

# **Cookbook for Hamilton Heights Elementary School**

**Created by HPS Menu Planner**

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**Chicken and Noodles**

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# Baked Beans

<b>Servings:</b>	114.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31589

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	4 #10 CAN		298913
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 #10 CAN		100129
SAUCE BBQ 4-1GAL SWTBRAY	1 Quart		655937
SUGAR BROWN LT 12-2 P/L	1 Package		860311
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup		223255

## Preparation Instructions

1. Wipe all lids with sanitizing cloth prior to opening. Spray foil pans with non-stick vegetable spray. Drain cans of beans and place 2 cans in one foil pan.
2. Add 1/2 can ketchup, 2 cups BBQ sauce, 1 cup dehydrated onions and 1/2 bag of brown sugar to each pan of beans (2 cans) and evenly distribute items. Can mix with gloved hands.
3. Cover with foil and bake in 325 degree oven for 1.5 hours or until at least 135 degrees, stirring at least once.
4. Hold in warmer for hot service at 135 degrees or warmer.

CCP: Heat to 135 degrees or higher

CCP: Hot for hot service at 135 degrees or higher

## 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>	0.060
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 114.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	220.67		
<b>Fat</b>	0.46g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	763.34mg		
<b>Carbohydrates</b>	48.03g		
<b>Fiber</b>	4.64g		
<b>Sugar</b>	27.01g		
<b>Protein</b>	7.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.33mg	<b>Iron</b>	1.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31597
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 KE	3 #10 CAN		156337
ONION DEHY SUPER TOPPER 6-2 P/L	1 Ounce		223255
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Ounce		299405

## 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>	52.32		
<b>Fat</b>	1.23g		
<b>SaturatedFat</b>	0.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	279.75mg		
<b>Carbohydrates</b>	8.31g		
<b>Fiber</b>	4.03g		
<b>Sugar</b>	4.02g		
<b>Protein</b>	2.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.71mg	<b>Iron</b>	0.81mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cocoa Puff Cereal Bar w/ String Cheese

<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>	Breakfast	<b>Recipe ID:</b>	R-31599
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.00mg	<b>Iron</b> 1.90mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Trix Cereal Bar w/ String Cheese

<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>	Breakfast	<b>Recipe ID:</b>	R-31600
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.00mg	<b>Iron</b> 1.50mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chocolate Muffin w/ String Cheese

<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>	Breakfast	<b>Recipe ID:</b>	R-31602
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 1.50mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry Muffin w/ String Cheese

<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>	Breakfast	<b>Recipe ID:</b>	R-31603
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.00mg	<b>Iron</b> 0.90mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fruits

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31609

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE SWT 6-10 GCHC	1/2 Cup		278971
FRUIT COCKTAIL IN JCE 6-10 GCHC	0 Cup		610232
ORANGES MAND WHL L/S 6-10 GCHC	0 Cup		117897
PEACH DCD XL/S 6-10 P/L	0 Cup		256760
PEACH SLCD XL/S 6-10 P/L	0 Cup		256770
PEAR DCD XL/S 6-10 P/L	0 Cup		268862
PEAR SLCD XL/S 6-10 GCHC	0 Cup		262706
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	0 Ounce	READY_TO_EAT Ready to Eat	509221

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	0.00g		
<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

No 100g Conversion Available



# Assorted 100% Fruit Juice

<b>Servings:</b>	1.00	<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-31628
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	0 Each		118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	0 Each		118930

## 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>	1.000
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.20mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	42.00g		
<b>Protein</b>	0.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.21mg	<b>Iron</b>	0.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ala Carte Items

