

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

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Choice of Juice

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Mandarin Oranges



Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-17912
School:	St. Edward		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	50 Cup		152811

Preparation Instructions

Portion into 1/2 c servings.

Chill until serving.

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18880
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cereal

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18881
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434

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 Bowl

Amount Per Serving	
Calories	110.12
Fat	1.30g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	144.92mg
Carbohydrates	23.40g
Fiber	1.88g
Sugar	7.70g
Protein	1.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.52mg	Iron 3.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pizza

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18882
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	313.33
Fat	12.33g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	670.00mg
Carbohydrates	35.67g
Fiber	3.33g
Sugar	4.00g
Protein	15.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 2.47mg

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Nutrition - Per 100g

No 100g Conversion Available

1-Broccoli & Cheese

NO IMAGE

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18883
School:	Test High School 4 day		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 1/3 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.488
Grain	0.000
Fruit	0.000
GreenVeg	0.505
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.41		
Fat	2.44g		
SaturatedFat	1.46g		
Trans Fat	0.00g		
Cholesterol	7.32mg		
Sodium	193.94mg		
Carbohydrates	7.20g		
Fiber	3.03g		
Sugar	1.50g		
Protein	5.96g		
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

Juice Variety

NO IMAGE

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18884
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

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: 0.50 Cup

Amount Per Serving

Calories	52.05		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.41mg		
Carbohydrates	12.73g		
Fiber	0.00g		
Sugar	11.41g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	26.46mg
Calcium	5.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Fruit

NO IMAGE

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18885
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup	BAKE	100219
APPLE FRSH SLCD 100-2Z P/L	1 Package	BAKE	473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GCHC	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup	BAKE	100224
Wild Blueberries fzn	1 Cup	BAKE	100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GCHC	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each	READY_TO_EAT	544426

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Each	BAKE	14J93
Grapes	1	BAKE	14P36
Pear, fresh	1	BAKE	14P12
Oranges, whole	1 Each	BAKE	16W62

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.606
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	103.19		
Fat	0.12g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.39mg		
Carbohydrates	25.30g		
Fiber	2.50g		
Sugar	19.70g		
Protein	0.97g		
Vitamin A	28.77IU	Vitamin C	6.59mg
Calcium	13.31mg	Iron	0.52mg

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Nutrition - Per 100g

No 100g Conversion Available

Ketchup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18886
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

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

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
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

Mustard



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18887
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

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

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
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

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Nutrition - Per 100g

No 100g Conversion Available

Poptart Variety- 2 Count



Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18893
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
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	2.000
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 Package

Amount Per Serving

Calories	365.00
Fat	5.83g
SaturatedFat	1.93g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	386.00mg
Carbohydrates	76.00g
Fiber	5.73g
Sugar	30.33g
Protein	4.67g
Vitamin A 406.67IU	Vitamin C 0.00mg
Calcium 220.00mg	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

Poptart Variety- 1 Count



Servings:	3.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18894
School:	KATHY'S TEST SCHOOL		

Ingredients

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

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 Package

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

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Variety

NO IMAGE

Servings:	8.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18895
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.50
Fat	1.49g
SaturatedFat	0.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.50mg
Carbohydrates	23.63g
Fiber	2.14g
Sugar	6.88g
Protein	2.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 68.05mg	Iron 3.39mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

NO IMAGE

Servings:	500.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-18896
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	60 Pound		100158
Salsa, Low-Sodium, Canned	6 #10 CAN		100330
TOMATO PUREE 1.045 6-10 GCHC	3 #10 CAN		100242
TOMATO PASTE 26 6-10 GCHC	2 #10 CAN		100196
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	6 Package		183910
ONION DEHY CHPD 15 P/L	2 1/8 Cup		263036
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
STARCH CORN 24-1 ARGO	2/3 Cup		108413
SPICE PEPR RED CRUSHED 12Z TRDE	2/3 Cup		430196
SPICE GARLIC POWDER 6 TRDE	2/3 Cup		513857
SPICE CUMIN GRND 15Z TRDE	2/3 Cup		273945
SPICE OREGANO GRND 12Z TRDE	5 Tablespoon		513725
SPICE PAPRIKA SPANISH 5 TRDE	5 Tablespoon		273988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.433
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.517
OtherVeg	0.000
Legumes	0.101
Starch	0.000

