

Cookbook for ROLLING PRAIRIE ELEMENTARY SCHOOL

Created by HPS Menu Planner

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Sub Combo

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15461
School:	NEW PRAIRIE MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

Directions:

Place 2 oz of bologna and 2 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Notes:

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: 0.00

Amount Per Serving

Calories	356.70
Fat	15.50g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	963.30mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 231.67mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple & Eve Juice Box

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	1 Each		733220
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each		659731

Preparation Instructions

Note: 1 Per juice box counts as 1/2 cup of fruit. If serving juice at lunch make sure that not exceeding 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	57.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	15.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Kit

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32854
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321
CEREAL TRIX RS BKFST KIT 60CT	1 Each		525340
CEREAL FRSTD FLKS RS BKFST KIT 44CT	1 Package		872040
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

Ready to Eat

Note: Student should be able to take additional fruit item, but not a second juice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	208.33		
Fat	3.58g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	187.50mg		
Carbohydrates	42.83g		
Fiber	2.50g		
Sugar	19.83g		
Protein	2.67g		
Vitamin A	366.67IU	Vitamin C	44.90mg
Calcium	88.50mg	Iron	4.64mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32855
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Pop Tart Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32856
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART CINN BKFST KIT 56CT	1 Package		676222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	350.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	72.00g
Fiber	5.00g
Sugar	36.00g
Protein	4.00g
Vitamin A 800.00IU	Vitamin C 63.60mg
Calcium 200.00mg	Iron 4.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Ground Beef Taco Meat

Servings:	64.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32858
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO MIX 6-9Z LAWR	9 Ounce		159204
BEEF GRND 80/20 PURE FZ 3-10 GCHC	10 Pound		510599

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	214.87		
Fat	13.75g		
SaturatedFat	5.00g		
Trans Fat	0.94g		
Cholesterol	50.00mg		
Sodium	963.91mg		
Carbohydrates	7.97g		
Fiber	3.99g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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Nutrition - Per 100g

Calories	378.97		
Fat	24.25g		
SaturatedFat	8.82g		
Trans Fat	1.65g		
Cholesterol	88.18mg		
Sodium	1700.04mg		
Carbohydrates	14.06g		
Fiber	7.03g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.53mg

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