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31645

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	50 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144- 1.24Z BTTYCR	50 Each	READY_TO_EAT Ready to serve and eat.	262103
BAR GRANOLA CKYS & CRM 125-1.37Z	50 Each		393393
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	191090
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	537871
SNACK CHILI CHS FANTASTIX 104-SSV	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	256371
SNACK HOT FANTASTIX 104-SSV CHEETOS	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	256363
SNACK CHS BKD HOT 104- SSV CHEETOS	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	338670
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Description	Measurement	Prep Instructions	DistPart #
SNACK MIX CHEX CHED WGRAIN 60-.92Z	1 Each	READY_TO_EAT Ready to serve and eat	599282
CHIP POT CHED SR CRM BKD 60-.8Z RUFF	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	405983
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	575570
CHIP POT REG CRISP BKD 60-.875Z LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	714230
CHIP POT SOUR CRM BKD LAYS 60-.875Z	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	192331
SNACK ONIO WGRAIN 104- .75Z FUNYUN	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	865601
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	737611
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP WHT NACHO R/F 72- 1Z DORITO	1 1 oz bag	READY_TO_EAT	163431
CHIP POT APPL K TTL 64- LSSV LAYS	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	134733

Description	Measurement	Prep Instructions	DistPart #
CHIP POT KTTL JALAP CHED R/F 64-LSSV	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	600331
CHIP POT KTTL ORIG R/F 64-LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	600322
CHIP POT KTTL S&V R/F 64- LSSV LAYS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	600360
SNACK BITES BLUEB VAN MINI 80-1Z GRAM	1 Package		161872
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
DOUGH CKY CARNIVAL WGRAIN 240-1.5Z	1 Each		179801
DOUGH CKY CHOC CHP WGRAIN 240-1.5Z	1 Each		806661
COOKIE CHOC CHP WGRAIN MINI 80-1.22Z	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	903334
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR BLUEB WGRAIN 96- 1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PUDDING CUP CHOC 48- 3.75Z KOZY SHACK	1 Each		650942

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP VAN 48-3.75Z KOZY SHACK	1 Each		650962
TREAT RICE KRISPIE WGRAIN 80CT	1 Each		618862
YOGURT STRAWB TUBE 2Z 6-16CT GOGURT	1 Each	READY_TO_EAT Ready to serve- no preparation needed	895090

## 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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	1121.60		
Fat	38.87g		
SaturatedFat	7.43g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	1377.60mg		
Carbohydrates	175.99g		
Fiber	16.03g		
Sugar	34.20g		
Protein	17.30g		
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	319.22mg	Iron	6.15mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Salad Chicken BLT

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31748
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Romaine Chop 1" x 1" 6x2#	1 Cup (.47oz)		05185
Spinach Baby 4lb	1/2 Cup (30g)		7030
Tomato Dice 3/8" Gar-Cut 5# Tray	1/4 Cup (100g)		00082
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Cracker Wheat IW 100/1.6oz CFS 2GB	1 Bag (1.6oz)		74131

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
- Place 2.5 cups salad mix into container.
- Slice one breaded chicken patty and place on lettuce.
- Place other ingredients in piles on top of lettuce.
- Add 1 pack of 2GB crackers.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	516.70
<b>Fat</b>	24.28g
<b>SaturatedFat</b>	8.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.60mg
<b>Sodium</b>	1156.80mg
<b>Carbohydrates</b>	45.57g
<b>Fiber</b>	6.00g
<b>Sugar</b>	4.60g
<b>Protein</b>	27.24g
<b>Vitamin A</b> 4069.00IU	<b>Vitamin C</b> 7.50mg
<b>Calcium</b> 169.98mg	<b>Iron</b> 10.29mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Salad Cobb

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31750
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Romaine Chop 1" x 1" 6x2#	1 Cup (.47oz)		05185
Spinach Baby 4lb	1/2 Cup (30g)		7030
TURKEY BRST DCD 2-5	3 11/12 Ounce		451300
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Tomato Dice 3/8" Gar-Cut 5# Tray	1/4 Cup (100g)		00082
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
EGG HRD CKD DCD IQF 4-5 GCHC	3 Tablespoon		192198
Cracker Wheat IW 100/1.6oz CFS 2GB	1 Bag (1.6oz)		74131

## Preparation Instructions

Place 2.5 cups of lettuce into container.