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	185.80		
Fat	8.90g		
SaturatedFat	2.97g		
Trans Fat	1.43g		
Cholesterol	0.00mg		
Sodium	238.35mg		
Carbohydrates	13.13g		
Fiber	4.01g		
Sugar	3.85g		
Protein	12.80g		
Vitamin A	232.94IU	Vitamin C	1.69mg
Calcium	16.59mg	Iron	1.33mg

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Nutrition - Per 100g

Calories	218.46		
Fat	10.47g		
SaturatedFat	3.49g		
Trans Fat	1.68g		
Cholesterol	0.00mg		
Sodium	280.25mg		
Carbohydrates	15.44g		
Fiber	4.72g		
Sugar	4.52g		
Protein	15.04g		
Vitamin A	273.89IU	Vitamin C	1.99mg
Calcium	19.50mg	Iron	1.57mg

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

PBJ Option- High School

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18897
School:	KATHY'S TEST SCHOOL		

Ingredients

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

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	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	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

Choice of Juice

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18898
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	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

Fresh Fruit Variety

NO IMAGE

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18899
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.417
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	117.86		
Fat	0.34g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.63mg		
Carbohydrates	30.90g		
Fiber	4.68g		
Sugar	20.27g		
Protein	0.87g		
Vitamin A	130.23IU	Vitamin C	21.07mg
Calcium	22.07mg	Iron	0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal

NO IMAGE

Servings:	17.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18900
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 1/2 Pound		240869
Tap Water for Recipes	16 Cup	UNPREPARED	000001WTR
SUGAR BROWN MED 25 GCHC	2 Cup	UNSPECIFIED	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/2 Teaspoon		110744

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: 17.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	234.56		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	49.56g		
Fiber	4.00g		
Sugar	22.59g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar Variety

NO IMAGE

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18901
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041
BAR CEREAL COCOPUFF WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 1.42 oz	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL GLDN GRHM WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

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	154.44
Fat	4.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	116.67mg
Carbohydrates	28.11g
Fiber	2.78g
Sugar	9.89g
Protein	2.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.11mg	Iron 1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast with Butter

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18902
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, Whole Grain Texas Toast 22 oz/16 sl	1 Slice		6369
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon		557482

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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	200.00
Fat	12.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.40mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 4.00mg	Iron 6.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Variety

NO IMAGE

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-18903
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to eat single serving	551741

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	85.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	62.50mg
Carbohydrates	16.50g
Fiber	0.00g
Sugar	10.25g
Protein	3.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	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

Famous HPS Cheeseburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22533
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	100 Each	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.	203260
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	100 Slice		189071
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	375.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	415.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	5.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.50mg	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

Garden Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23180
School:	Bishop Brossart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	100 Cup		305812
TOMATO GRAPE SWT 10 MRKN	13 Cup		129631
CUCUMBER ENG SDLSS 12-1CT P/L	13 Cup		532312
DRESSING RNCH CUP 120-1Z MARZ	100 Ounce		537705

Preparation Instructions

Rinse and chop romaine.

Slice cucumbers and tomatoes.

Mix romaine and cut vegetables.

Portion into 1 cup servings.

Serve with 1 oz ranch dressing.

