

Cookbook for West Central Middle/High School

Created by HPS Menu Planner

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Seasoned Green Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31684

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	1 #10 CAN		273856
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	239.61mg		
Carbohydrates	3.32g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.79mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, No Salt Added, Canned	1 #10 CAN	Commodity	100313
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

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	0.500

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	86.51		
Fat	2.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.67mg		
Carbohydrates	18.41g		
Fiber	2.16g		
Sugar	7.54g		
Protein	2.16g		
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

Cheese Lasagna Roll Up

Servings:	36.00	Category:	Entree
Serving Size:	1.00 roll	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	36 Each		234041
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN		852759

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather your pans, spatula, sauce, and lasagna roll ups and take to prep area

Wash hands thoroughly

Prep:

Open cans of sauce

Wash hands and put on gloves

Pour 3 cups of sauce in the bottom of a 2" counter pan (1/4 can per pan)

Place the roll ups in the pan turning once to cover the tops with sauce (each pan holds 18)

Cover with the remaining 1/4 can of sauce

Put a lid on the pan and place in steamer or Rational on steam until it reaches 160°F for 15 seconds

CCP: Cook to an internal temperature of 165° F

SOP: Batch cook as needed for service

Hold: Serve immediately if possible if not hold in warming cabinet at 135°F

CCP: Hold at or above 135°F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 roll

Amount Per Serving

Calories	274.37
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	704.21mg
Carbohydrates	36.36g
Fiber	4.45g
Sugar	9.91g
Protein	17.45g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 317.18mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sandwich

Servings:	98.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31688
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	18 3/4 Pound		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	98 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	98 Each		517810

Preparation Instructions

Prior to day of service:

Thaw ham in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and ham and bring to prep area

Prep:

Place 24 bun bottoms on parchment lined baking sheet

On each bun place 6 slices of ham and 1 slice of cheese

Place prepared sandwiches back in the cooler until ready to bake

Take the bun tops and place them upside down on parchment lined baking sheets (24 per pan)

CCP: Hold at 40°F or colder until ready to bake

Bake:

Preheat convection oven to 350 degree and low fan

Place prepared bottom buns in oven and set timer for 3 minutes, at 3 minutes place the bun tops in oven and reset timer for 2 minutes

Cook to an internal temperature of 145°F for 15 seconds

Batch cook at all times as needed

CCP: Heat to an internal temperature of 145°F for 15 seconds

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	274.99
Fat	8.50g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	67.49mg
Sodium	869.94mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 1.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED A SZ 50 MRKN	165 Ounce	10 lbs and 5 ounce	530018
OIL OLIVE POMACE 6-1GAL KE	1 1/3 Cup		502146
SPICE PEPR WHITE GRND 17Z TRDE	2 1/3 Teaspoon		513776
SALT IODIZED 18-2.25 GCHC	2 1/3 Teaspoon		350732
SPICE PARSLEY FLAKES 11Z TRDE	2 1/2 Tablespoon		513989
CHEESE BLND PARM GRTD 4-5 P/L	2 Cup		186891

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather potatoes, oil, pepper, salt, parsley, cheese, measuring utensils, cutting board, knife e, bowl, and scale and place in prep area

Wash hands and wear cutting glove

Prep:

Wash potatoes to remove any excess dirt

Cut potatoes using the Sunkist sectionizer and place them in a hotel pan that has been zeroed out on the scale

When you reach the 10 pounds 5 oz. in the pan

Mix together the oil, pepper, salt, and parsley and pour over potatoes

Toss to coat then add cheese and toss again.

Spray baking pans with pan release spray

Pour mixture onto baking sheets as needed to have a single layer of potatoes. Do not mound

Cook:

Place in Rational on Roasted potato setting or in the oven at 400*

Cook until potatoes are fork tender about 20 to 30 minutes

When done dump into 4 inch counter pan and serve immediately or hold in warmer

SOP: Batch cook as necessary to insure best end products and nutritional.

Hold:

Place in warming cart and hold above 13S°F

CCP: Hold above 13S°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	151.10		
Fat	7.57g		
SaturatedFat	1.39g		
Trans Fat	0.00g		
Cholesterol	5.40mg		
Sodium	564.67mg		
Carbohydrates	16.50g		
Fiber	2.09g		
Sugar	1.10g		
Protein	1.87g		
Vitamin A	1.87IU	Vitamin C	18.43mg
Calcium	37.13mg	Iron	0.73mg

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	3 Pound		110473
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	75.32		
Fat	6.00g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	74.04mg		
Carbohydrates	4.15g		
Fiber	2.46g		
Sugar	0.82g		
Protein	2.46g		
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

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31691

Ingredients

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

Preparation Instructions

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

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

Let stand for 60 seconds, stir well and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31692

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR 6-27.09Z SANTG	27 1/11 Ounce		703753
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

STEP 1) PLACE BEANS IN A STEAM TABLE PAN.

STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR.

STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	139.02
Fat	1.49g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	546.17mg
Carbohydrates	22.84g
Fiber	8.94g
Sugar	0.00g
Protein	8.94g

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

Calcium 49.65mg **Iron** 2.09mg

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Nutrition - Per 100g

No 100g Conversion Available

Peppered Country Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31693

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	24 Ounce		455555
Tap Water for Recipes	4 Quart	Boiling-3 quarts and Cool Tap-1 quart	000001WTR

Preparation Instructions

1. Bring 3 quarts of water to a full rolling boil.
2. Combine 1 quart cool tap water and 1 packaged of gravy mix in a separate container. Mix with a wire whisk until lump free.
3. Pour gravy/water mixture into boiling water.
4. Stir until gravy returns to a boil. Simmer for one minute while stirring constantly.
5. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature at 165F during service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	23.98		
Fat	0.80g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	122.55mg		
Carbohydrates	3.73g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.13mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce	1 Package	135261

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	44.54
Fat	1.29g
SaturatedFat	0.77g
Trans Fat	0.00g
Cholesterol	3.87mg
Sodium	94.42mg
Carbohydrates	5.99g
Fiber	3.20g
Sugar	1.07g
Protein	4.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.01mg	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

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN		852759
CHEESE MOZZ SHRD 30 COMM	25 Ounce		150620

Preparation Instructions

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

—
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/8 cup (2 Tablespoons or 1 Fluid Ounce Ladle) Spaghetti Sauce

1/8 cup (or 2 Tablespoons) of Cheese

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	346.97		
Fat	14.00g		
SaturatedFat	6.04g		
Trans Fat	0.48g		
Cholesterol	42.90mg		
Sodium	625.31mg		
Carbohydrates	35.15g		
Fiber	3.68g		
Sugar	6.07g		
Protein	21.28g		
Vitamin A	5.60IU	Vitamin C	0.80mg
Calcium	86.59mg	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

Graham Snack

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31698

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	1.25 Grain Equivalents	503370

Preparation Instructions

Note: These all count towards the dessert grain.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22
Fat	3.78g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	20.89g
Fiber	1.33g
Sugar	7.33g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.44mg	Iron 0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Trio Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	9 3/8 Pound		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	Cut in half to make two triangles	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each	READY_TO_EAT	276142

Preparation Instructions

Prior to day of service:

Thaw deli meat in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and deli meat and bring to prep area

Prep:

Place 25 bun bottoms on parchment lined baking sheet

On each bun layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese (2 triangles)

Place sub bun top on top of meat

Place prepared sandwiches back in the cooler until ready to serve or wrap each sandwich and then place back in cooler until ready to serve.

CCP: Hold at 40°F or colder until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	334.09
Fat	13.66g
SaturatedFat	4.29g
Trans Fat	0.00g
Cholesterol	70.58mg
Sodium	1121.54mg
Carbohydrates	30.02g
Fiber	2.00g
Sugar	3.50g
Protein	22.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.26mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Brussel Sprouts

Servings:	35.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL MED 25 MRKN	5 Pound		558501
SPICE PEPR WHITE GRND 17Z TRDE	1 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	2 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1 Cup		502146

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, veggies, spices, oil, and pan or cookie sheet Wash hands thoroughly.

Prep:

Spray pan with spray

Mix vegetable with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

In the Convection oven cook on grilled vegetable setting or on the designated vegetable button

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy In the convection oven at 375 for 10-15 minutes.

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

CCP: Hold above 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.55
Fat	7.08g
SaturatedFat	0.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	80.20mg
Carbohydrates	5.89g
Fiber	2.43g
Sugar	1.47g
Protein	2.21g
Vitamin A 488.60IU	Vitamin C 55.08mg
Calcium 27.22mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	3 Pound	7 cups measured	860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound		191205
FLOUR H&R A/P 2-25 GCHC	4 Cup		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Cup		240869
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
Applesauce cnd	1/2 #10 CAN		110541comm

Preparation Instructions

Day Prior to service

Combine the first 7 ingredients and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	250.98		
Fat	7.71g		
SaturatedFat	4.73g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	271.92mg		
Carbohydrates	45.10g		
Fiber	2.00g		
Sugar	32.17g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31715
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.25mg		
Carbohydrates	14.75g		
Fiber	0.00g		
Sugar	14.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	15.00mg
Calcium	11.23mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Breakfast Items