Add other ingredients in rows across lettuce.

Add 1 pack of 2GB crackers

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<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: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	539.50
<b>Fat</b>	24.60g
<b>SaturatedFat</b>	11.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	280.00mg
<b>Sodium</b>	1498.00mg
<b>Carbohydrates</b>	37.05g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.60g
<b>Protein</b>	38.60g
<b>Vitamin A</b> 4069.00IU	<b>Vitamin C</b> 7.50mg
<b>Calcium</b> 270.50mg	<b>Iron</b> 9.85mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Milk

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31762
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Chocolate Milk	1 cup	READY_TO_DRINK	13875
1% White Milk	0 Cup	READY_TO_DRINK	13871

## 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>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 173.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 277.00mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Southwest Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31767
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Lettuce Romaine Chop 1" x 1" 6x2#	1 Cup (.47oz)		05185
Spinach Baby 4lb	1/2 Cup (30g)		7030
SALSA 103Z 6-10 REDG	1/8 Cup	<b>READY_TO_EAT</b> None	452841
CHIP TORTL TRI-COLOR STRIP 10-1 GFS	3/4 Ounce		403573
Cracker Wheat IW 100/1.6oz CFS 2GB	1 Bag (1.6oz)		74131

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands again) as needed.

### Pre-Prep:

1. Heat chicken patty at 325 degrees until internal temperature reaches 135 or higher. Slice chicken patty into strips (cut on bias).
2. Place one ounce of salsa into 2 oz souffle cup with lid.

Prep:

1. Blend romaine and spinach together and place in container.
2. Place chicken and cheese on top of lettuce mix in their own individual piles making presentation appealing to the eye. Sprinkle tortilla chips over salad.
3. Place salsa in one small compartment and tortilla strips in the other compartment.
4. Place crackers into container.
4. Close lid. CCP: Hold for cold service at 41 degrees or colder.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	525.03
<b>Fat</b>	24.85g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	933.73mg
<b>Carbohydrates</b>	45.63g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.29g
<b>Protein</b>	29.60g
<b>Vitamin A</b> 4050.00IU	<b>Vitamin C</b> 1.80mg
<b>Calcium</b> 242.88mg	<b>Iron</b> 10.05mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Soy Butter & Jelly Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32338
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUT FREE 2-4.41 WOWBTR	4 Tablespoon		544231
JELLY GRP 200-.5Z SMUCK	2 Each		254975
Aunt Millie's Whole Grain Vegan Bread (34g)	2 Slice (34g)		2380

## Preparation Instructions

Wash hands thoroughly.

Wear gloves and change (washing hands again) as needed.

Pre-cup 4 TBSP of Soy Butter using #16 dipper into 4oz soufflé cup with lid.

Pre-cup 2 TBSP using #30 dipper of Jelly into 2 oz soufflé cup with lid.

Keep in walk-in cooler. Pull out first thing in morning so soy butter is spreadable.

Place 1 soufflé cup of Soy Butter and 1 soufflé cup of jelly (or 2 packets of jelly) into quart sized baggie.

Place 2 slices of bread into baggie and place 1 plastic spoon in baggie.

DO NOT FREEZE.

Place unused portions in cooler overnight.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	650.00
<b>Fat</b>	32.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	28.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 4.88mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32497
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Aunt Millie's Hamburger Bun, 4", Whole Grain White, 12ct (57g)	1 Each (57g)		3159

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands again) as needed.
1. Place 24 breaded chickens patties on full size baking sheet with parchment paper.
2. Bake uncovered at 325° for 20 minutes or until chicken reaches internal temperature of 135° or warmer.
3. Place in rows, upstanding, in 4" steamtable pan.
4. Place in warmer, uncovered and hold for hot service CCP at 135° or warmer.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 3.60mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sidekick - Cheese & Yogurt

<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-32498
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	READY_TO_EAT	680130
Cracker Wheat IW 100/1.6oz CFS 2GB	1 Bag (1.6oz)	READY_TO_EAT	74131
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	READY_TO_EAT	885750

## Preparation Instructions

Place 1 pack of colby jack cheese cubes, 1 container of yogurt and 1 bag of chips into serving container.