HACCP: Hold at 40°F or Less

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

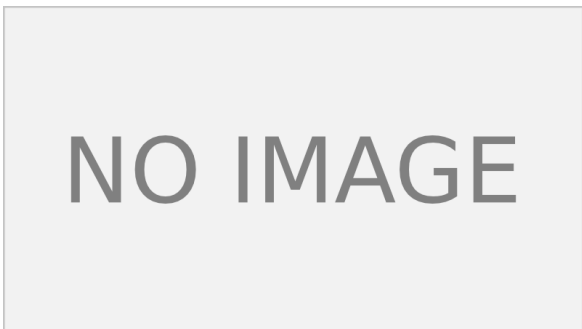
Calories	145.23		
Fat	14.07g		
SaturatedFat	2.51g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	221.30mg		
Carbohydrates	4.17g		
Fiber	1.33g		
Sugar	1.78g		
Protein	1.25g		
Vitamin A	202.02IU	Vitamin C	3.40mg
Calcium	19.42mg	Iron	0.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

3 cheese cavatappi



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23335
School:	Bishop Brossart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	600 Ounce	Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature	149193

Preparation Instructions

Once prepared portion into 6 oz servings.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	314.00
Fat	16.00g
SaturatedFat	8.70g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	801.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 616.00IU	Vitamin C 0.00mg
Calcium 384.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Raviolis

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23337
School:	Bishop Brossart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	300 Each	BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.	553982
SAUCE MARINARA 6-10 GCHC	50 Ounce		144215

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	950.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	12.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 2.32mg

*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:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23338
School:	Bishop Brossart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	50 Cup	THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE	273856
ONION DCD IQF 6-4 GCHC	6 Cup	Saute and add into beans.	261521

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	0.560
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	22.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.45mg		
Carbohydrates	3.54g		
Fiber	2.09g		
Sugar	1.27g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

NO IMAGE

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23339
School:	Bishop Brossart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK GARL WGRAIN TWST 54-2.1Z	100 Each	Preheat convection oven to 350 degrees F, place frozen breadsticks on a baking sheet and bake for 6-8 minutes. Preheat convention oven to 375 degrees F and bake for 6-8 minutes.	644051

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Chicken Breast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23429
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00
Fat	9.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	590.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

HPS Taco Soup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23430
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup		224707
SPICE CUMIN GRND 15Z TRDE	1 1/4 Cup		273945
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE ONION POWDER 19Z TRDE	2 2/3 Tablespoon		126993
SPICE PEPR RED CRUSHED 3.75 TRDE	1 1/3 Tablespoon		513768
SPICE PEPR BLK REST GRIND 16Z TRDE	2 2/3 Tablespoon		225061
ONION DCD 1/2 2-5 RSS	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup		192716
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE 6-10 KE	10 Cup		244805

Description	Measurement	Prep Instructions	DistPart #
BEAN KIDNEY 6-10 COMM	25 9/10 Cup		173860

Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight.

Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

25: Critical Control Point: Hold for hot service at 135 °F or higher.

26: OR

27: Chill for later use.

28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.150
Legumes	0.250
Starch	0.100

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	196.75
Fat	6.81g
SaturatedFat	2.03g
Trans Fat	1.01g
Cholesterol	26.39mg
Sodium	583.74mg
Carbohydrates	23.37g
Fiber	4.83g
Sugar	5.69g
Protein	11.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5.60mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23431
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
CUCUMBER 1-24CT MARKON	25 Cup		238653
TOMATO 6X6 LRG 25 MRKN	25 Cup		199036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	5.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	20.05		
Fat	0.13g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	4.25g		
Fiber	1.63g		
Sugar	2.50g		
Protein	1.48g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	22.58mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23439
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound		654541
MARGARINE SLD 30-1 GCHC	2 Cup		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND 50	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup		311227

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX 12-5 COLLEGE INN	16 Cup		264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	16.369
Grain	1.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.000
OtherVeg	0.340
Legumes	0.000
Starch	0.050

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	562.52		
Fat	4.69g		
SaturatedFat	1.66g		
Trans Fat	0.00g		
Cholesterol	182.49mg		
Sodium	705.70mg		
Carbohydrates	22.63g		
Fiber	1.70g		
Sugar	4.08g		
Protein	111.71g		
Vitamin A	378.23IU	Vitamin C	6.19mg
Calcium	96.56mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Orange Glazed Sweet Potatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23440
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup		733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup		464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart		119997
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	2 2/3 Tablespoon		224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
POTATO SWT DCD 3/4 2-5 P/L	16 1/2 Pound		869351
STARCH CORN 24-1 ARGO	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882