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31716
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package	2 Grain Equivalents	738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package	2 Grain Equivalents	738201
BREAD COCOA WGRAIN SLC 70-3.4Z	1 Each	2 Grain Equivalents	726791
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each	2 Grain Equivalents	230361
BREAD LEM IW 70-3.45Z SUPBAK	1 Slice	2 Grain Equivalents	300340
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each	2 Grain Equivalents	875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each	2 Grain Equivalents	240721
BAGEL HNY WHL WHE I/W 72-2.5Z AESOP	1 Each	3 Grain Equivalents	242070
BAGEL BLUEB SLCD 2.8Z 15-6CT GCHC	1 Each	2.75 Grain Equivalents--Not Whole Grain	175640

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	285.23		
Fat	7.12g		
SaturatedFat	2.43g		
Trans Fat	0.02g		
Cholesterol	2.31mg		
Sodium	297.54mg		
Carbohydrates	52.85g		
Fiber	3.45g		
Sugar	20.85g		
Protein	4.95g		
Vitamin A	93.85IU	Vitamin C	0.00mg
Calcium	113.62mg	Iron	2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31717

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880

Preparation Instructions

Remove from freezer and let sit out a short time before eating

Note: Counts towards the juice amount for the week

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.50mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.75g
Protein	0.00g
Vitamin A 1187.50IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230

Preparation Instructions

Heat frozen pancakes in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

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	223.33
Fat	6.33g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	276.67mg
Carbohydrates	37.33g
Fiber	2.67g
Sugar	12.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.33mg	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

Egg & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-31771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Prior to Dy of Service:

Thaw buns by placing in the storage room on bread rack.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook egg according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom bun then slice of cheese and top of bun on cheese.

Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	87.50mg
Sodium	585.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	12.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 186.50mg	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

Chef Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31787
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	8 Cup		451730
CARROT SHRD MED 2-5 RSS	1 Cup		313408
Zee Zees Sunflower Kernels, Roasted	4 Each		B87860
CROUTON CHS GARL WGRAIN 250-.5Z	8 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	4 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup	2 oz portion cup or 1/4 cup =	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150
Chicken Fillet, Cooked, Unbreaded, Frozen	2 4/9 Ounce	1 Chicken Fillet	110921

Preparation Instructions

In each salad container: place 2 cup romaine lettuce. 1/4 cup shredded carrots, and package of sunflowers.

Students grain choice follows: 2 packages of croutons with 1 package of goldfish, 2 packages of goldfish, or 4 packages of croutons.

Students Meat/Meat Alternative choice follows:

Cheese only: 2-2 ounce containers

Cheese & Egg: 2 ounce cheese container and 1 egg

Ham & Cheese: 2 ounce cheese container and 1 container of ham

Chicken & Cheese: a serving size portion either a grilled patty or a serving of tenders, nuggets etc. and add 2 ounce cheese container

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	589.32
Fat	35.28g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	108.41mg
Sodium	1000.74mg
Carbohydrates	41.77g
Fiber	4.77g
Sugar	4.39g
Protein	30.80g
Vitamin A 3901.96IU	Vitamin C 1.67mg
Calcium 324.84mg	Iron 4.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Cereal Bowls

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31792
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	N/A	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		110.90	
Fat		1.22g	
SaturatedFat		0.13g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		169.37mg	
Carbohydrates		23.58g	
Fiber		1.53g	
Sugar		6.67g	
Protein		1.67g	
Vitamin A	125.00IU	Vitamin C	1.30mg
Calcium	69.17mg	Iron	4.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog with Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31793
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/ 2-5 GCHC	1 Each		330043
BUN HOT DOG WHT WHE 6" 12-12CT ALPH	1 Each		248141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.00		
Fat	24.50g		
SaturatedFat	8.00g		
Trans Fat	1.00g		
Cholesterol	50.00mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.97mg	Iron	2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Chicken Rice

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31794
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN RSTD CHIX FLVRD 6-24.4Z UBEN	24 2/5 Ounce	1 Box	244621
Tap Water for Recipes	6 Cup		000001WTR

Preparation Instructions

STOVETOP

1. Combine 6 cups water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

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: 12.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	213.50		
Fat	3.05g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	5.08mg		
Sodium	434.02mg		
Carbohydrates	40.67g		
Fiber	0.00g		
Sugar	1.02g		
Protein	5.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.13mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32691
School:	West Central Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each		643142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

Preparation Instructions

Cook fish according to directions on packaging. Top with cheese. Serve on hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	365.00
Fat	13.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	675.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	5.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Carrots

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32744
School:	West Central Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	3 Pound		100352
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix carrots with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.11		
Fat	6.93g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	22.32mg		
Sodium	95.99mg		
Carbohydrates	5.63g		
Fiber	1.86g		
Sugar	2.79g		
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