### 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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	555.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 311.00mg	<b>Iron</b> 8.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Sandwich

<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-32499
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 11/12 Ounce	Use 4 slices of turkey per sandwich.	689541
4" WG HAMBURGER BUN, AUNT MILLIES	1 bun		3159

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
  1. Place four slices of turkey on bun.
  2. Place in container and mark for date. DO NOT HOLD MORE THAN 2 DAYS.
  3. Hold for cold service at 40° or colder.
- (May use saddlebags if needed)

## 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>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	240.55
<b>Fat</b>	3.01g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.28mg
<b>Sodium</b>	643.10mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	24.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.00mg	<b>Iron</b> 10.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# French Toast Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32500
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each		652370

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
  1. Place French Toast Sticks on lined large baking sheet. 20 servings per tray (60 pieces).
  2. Bake at 325° for 15-20 minutes or temps at 140°.
  3. Cover and hold for hot service at 135° or warmer.
- For Elementary serve 3 sticks.  
Serve with 2 Sausage Links for M/MA component.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.500
<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: 1.00

Serving Size: 3.00 Each

Amount Per Serving			
<b>Calories</b>	315.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	7.50g		
<b>Vitamin A</b>	5.81IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.90mg	<b>Iron</b>	2.24mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Links

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32501
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	<ol style="list-style-type: none"><li>1. Place 100 links (50 servings) on unlined large baking sheet making sure there is no overlap.</li><li>2. Bake at 325° for 20 - 25 minutes turning pans at least once.</li><li>3. Heat to 140° or warmer.</li><li>4. Place links in a 4 inch steam table pan with grate for drainage.</li><li>5. Cover and hold for hot service at 135° or warmer.</li></ol>	352740

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands as needed).
1. Place 100 links (50 servings) on unlined large baking sheet making sure there is no overlap.
2. Bake at 325° for 20 - 25 minutes turning pans at least once.
3. Heat to 140° or warmer.
4. Place links in a 4 inch steam table pan with grate for drainage.
5. Cover and hold for hot service at 135° or warmer.



## 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>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Tritaters

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32502
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	2 Each		265659

## Preparation Instructions

1. Place one bag of potato triangles on lined large baking. Spread out evenly with no overlaps.
2. Bake at 350° for 10 - 12 minutes. Turn sheets and bake for another 10-12 minutes making sure they do not burn. Also make sure they have a crispiness to them.
3. All fries do better holding for hot service in an oven set at 140°. Keeps them from getting soggy..

### 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: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	520.01mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.00mg

\*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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# Classic Rectangle Cheese Pizza

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32503
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 100 96-4.5Z	16 Each	<b>BAKE</b> <b>COOKING GUIDELINES. COOK BEFORE SERVING.</b> Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. <b>CONVECTION OVEN:</b> Low fan, 350°F for 13 to 16 minutes. <b>CONVENTIONAL OVEN:</b> 400°F for 17 to 20 minutes. <b>NOTE:</b> For food safety and quality cook before eating to internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	153650

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands again) as needed.
1. Use 2 sheets of parchment paper to cover large baking sheet.
2. Place 2 sections of pizza (16 pieces on tray).
3. Bake at 325° for 10 minutes.
4. Turn and bake ~10 more minutes or until lightly brown. Do not overbake. Temp to 135° or warmer. Cut into 16 pieces with pizza cutter.
5. Hold for hot service uncovered at 135° or warmer.