Preparation Instructions

Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.110
GreenVeg	0.000
RedVeg	0.370
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	147.88
Fat	3.81g
SaturatedFat	1.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.02mg
Carbohydrates	28.65g
Fiber	1.71g
Sugar	19.83g
Protein	0.82g
Vitamin A 7375.23IU	Vitamin C 10.40mg
Calcium 14.62mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Turkey and Beef Macaroni



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23441
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon		748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound		229941
TURKEY GROUND RAW 4-5# PERD	10 Pound		202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound		198307
TOMATO PASTE 26% 6-10 REDG	2 3/5 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon		580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
Beef, Fine Ground 85/15, Frozen	6 Pound		100158

Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	1.836
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.537
OtherVeg	0.017
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	257.39		
Fat	8.42g		
SaturatedFat	2.43g		
Trans Fat	0.72g		
Cholesterol	54.63mg		
Sodium	312.66mg		
Carbohydrates	28.50g		
Fiber	4.18g		
Sugar	5.83g		
Protein	18.43g		
Vitamin A	493.42IU	Vitamin C	6.20mg
Calcium	36.62mg	Iron	2.49mg

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Nutrition - Per 100g

No 100g Conversion Available

HPS Brown Rice Pilaf



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23448
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	2 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	2 Pound		198331
GARLIC MINCED IN WTR 12-32Z	2 2/3 Tablespoon		907713
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE CELERY SALT 32Z TRDE	1 1/3 Tablespoon		231517
MUSHROOM SLCD 1/16 10 MRKN	1 1/4 Quart		444823
THYME FRESH 8Z MRKN	1 1/3 Tablespoon		562726
BROTH CHIX NO MSG 12-5 HRTHSTN	1 1/2 Gallon		261564
TOMATO PASTE 26 6-10 GCHC	50 Tablespoon		100196

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SPINACH 12-8Z	13 Cup		560712
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882
CHEESE PARM SHVD 2-5 PG	2 1/2 Cup		140560
PARSLEY CALIF CLND 4-1 RSS	1/2 Cup		272396

Preparation Instructions

Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly. Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
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	438.79
Fat	6.32g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	434.58mg
Carbohydrates	84.07g
Fiber	3.22g
Sugar	6.22g
Protein	12.50g
Vitamin A 0.02IU	Vitamin C 0.10mg
Calcium 132.32mg	Iron 2.65mg

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Nutrition - Per 100g

No 100g Conversion Available

HPS Barbecue Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23450
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce		438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon		513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound		599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound		319228
ONION RED DCD 1/4 2-5 RSS	2 Pound		429201
CELERY DCD 1/2 2-5 RSS	52 Ounce		503924

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce		162170
TOMATO SLCD 1/4 5 RSS	60 Ounce		786535

Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Meal Components (SLE)

Amount Per Serving

Meat	2.040
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.393
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	139.09
Fat	1.17g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	37.40mg
Sodium	422.97mg
Carbohydrates	13.86g
Fiber	1.11g
Sugar	10.02g
Protein	18.26g
Vitamin A 528.58IU	Vitamin C 5.98mg
Calcium 20.43mg	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

HPS Spaghetti and Meat Sauce (Ground Beef and Ground Pork)



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23451
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	6 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	10 Ounce		198331
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
TOMATO PUREE 1.045 6-10 GCHC	1 1/2 Gallon		100242
SALT IODIZED 25 CARG	2 2/3 Tablespoon		108286
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	Add 1 Quart of water base	504599
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup		259195
SPICE BASIL GRND 12Z TRDE	1/4 Cup		513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup		228443
SPICE MARJORAM LEAF 3.5Z TRDE	2 Tablespoon		513709
SPICE THYME GRND 12Z TRDE	1 Tablespoon		513822

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460
Beef, Fine 85/15	11 Pound		100158
PORK GRND 80/20 2-6 HALP	6 Pound		579042

Preparation Instructions

Directions:

