoon |                   | 513997     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 31.73    |                  |        |
| <b>Fat</b>           | 0.94g    |                  |        |
| <b>SaturatedFat</b>  | 0.60g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 2.55mg   |                  |        |
| <b>Sodium</b>        | 340.21mg |                  |        |
| <b>Carbohydrates</b> | 4.64g    |                  |        |
| <b>Fiber</b>         | 2.16g    |                  |        |
| <b>Sugar</b>         | 2.16g    |                  |        |
| <b>Protein</b>       | 1.08g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 32.33mg  | <b>Iron</b>      | 0.43mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-23052          |

## Ingredients

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

## Preparation Instructions

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

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

Let stand for 60 seconds, stir well and serve.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PBJ Uncrustable

|                      |                 |                       |         |
|----------------------|-----------------|-----------------------|---------|
| <b>Servings:</b>     | 2.00            | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each       | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch           | <b>Recipe ID:</b>     | R-27669 |
| <b>School:</b>       | John Glenn High |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z | 1 Each      |                   | 516761     |
| SAND UNCRUST PB&J STRAWB 72-5.3Z     | 1 Each      |                   | 543822     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 600.00                  |
| <b>Fat</b>              | 33.00g                  |
| <b>SaturatedFat</b>     | 7.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 530.00mg                |
| <b>Carbohydrates</b>    | 64.00g                  |
| <b>Fiber</b>            | 7.00g                   |
| <b>Sugar</b>            | 30.00g                  |
| <b>Protein</b>          | 18.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 88.50mg  | <b>Iron</b> 2.00mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# Falcon Bowl

|                      |                 |                       |                  |
|----------------------|-----------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00            | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Bowl       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch           | <b>Recipe ID:</b>     | R-28333          |
| <b>School:</b>       | John Glenn High |                       |                  |

## Ingredients

| Description                         | Measurement   | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| CHIX POPCORN BRD WGRAIN FC .28Z 4-8 | 12 Each       |                   | 327120     |
| POTATO PRLS EXCEL 12-28Z BAMER      | 1/2 Cup       |                   | 613738     |
| CORN SUPER SWT 30 GCHC              | 1/8 Cup       |                   | 358991     |
| GRAVY MIX CHIX 12-15Z GCHC          | 1 Fluid Ounce |                   | 242390     |
| CHEESE CHED MLD SHRD 4-5 LOL        | 1 Tablespoon  |                   | 150250     |

## Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve
7. Serve with dinner roll



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.630 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 562.31                  |
| <b>Fat</b>              | 19.93g                  |
| <b>SaturatedFat</b>     | 4.23g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 29.32mg                 |
| <b>Sodium</b>           | 1749.31mg               |
| <b>Carbohydrates</b>    | 69.20g                  |
| <b>Fiber</b>            | 6.27g                   |
| <b>Sugar</b>            | 2.06g                   |
| <b>Protein</b>          | 23.20g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 114.75mg | <b>Iron</b> 3.02mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Muffin (For Salad)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-31239 |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| 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 72-2Z    | 1 Each      |                   | 558011     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 186.67   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 35.00mg  |                  |        |
| <b>Sodium</b>        | 128.33mg |                  |        |
| <b>Carbohydrates</b> | 30.67g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 16.33g   |                  |        |
| <b>Protein</b>       | 3.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 26.67mg  | <b>Iron</b>      | 0.84mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub

|                      |               |                       |                  |
|----------------------|---------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Sandwich | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch         | <b>Recipe ID:</b>     | R-32002          |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 50 Each     |                   | 276142     |
| MEATBALL CKD 6-5 JTM              | 200 Each    |                   | 135071     |
| SAUCE SPAGHETTI FCY 6-10 REDPK    | 60 Ounce    |                   | 852759     |
| CHEESE MOZZ SHRD 30 COMM          | 25 Ounce    | Weight            | 150620     |

## Preparation Instructions

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

—  
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—  
Fill each Sub Bun with...

4 meatballs

1.2 ounces of spaghetti sauce

1/2 ounce (1/8 cup of cheese)

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

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.250 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 348.60   |                  |        |
| <b>Fat</b>           | 14.00g   |                  |        |
| <b>SaturatedFat</b>  | 6.04g    |                  |        |
| <b>Trans Fat</b>     | 0.48g    |                  |        |
| <b>Cholesterol</b>   | 42.90mg  |                  |        |
| <b>Sodium</b>        | 640.20mg |                  |        |
| <b>Carbohydrates</b> | 35.50g   |                  |        |
| <b>Fiber</b>         | 3.80g    |                  |        |
| <b>Sugar</b>         | 6.30g    |                  |        |
| <b>Protein</b>       | 21.40g   |                  |        |
| <b>Vitamin A</b>     | 5.60IU   | <b>Vitamin C</b> | 0.80mg |
| <b>Calcium</b>       | 87.40mg  | <b>Iron</b>      | 3.60mg |

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## Nutrition - Per 100g

No 100g Conversion Available