## 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: 16.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 263.00mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Corn Dogs

<b>Servings:</b>	39.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32504
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	234 Each		722301

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
- \*2 bags of mini corn dogs equals 1 case. 1 case = ~40 servings
1. Place 1 bag of mini corn dogs on a lined sheet tray. Make sure there is no overlap.
  2. Bake at 325° for 12-15 minutes or until internal temperature reaches 135° or higher
  3. Hold for hot service at 135° or higher.
  4. 6 Mini Corn Dogs per Serving

### 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: 39.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	266.70
<b>Fat</b>	10.70g
<b>SaturatedFat</b>	1.90g
<b>Trans Fat</b>	0.11g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	364.70mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.90g
<b>Sugar</b>	12.00g
<b>Protein</b>	9.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 1.44mg

\*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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# Bosco Sticks (Cheese)

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32506
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	144 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands again) as needed.
1. Thaw overnight in walk-in.
2. Place 40 breadsticks (20 servings) on a lined baking sheet.
3. Bake at 325° for 10 - 15 minutes or internal temperature reaches 135° or warmer.
4. Hold for hot service at 135° or warmer.

DO NOT OVERBAKE.

Serving size = 2 Bosco Sticks



Case = 72 servings

Case = 144 pieces

### 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: 72.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks (Pizza)

<b>Servings:</b>	36.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32507
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7 72CT	72 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Pizza Sticks on a baking sheet.</li> <li>THAWED: 8-10 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust cooking time and or temperature as necessary. Top Pizza Sticks with butter and parmesan cheese (not included) after cooking. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before baking.</li> <li>Keep Pizza Sticks covered while thawing.</li> <li>Pizza Sticks may be thawed in packaging.</li> <li>Pizza Sticks have 7 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust cooking time and or temperature as necessary. Top Pizza Sticks with butter and parmesan cheese (not included) after cooking. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</p>	518691

## Preparation Instructions

- Wash hands thoroughly.
  - Wear glove and change (washing hands again) as needed.
  - Thaw overnight in walk-in.
  - Place 40 breadsticks (20 servings) on a lined baking sheet.
  - Bake at 325° for 10 - 15 minutes or internal temperature reaches 135° or warmer.
  - Hold for hot service at 135° or warmer.
- DO NOT OVERBAKE.

Serving size = 2 Bosco Sticks

Case = 72 servings

Case = 144 pieces

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.500
<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: 36.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	500.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1020.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 264.00mg	<b>Iron</b> 4.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork BBQ Sandwich

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32511
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	320 Ounce		498702
4" WG HAMBURGER BUN, AUNT MILLIES	80 bun	UNSPECIFIED	3159

## Preparation Instructions

1. Wash hands thoroughly.
2. Wear glove and change (washing hands again) as needed.

Thaw BBQ Pork overnight in walk-in.

1. Open bags of bbq pork and place in sprayed hotel pans and steam for 30 minutes or until internal temperature reaches 165°. Stir well.
2. Cover and place in warmer holding for hot service at 135° or warmer.
3. Serve 1/2 cup on bun using a #8 dipper.

1 case = 20 lbs = 80 servings

## 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: 80.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	10.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Stix

<b>Servings:</b>	146.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32518
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	1168 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562

## Preparation Instructions

CHICKEN STICKS:

Place 1 bag on lined baking sheet. Count servings (get about 20 per bag). Convection Oven 6-8 minutes at 375°F from frozen state.

Students receive 8 sticks per serving.