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.480
OtherVeg	0.190
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	324.39
Fat	14.09g
SaturatedFat	4.74g
Trans Fat	1.31g
Cholesterol	59.93mg
Sodium	329.96mg
Carbohydrates	29.46g
Fiber	3.37g
Sugar	6.03g
Protein	21.05g
Vitamin A 2624.42IU	Vitamin C 5.49mg
Calcium 23.31mg	Iron 2.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Peanut Butter and Jelly Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23452
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	100 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	45.00g
Fiber	6.00g
Sugar	17.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

HPS Black Bean Hummus



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23453
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	50 Cup		518551
BEAN GARBANZO LO SOD 6-10 P/L	50 Cup	Boil Beans First	597991
LEMON JUICE 100 12-32FLZ GCHC	2 1/4 Quart		311227
GARLIC WHL FRSH 5	1 1/3 Quart		907673
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup		524948
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE CUMIN GRND 5 TRDE	1/4 Cup		777072
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550

Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	235.31		
Fat	2.68g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	351.89mg		
Carbohydrates	41.55g		
Fiber	12.17g		
Sugar	1.00g		
Protein	12.51g		
Vitamin A	0.72IU	Vitamin C	2.49mg
Calcium	59.75mg	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

HPS Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23454
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME 4-1GAL REALIME	1 Cup		199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SPICE CUMIN GRND 5 TRDE	2 Tablespoon		777072
GARLIC WHL FRSH 5	7/8 Cup		907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup		524948
HONEY SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
CORN CUT IQF 30 GCHC	3 1/4 Cup	BAKE	285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound		198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4 2-5 RSS	2 Cup		429201
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce		466240
CHEESE CHED SHRD 6-5 COMM	2 Pound		199720

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.138
Legumes	0.256
Starch	0.007

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	134.05
Fat	4.02g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	9.60mg
Sodium	205.66mg
Carbohydrates	18.57g
Fiber	4.93g
Sugar	6.64g
Protein	5.74g
Vitamin A 240.12IU	Vitamin C 14.37mg
Calcium 9.50mg	Iron 0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23455
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD HAMB 2900CT 5GAL	50 Ounce	2 Slices of Pickle	149209
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each		661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon		100129
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	318.33
Fat	13.50g
SaturatedFat	4.80g
Trans Fat	0.80g
Cholesterol	49.00mg
Sodium	662.67mg
Carbohydrates	29.33g
Fiber	4.00g
Sugar	6.67g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.00mg	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

HPS Kati-Kati Baked Chicken



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23456
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SUGAR CANISTER 24-20Z GCHC	1/2 Cup		449237
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
SPICE ALLSPICE GRND 16Z TRDE	1/4 Cup		513601
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SALT IODIZED 25 CARG	3 Tablespoon		108286
SPICE PEPR RED CRUSHED 12Z TRDE	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SPICE TURMERIC GRND 15Z TRDE	2 Tablespoon		514187
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
OIL CANOLA 9-48FLZ P/L	3/4 Cup		330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece		786520

Description	Measurement	Prep Instructions	DistPart #
PARSLEY CALIF CLND 4-1 RSS	2 Ounce		272396

Preparation Instructions

Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.

5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	155.19		
Fat	8.05g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	622.45mg		
Carbohydrates	1.96g		
Fiber	0.14g		
Sugar	0.96g		
Protein	18.05g		
Vitamin A	158.45IU	Vitamin C	0.07mg
Calcium	2.36mg	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

HPS Vegetable Chili



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23457
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup		107662
ONION DCD 1/2 2-5 RSS	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2 2-3 RSS	3 3/4 Cup		283959
SPICE CHILI POWDER HOT 17Z TRDE	1 1/2 Cup		224707
SPICE CUMIN GRND 5 TRDE	1/2 Cup		777072
SPICE GARLIC GRANULATED 24Z TRDE	2 2/3 Tablespoon		513881
SPICE ONION POWDER 19Z TRDE	1 1/3 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT 6-10 GCHC	27 1/2 Cup		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR

Description	Measurement	Prep Instructions	DistPart #
YOGURT PLN FF NAT 6-32Z YOPL	2 Quart	READY_TO_EAT Ready to eat	705850
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	12 1/4 Cup		12291968KD

Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: *See Marketing Guide.