### 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>	0.000

### Nutrition Facts

Servings Per Recipe: 146.00

Serving Size: 8.00 Each

Amount Per Serving	
<b>Calories</b>	262.86
<b>Fat</b>	14.86g
<b>SaturatedFat</b>	2.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.86mg
<b>Sodium</b>	388.57mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.29g
<b>Sugar</b>	1.14g
<b>Protein</b>	14.86g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.57mg	<b>Iron</b> 2.29mg

\*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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# Onion Rings

<b>Servings:</b>	178.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32519
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	890 Each		234061

## Preparation Instructions

### ONION RINGS

Keep frozen until ready to prepare

- 1.Preheat convection oven to 425°F (conventional oven to 450°F).
- 2.Place 2 bags frozen breaded onion rings on parchment lined full sheet pan.
- 3.Bake onion rings for 10 11 minutes until crispy (bake in conventional oven for 12 14 minutes). Note: cooking equipment, Count servings in one bag. Students get 5 rings.
- 4.Remove from oven. Serve.
- 5.Holding: Hold for up to 1 hour in a dry warmer at 145°F.

ONION RINGS COUNT AS 1 GB, NOT A VEGGIE.



## 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>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 178.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Parmesan

<b>Servings:</b>	142.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32521
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 REDPK	2 #10 CAN	READY_TO_EAT None	256013
SAUCE SPAGHETTI FCY 6-10 REDPK	3 #10 CAN		852759
SPICE OREGANO WHL 24Z TRDE	1/8 Cup		518351
SPICE BASIL LEAF 26Z TRDE	1/8 Cup		518341
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	142 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
    1. In a 4" full size hotel pan mix together the tomato sauce, spaghetti sauce and spices.
    2. Heat in combi oven until an internal temperature of 135 degrees. Cover with lid and place in warming until until ready to serve.
    3. Bake chicken at 375 degrees for 20-25 minutes or an internal temperature of 165 degrees. Remove from oven and place in a 4" full size hotel pan. Cover and place in warming unit until ready to serve.
- Hold for hot service at 135° or warmer.
- 1.. Place 1 chicken patty on top of spaghetti on serving platter.
  2. Using a 4 oz spoodle, place 1/2 c. of sauce over the chicken.
  3. Sprinkle with 1 tablespoon of mozzarella cheese and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.225
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.831
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 142.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	268.37
<b>Fat</b>	11.35g
<b>SaturatedFat</b>	2.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.38mg
<b>Sodium</b>	745.13mg
<b>Carbohydrates</b>	23.20g
<b>Fiber</b>	5.34g
<b>Sugar</b>	6.87g
<b>Protein</b>	19.17g
<b>Vitamin A</b> 0.60IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 79.83mg	<b>Iron</b> 2.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Crispitos w/ Cheese Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32522
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TAQUITO CHIX&CHS WGRAIN 140-2.75Z	2 Each	CONVENTIONAL OVEN: 10-12 MINUTES AT 375°F FROM FROZEN, 4-6 MINUTES FROM THAWED.	454494
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	READY TO EAT. OR IN A WARMING UNIT OR STEAM TABLE, HEAT SAUCE TO 145-155 DEGREES F FOR 1-1.5 HOURS FOR 15-20 MINUTES IN A 200 DEGREE F OVEN. MICROWAVE OR STEAMING IS NOT RECOMMENDED.	528690

## 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: 1.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	470.00		
<b>Fat</b>	22.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1370.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	26.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	453.00mg	<b>Iron</b>	2.16mg

\*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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# Chicken and Noodles

<b>Servings:</b>	426.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32523
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD STRPS 1/2 30 GLDKST	40 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.	187791
PASTA NOODL KLUSKI 1/8 2-5 GCHC	20 Pound		270385
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	2 Pound		299405
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	3 Pound		110601
Tap Water for Recipes	15 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
  1. Put water in skillet
  2. Add butter and chicken bases. Bring to boil
  3. Add chicken and bring to boil again.
  4. Add noodles. Bring to boil again and then turn down heat to 300 degrees and let simmer for 1/2 hour or until noodles are done, stirring often
  5. Dip into full size 6" pans. Cover with plastic and hold for hot service at 135 degrees or warmer
- One 4oz spoodle weighs 6 oz