3: Serving Information:

4: 3/4 cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.280
OtherVeg	0.110
Legumes	0.280
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	195.05
Fat	5.50g
SaturatedFat	3.06g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	418.69mg
Carbohydrates	27.81g
Fiber	7.53g
Sugar	7.49g
Protein	10.71g
Vitamin A 21.11IU	Vitamin C 4.78mg
Calcium 169.02mg	Iron 2.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23458
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637
CUCUMBER SELECT 24CT MRKN	25 Cup		418439
CELERY STIX 4-3 RSS	3 1/2 Pound		781592

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	0.094
OtherVeg	0.623
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	27.09
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.85mg
Carbohydrates	5.86g
Fiber	2.98g
Sugar	3.50g
Protein	1.20g
Vitamin A 4026.19IU	Vitamin C 1.83mg
Calcium 53.89mg	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

HPS Sauteed Spinach and Tomatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23459
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup		907713
GINGER FRSH 5 P/L	1/2 Cup		552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon		430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	6 1/2 Quart		329401
TOMATO PASTE 26 6-10 GCHC	3 1/2 Cup		100196
SALT IODIZED 25 CARG	2 Tablespoon		108286
ONION DCD IQF 6-4 GCHC	12 Cup		261521

Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.200
OtherVeg	0.120
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	28.56
Fat	1.34g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	167.60mg
Carbohydrates	3.93g
Fiber	0.84g
Sugar	2.02g
Protein	0.67g

Vitamin A 330.05IU **Vitamin C** 14.21mg

Calcium 13.82mg **Iron** 0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Jollof Rice



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23460
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
ONION DCD 1/2 2-5 RSS	2 1/4 Pound		426059
SPICE GINGER GRND 16Z TRDE	1 1/3 Tablespoon		513695
GARLIC MINCED IN WTR 12-32Z	1/4 Cup		907713
PEPPERS RED DCD 3/8 2-3 RSS	1 1/4 Quart		581992
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	3 7/8 Cup	READY_TO_EAT None	501031
SAUCE TOMATO MW 6-10 GCHC	3 5/8 Cup		306347
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088
SPICE PAPRIKA 16Z TRDE	1/2 Teaspoon		518331
SPICE CURRY POWDER 17Z TRDE	1/4 Cup		224804

Description	Measurement	Prep Instructions	DistPart #
BASE VEG LO SOD 12-1 KNOR	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686
RICE BRN PARBL WGRAIN 25 GCHC	7 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
PEAS & CARROT 12-2.5 GCHC	2 2/5 Quart		119458
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.160
OtherVeg	0.210
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

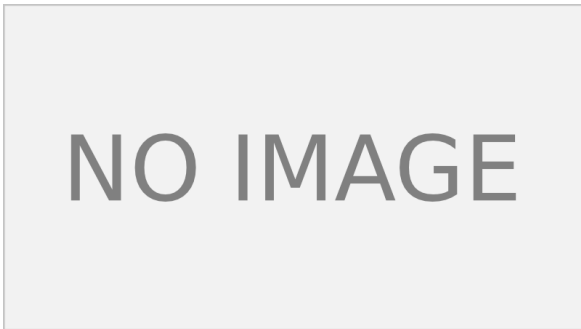
Calories	359.71		
Fat	3.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	183.37mg		
Carbohydrates	76.58g		
Fiber	2.75g		
Sugar	1.91g		
Protein	8.59g		
Vitamin A	206.62IU	Vitamin C	11.75mg
Calcium	17.53mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24630
School:	Test Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

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 Serving

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25285
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

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 Serving

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Sugar	18.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Deluxe Cheeseburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25286
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.120
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.00
Fat	16.50g
SaturatedFat	6.25g
Trans Fat	1.00g
Cholesterol	42.50mg
Sodium	505.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	5.00g
Protein	21.50g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 168.50mg	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