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	0.750
<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: 426.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	153.05		
<b>Fat</b>	4.25g		
<b>SaturatedFat</b>	1.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.07mg		
<b>Sodium</b>	188.13mg		
<b>Carbohydrates</b>	15.05g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	0.76g		
<b>Protein</b>	13.51g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.96mg	<b>Iron</b>	0.91mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Ripper (Cheese)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32525
<b>School:</b>	Hamilton Heights School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS WGRAIN 105-4Z	1 Each	PRODUCT SHOULD BE THOROUGHLY THAWED PRIOR TO COOKING. PLEASE LEAVE A SPACE BETWEEN EACH UNIT TO ENSURE PROPER BROWNING AND EVEN CHEESE MELT. PRE-HEAT OVEN TO 325-350 DEGREES AND COOK FOR 9-12 MINUTES OR UNTIL THE CHEESE IS PROPERLY AND EVENLY MELTED. THE PRODUCT HAS A 5 DAY SHELF LIFE AFTER THAWING.	723880

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 109.00mg	<b>Iron</b> 1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 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-32537
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce Romaine Chop 1" x 1" 6x2#	1 1/2 Cup (.47oz)		05185
TOMATO GRAPE 12-1PT P/L	1 Ounce	~ 3 Grape Tomatoes	473160
CUCUMBER 1-24CT MARKON	3 Slice		238653
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce		202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
Cracker Wheat IW 100/1.6oz CFS 2GB	1 Bag (1.6oz)		74131
DRESSING RNCH BTRMLK PKT 500-12GM PPI - Portion Pac - M	2 Each		771730

## Preparation Instructions

1. Wash hands thoroughly.
  2. Wear glove and change (washing hands again) as needed.
- Have 2 oz souffle cups already cupped with cheese, lidded and in walk-in.  
Have fresh veggies rinsed, drained and in cambros with lids.
1. Thoroughly wash and drain romaine lettuce.
  2. Place 1.5 cups of romaine in 6 x 6 plastic flip lid container.
  3. Place preportion cups of cheese and turkey ham on salad.
  4. Place fresh veggies on lettuce
  5. Place two packages of ranch dressing and one package of 2 GB crackers into salad container making sure these have not been available to students for dip as they will be contaminated if students have had access to them.
  6. Close lid. Place 15 salads on large baking sheet. Hold for cold service at 41 degrees or colder.
- TO BE DISCARDED AFTER TWO DAYS. YOU MAY PULL THE DRESSING, CRACKERS AND CHEESE OFF

AND SAVE BUT DISCARD ROMAINE, MEAT, EGG AND VEGGIES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	1.000
<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>	579.52
<b>Fat</b>	32.14g
<b>SaturatedFat</b>	11.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	237.41mg
<b>Sodium</b>	1052.70mg
<b>Carbohydrates</b>	48.25g
<b>Fiber</b>	8.00g
<b>Sugar</b>	15.40g
<b>Protein</b>	26.03g

**Vitamin A** 12979.05IU    **Vitamin C** 30.77mg

**Calcium** 290.82mg    **Iron** 10.63mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Veggies

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32541
<b>School:</b>	Hamilton Heights Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery Sticks 5lb	1/2 Cup		20038
Pepper Green Large 6ct	1/2 Cup		26029
Broccoli Mini Floret 3# Bag	1/2 Cup		20016
CUCUMBER 1-24CT MARKON	1/2 Cup		238653
TOMATO GRAPE 12-1PT P/L	1/2 Cup		473160

## 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>	0.500
<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>	51.10
<b>Fat</b>	0.42g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	61.00mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	4.05g
<b>Sugar</b>	4.27g
<b>Protein</b>	2.98g
<b>Vitamin A</b> 1248.00IU	<b>Vitamin C</b> 93.76mg
<b>Calcium</b> 79.16mg	<b>Iron</b> 1.01mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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